

Student Name: _____

Class: _____

Due Date: _____

Introduction

Welcome to this PSHE homework sheet, designed to help you learn more about relationships, emotional intelligence, and personal safety. Over the next few pages, you will find a series of questions and activities to help you understand these important topics.

1. What are the characteristics of a healthy relationship? List at least three.

2. Can you think of a time when you saw a healthy relationship in action? Describe what made it healthy.

3. How can you show respect and empathy towards others in your relationships?

1. What is emotional intelligence? How can it help you in your relationships and daily life?

2. Can you identify and label your emotions? Try to think of a time when you felt happy, sad, and angry. How did you manage those emotions?

3. How can you practice self-awareness and self-regulation in your daily life?

1. What are some strategies for ensuring personal safety? List at least three.

2. Can you think of a time when you felt unsafe? What did you do to protect yourself?

3. How can you set boundaries and communicate them effectively to others?

Case Study

Sarah is a 14-year-old girl who has been feeling pressured by her friends to share personal photos online. She is unsure about what to do.

1. What would you advise Sarah to do?

2. How can Sarah prioritize her personal safety and well-being in this situation?

3. What are some potential consequences of sharing personal photos online?

Reflection

1. What have you learned about healthy relationships, emotional intelligence, and personal safety so far?

2. How can you apply what you have learned to your own life and relationships?

3. What are some challenges you face in your relationships, and how can you overcome them?

1. What is the definition of a healthy relationship?

- a) A relationship based on mutual respect and trust
- b) A relationship based on control and manipulation
- c) A relationship based on physical attraction only
- d) A relationship based on social media likes and followers

2. What is emotional intelligence?

- a) The ability to recognize and understand emotions in oneself and others
- b) The ability to control and manipulate others' emotions
- c) The ability to ignore and suppress emotions
- d) The ability to only recognize and understand one's own emotions

3. What is personal safety?

- a) The ability to protect oneself from physical harm
- b) The ability to protect oneself from emotional harm
- c) The ability to protect oneself from online harm
- d) All of the above

Role-Play

Work in pairs to role-play the following scenarios:

1. A friend is feeling left out and wants to talk to you about it.

2. Someone is trying to pressure you into doing something you don't want to do.

3. You witness someone being bullied online.

How would you handle each situation? What strategies would you use to prioritize personal safety and well-being?

Creative Expression

Create a poster, poem, or short story that represents what you have learned about healthy relationships, emotional intelligence, and personal safety.

Self-Assessment

1. What have you learned about yourself and your relationships through this homework sheet?

2. What are some areas you would like to improve or work on?

3. How can you prioritize your own personal safety and well-being in your daily life?