

Key Stage 3 Resources

Resource 1: Lockdown Scenarios

Scenario 1

Jayleigh loves her family but found lockdown really difficult as they became really strict about what she could and couldn't do. Over the summer, this continued and it felt like all they did was argue. Sometimes, these arguments got so bad that she and her parents were screaming at each other late into the night. During one argument, her father threw a vase at her and it smashed on the wall behind her head. She spends most time at home now locked in her room, she feels on edge all of the time and can't see any hope of things changing. She wonders whether it would be best if she moved out, but doesn't know where she would go.

Scenario 2

Brian met a new friend online during lockdown. He had been feeling really lonely, so it was great to have someone who listened to him and seemed to get how he was feeling. A month into lockdown, his new friend said they should start sharing sexual images with each other. Brian was really embarrassed about the idea and didn't want to, but his friend shared images first and was really complimentary about Brian's looks, which made him feel good. Eventually, he sent some photos, but now he feels really weird about it and wishes he hadn't. His friend stopped contacting him soon after he sent the pictures, so Brian doesn't know what happened to them or what he did wrong.

Scenario 3

Amy's mum had a really difficult time during lockdown. She got a job in a supermarket doing night shifts, and then spent all day feeling really low and sleeping a lot. As a result, Amy's experience of family life felt really disrupted. Amy had to take on responsibility for all the household chores, including cooking for all her siblings, cleaning the house, and looking after her baby brother, even when he cried during the night. She barely got any sleep herself and missed most of her online lessons. She has returned to school exhausted, worried about her mum and totally behind on schoolwork. Her teachers are cross with her but she is afraid to tell anyone why it was so hard for her.

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Rehearse what to say in the mirror

Look up advice online from other people who've been through something similar

Organise a time and date in advance with the person

Practice what to say with an online counselling service, for example Childline

Plan out what to say and make notes

Write it out in a letter and send it to the person

Choose a quiet place without distractions and time to talk before telling someone

Take slow, deep breaths and count to 10 before starting the conversation

Try expressing feelings creatively first, for example painting, drawing, poetry

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