

What is Real Love Rocks Primary Edition



For Parents

Real Love Rocks, primary edition, is an educational programme developed by Barnardo's Safer Futures Services to raise awareness and educate children and young people about healthy relationships and how to be safe in the real world and online.

The resource has been updated for 2022 and covers emerging themes and 'risks' that children, young people and families are facing in the ever-changing world. It covers healthy consensual, safe relationships, and friendships, children's rights, grooming, exploitation, safety online and helping children explore and understand their feelings, brains and bodies, with tips and strategies to develop skills in emotional education and regulation. Children are also encouraged to build a support network of trusted people around them to help them feel safer and happier.

Who is it for:

Real Love Rocks, primary edition, has been designed for children in Year 5 and 6. It can either be run by staff in your child's school or by an external agency, like Barnardo's or your local youth service. It is a flexible programme and will be adapted to meet the specific needs of your child's group.

Why should my child take part in Real Love Rocks:

Barnardo's recognises that it's not always easy to chat to children about their feelings, relationships, exploitation or people who might want to harm them. However, we need to support them to understand that if they are worried or concerned by anything that is not Ok, that there are people, who are there to support them. It's so important that the trusted adults around take the time to notice if a child is experiencing anything that is impacting negatively on them and have the confidence to chat about their lives in real life and online.

Real Love Rocks has been designed to sensitively and age appropriately give these essential safety messages to children.

What does it contain:

Real Love Rocks helps children learn about building a support network of trusted people and safe and healthy relationships using a variety of games, animations and activities.

The children follow the 'BU Crew' who help promote the importance of equality, feeling respected, cared for and safe in all our different relationships.



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Real Love Rocks is divided into five different sections:

- 1 Feelings, Brain and Bodies - OK / Not OK:** This first section is the foundation of learning about ourselves and others and helps us understand the importance of healthy relationships and teaches us the skills to navigate 'things' such as power and control, what's OK and Not OK and building resilience and developing empathy and kindness to ourselves and others.
- 2 Healthy Relationships:** This section explores the different types of relationships that exist, including boyfriends/girlfriends, friendships, the importance of positive relationships and valuing the unique worth of everyone regardless of any differences, it also explores bullying behaviours. It gives children space to think about their friendships and future relationships and how to make these equal.
- 3 Grooming:** This section explains to children what Grooming is, the things that people may do to try to get to know children in real-life and online to trick children into doing things that may cause them harm.
- 4 Being Safe:** This section encourages children to think about, as they begin to increase their independence, the things that could help them in being safe, developing skills in decision making and problem solving. It enables children to think through real life scenarios to help them understand when something Not Ok is happening and where to go for help and support.
- 5 Online Safety:** This section follows on from 'Being Safe' but focuses on more detail about how children can be supported by the safe and trusted adults around them to navigate their online world and explores how things we see or do online can have positive and negative impacts on our mental health and wellbeing.

The children will keep an individual Real Love Rocks workbook which will help them record their thoughts and support them in reminding them of the messages that they learn. It also includes a support network of trusted people they can go to with any concerns they may have.

If you have any questions or want to see more of the pack, then please speak to the professional who is running the programme with your child.

