Relationships Education for Year 6s transitioning to secondary school

LMK
LET ME KNOW

The transition from primary to secondary school is a critical moment for children, filled with excitement and challenges.

LMK will support your Year 6 pupils during this period. Our two-part workshop series helps young people to experience positive endings in primary school, and build the tools and confidence to form new, healthy relationships in secondary school.

> I've learned that if you are in an unhealthy relationship, you should leave it. And if you are in a healthy relationship, continue it and build it more. I enjoyed that we all worked together and that we built a better relationship in the group.
>
> **Year 5 pupil, Reach Academy, July 2024**

> A lot of the conversations we have with Year 6s are centred around relationships and the anxieties they have about going into Year 7. LMK have helped them realise today that healthy relationships are key to their mental health.
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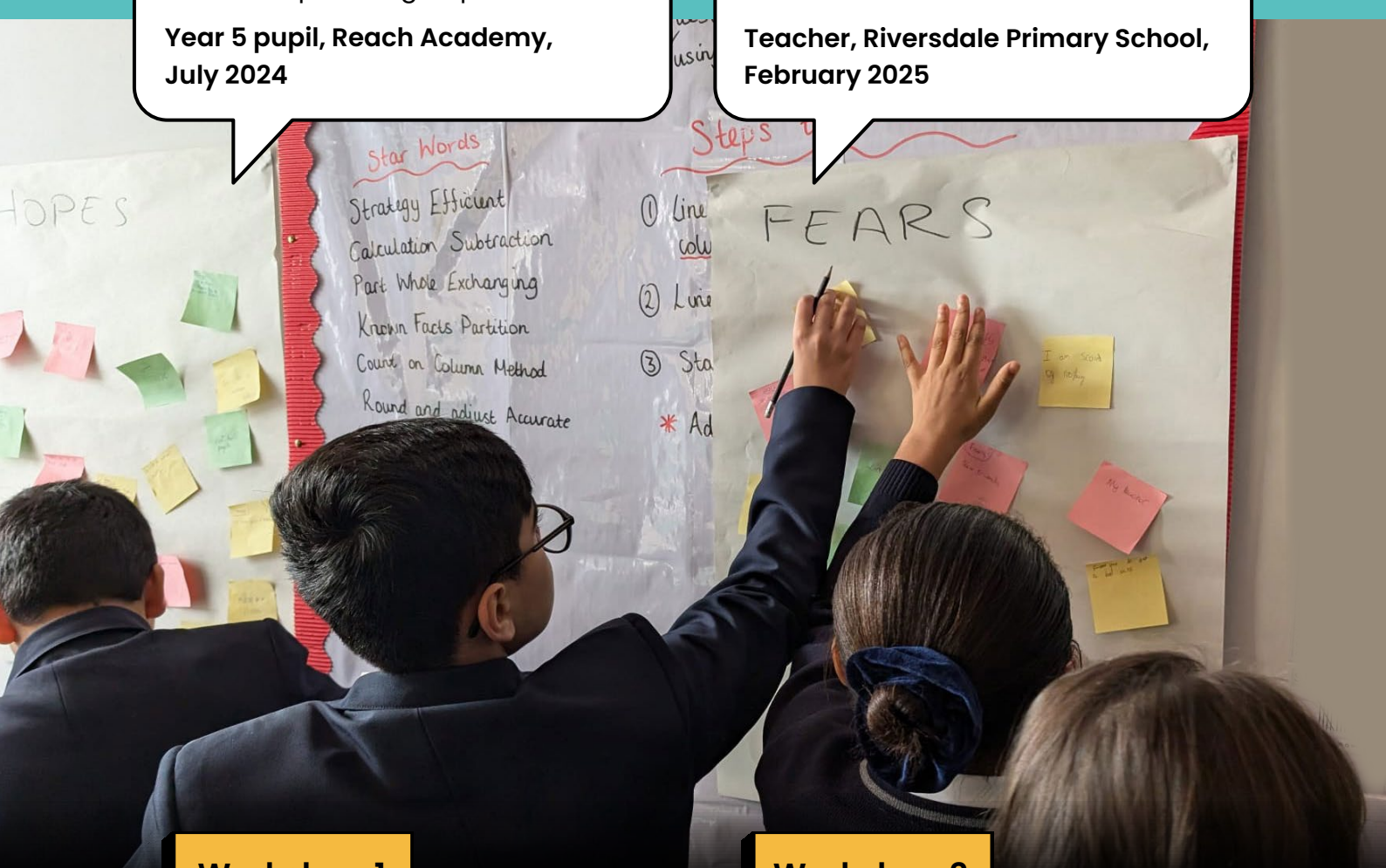
> **Teacher, Riversdale Primary School, February 2025**



Workshop 1

Building foundations for healthy relationships (1.5-2 hours)

Pupils will explore:

- ✓ Relationships being the biggest contributor to a happy and healthy life.
- ✓ The types of relationships they have now and will encounter in secondary school and beyond.
- ✓ The 10 signs of healthy and unhealthy relationships, including strategies for seeking help if they experience unhealthy behaviours.

Workshop 2

Developing the skills for emotional and social resilience (1.5-2 hours)

This session builds on the foundation of Workshop 1.

Key focuses include:

- ✓ Revisiting and reinforcing the healthy and unhealthy signs.
- ✓ Exploring the experiences that can lead to unhealthy behaviours.
- ✓ Practicing communication skills through role-playing scenarios.

Why choose LMK?

- ✓ Interactive two-part workshops (1.5–2 hours each) that fit easily into a school day
- ✓ Age-appropriate content specifically for Year 6 pupils
- ✓ Delivered in your school for a familiar and comfortable setting
- ✓ Delivered by expert youth workers, all primary school trained and highly experienced

Together we can equip your Year 6 pupils to navigate this important transition to secondary school.

Your school may be eligible to receive free workshops.

Book by contacting relationshipmanager@justletmeknow.org.
Find out more at lmkletmeknow.org.

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