

## RELATIONSHIPS RATIONALE

---

Following a period of crisis connectedness is core to supporting positive well-being and future outcomes. This is increasingly important as this period requires that we find new ways to connect and develop relationships in an era of social distancing and social restriction.



## TIPS

---

- Encourage pupils to be open with each other about their experiences and concerns both during the period of crisis and during transition and re-integration- provide models and prompts to enable them to share experiences
- Give pupils an opportunity to interview each other about their experiences- taking care that this isn't too sensitive for certain pupils
- Address concerns about restricted connections with others outside of the bubbles
- Discuss social dynamics especially that everyone will have had different experience and some of them may not always be obvious or known about
- Allocate time each week to a 'check – in' encourage pupil to share thoughts about news developments, school developments or worries and concerns
- Develop engagement opportunities for peers to form new relationships and develop existing ones e.g project activities, shared goals, joint physical activity
- Ask pupils to consider a virtual connection they have made and reflect on this and what it has positively brought them. This may be following a celebrity, with a sports team , with a family member/ friend

## FURTHER WORK

---

Monitor patterns of social withdrawal; raise social media as a discussion point regularly to monitor any concerns in this area; observe shifts in patterns of behavior. Talk openly about resources available such as support networks for young people through organisations such as young minds- where possible normalize accessing support for young people