



Introduction

This worksheet is designed to support the learning objectives of the PSHE lesson for 14-year-olds, focusing on building healthy relationships, developing emotional intelligence, and ensuring personal safety.

The activities and questions included are meant to reinforce the concepts learned in class and encourage further reflection and application.

Understanding Healthy Relationships

Answer the following questions:

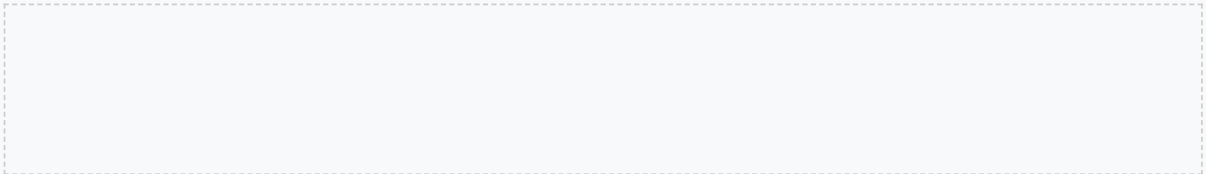
1. What are the key characteristics of a healthy relationship?
 - Respect
 - Trust
 - Communication
 - All of the above
2. Describe a time when you felt respected in a relationship. What did the other person do to make you feel that way?

3. Role-play: Practice active listening with a partner. Take turns speaking and listening, focusing on maintaining eye contact and asking open-ended questions.

Developing Emotional Intelligence

Answer the following questions:

1. What is emotional intelligence, and why is it important?
 - The ability to recognize and understand emotions in oneself and others
 - The ability to manage one's own emotions and respond to the emotions of others
 - Both A and B
 - Neither A nor B
2. How do you usually express your emotions? Draw a picture or write a short story about a time when you felt a strong emotion.

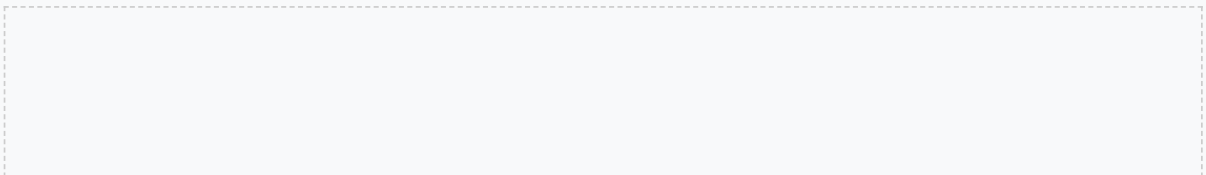


3. Group Discussion: Share a time when you recognized and managed your emotions effectively. What strategies did you use?

Ensuring Personal Safety

Answer the following questions:

1. What are some strategies for ensuring personal safety in your daily life?
 - Being aware of your surroundings
 - Setting boundaries
 - Seeking help when needed
 - All of the above
2. Create a personal safety plan. Include at least three strategies for staying safe at home, in school, and in the community.



3. Scenario: You are walking home from school and feel uncomfortable because someone is following you. What would you do?

Emotional Intelligence in Action

Answer the following questions:

1. How can you apply emotional intelligence in your relationships?
 - By recognizing and understanding the emotions of others
 - By managing your own emotions and responding appropriately
 - By being empathetic and supportive
 - All of the above
2. Write a short story about a character who demonstrates emotional intelligence. What actions do they take, and how do they impact those around them?

3. Reflective Journaling: Write about a time when you wished you had handled a situation differently. What would you do if faced with a similar situation in the future?

Healthy Relationships in Action

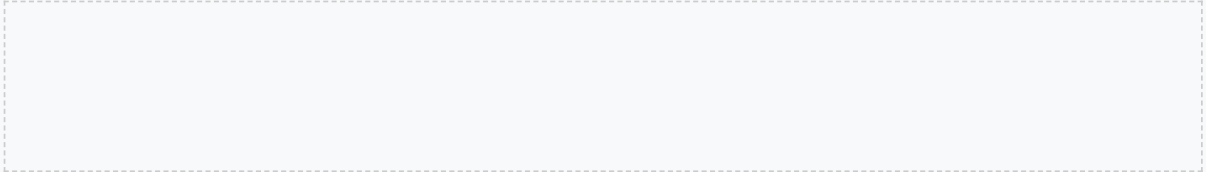
Answer the following questions:

1. What are some ways to maintain healthy boundaries in a relationship?
 - Communicating your needs clearly
 - Respecting the other person's boundaries
 - Being willing to compromise
 - All of the above
2. Role-play: Practice setting boundaries with a partner. Discuss a scenario where you need to say "no" or set a limit.
3. Group Discussion: Share a time when you maintained a healthy boundary in a relationship. What did you do, and how did it feel?

Personal Safety and Online Awareness

Answer the following questions:

1. What are some online safety tips?
 - Being cautious with personal information
 - Avoiding strangers online
 - Reporting cyberbullying
 - All of the above
2. Create a poster or infographic about online safety. Include at least three tips for staying safe online.

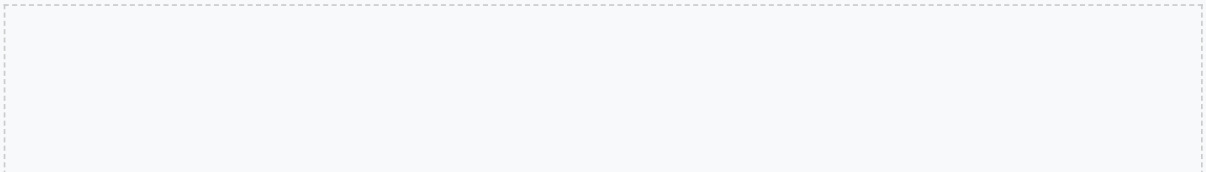


3. Scenario: You receive a suspicious message from someone you don't know. What would you do?

Emotional Well-being and Mental Health

Answer the following questions:

1. What are some signs of good mental health?
 - Feeling happy and content
 - Being able to manage stress
 - Having positive relationships
 - All of the above
2. Write a short story about a character who prioritizes their mental health. What actions do they take, and how do they impact their well-being?



3. Reflective Journaling: Write about a time when you took care of your mental health. What did you do, and how did it make you feel?

Conflict Resolution

Answer the following questions:

1. What are some strategies for resolving conflicts in a healthy way?
 - Active listening
 - Empathy
 - Compromise
 - All of the above
2. Role-play: Practice resolving a conflict with a partner. Use "I" statements and focus on finding a mutually beneficial solution.
3. Group Discussion: Share a time when you resolved a conflict effectively. What strategies did you use, and what did you learn from the experience?

Review and Reflection

Answer the following questions:

1. What did you learn about healthy relationships, emotional intelligence, and personal safety from this worksheet?
2. How do you plan to apply what you learned in your daily life?
3. What challenges do you anticipate facing, and how will you overcome them?

Conclusion

Congratulations on completing this worksheet! Remember that building healthy relationships, developing emotional intelligence, and ensuring personal safety are ongoing processes.

Continue to practice and reflect on these skills to become a more confident, empathetic, and safe individual.

Additional Resources

For further learning and support, consider the following resources:

- Books: "The 7 Habits of Highly Effective Teens" by Sean Covey, "The Emotional Intelligence Quick Book" by Travis Bradberry and Jean Greaves
- Websites: www.mind.org.uk, www.childline.org.uk
- Hotlines: 0808 802 5544 (Childline), 0300 123 3393 (Mind)

Glossary

Define the following terms:

1. Emotional Intelligence: _____
2. Healthy Relationship: _____
3. Personal Safety: _____
4. Mental Health: _____

Self-Assessment

Evaluate your understanding of the topics covered in this worksheet:

1. What did you learn about healthy relationships?

2. What did you learn about emotional intelligence?

3. What did you learn about personal safety?

Action Plan

Create an action plan to apply what you learned in this worksheet:

1. What specific actions will you take to build healthy relationships?

2. What strategies will you use to develop emotional intelligence?

3. What steps will you take to ensure personal safety?

Reflection and Feedback

Reflect on your learning and provide feedback:

1. What did you find most challenging or difficult to understand?

2. What did you find most helpful or useful?

3. What suggestions do you have for improving this worksheet?

Additional Activities

Complete the following activities to further reinforce your learning:

1. Write a short story about a character who demonstrates healthy relationships, emotional intelligence, and personal safety.
2. Create a poster or infographic about the importance of emotional intelligence and personal safety.
3. Role-play different scenarios that require conflict resolution and emotional intelligence.

Conclusion and Next Steps

Congratulations on completing this worksheet! Remember to continue practicing and reflecting on the skills you learned.

Consider sharing your action plan and progress with a trusted adult or peer, and seek support when needed.

Final Thoughts and Reflections

Take a moment to reflect on your learning and growth:

1. What did you learn about yourself and your relationships?

2. What challenges do you anticipate facing in the future, and how will you overcome them?

3. What are your goals and aspirations for building healthy relationships, developing emotional intelligence, and ensuring personal safety?