

Respectful Relationships – Reflection Worksheets

Connecting Learning at School with Conversations at Home

As part of our Respectful Relationships program, your child will be participating in weekly lessons that explore important topics such as emotional regulation, empathy, respectful communication, and navigating social challenges.

At the end of each session, your child will complete a short Reflection Worksheet at home.

This activity is designed to:

- Encourage your child to think more deeply about the week's learning
- Provide an opportunity for meaningful conversation between parents/carers and children
- Reinforce the values and strategies discussed in class in a real-world context

We kindly ask that you take a few minutes to discuss the worksheet with your child and sign the bottom to confirm you've had the conversation. Your support in this process is vital—it helps students see that the skills they learn at school are important, not just in the classroom but in life.

Thank you for being a partner in helping build respectful, resilient, and emotionally aware young people.

Session 1: Words Matter

1. What did I learn in this session?
2. Did anything surprise me or make me think differently?
3. How might I use this learning in real life?
4. What would I like help with or learn more about?
5. Is there anything I would like my teacher to know about how I felt during this session?

I have worked through and discussed the content of this week with my child: _____
please sign when completed

Session 2: Respect vs Power

1. What did I learn in this session?
2. Did anything surprise me or make me think differently?
3. How might I use this learning in real life?
4. What would I like help with or learn more about?
5. Is there anything I would like my teacher to know about how I felt during this session?

I have worked through and discussed the content of this week with my child: _____
please sign when completed

Session 3: Stereotypes on Trial

1. What did I learn in this session?

2. Did anything surprise me or make me think differently?

3. How might I use this learning in real life?

4. What would I like help with or learn more about?

5. Is there anything I would like my teacher to know about how I felt during this session?

I have worked through and discussed the content of this week with my child: _____
please sign when completed

Session 4: Spot the Pressure

1. What did I learn in this session?
2. Did anything surprise me or make me think differently?
3. How might I use this learning in real life?
4. What would I like help with or learn more about?
5. Is there anything I would like my teacher to know about how I felt during this session?

I have worked through and discussed the content of this week with my child: _____
please sign when completed

Session 5: Consent Everyday

1. What did I learn in this session?
2. Did anything surprise me or make me think differently?
3. How might I use this learning in real life?
4. What would I like help with or learn more about?
5. Is there anything I would like my teacher to know about how I felt during this session?

I have worked through and discussed the content of this week with my child: _____
please sign when completed

Session 6: The Upstander Code

1. What did I learn in this session?
2. Did anything surprise me or make me think differently?
3. How might I use this learning in real life?
4. What would I like help with or learn more about?
5. Is there anything I would like my teacher to know about how I felt during this session?

I have worked through and discussed the content of this week with my child: _____
please sign when completed

Session 7: Our Kindness Code

1. What did I learn in this session?
2. Did anything surprise me or make me think differently?
3. How might I use this learning in real life?
4. What would I like help with or learn more about?
5. Is there anything I would like my teacher to know about how I felt during this session?

I have worked through and discussed the content of this week with my child: _____
please sign when completed

Optional Session 8: What Adults Need to Know

1. What did I learn in this session?

2. Did anything surprise me or make me think differently?

3. How might I use this learning in real life?

4. What would I like help with or learn more about?

5. Is there anything I would like my teacher to know about how I felt during this session?

I have worked through and discussed the content of this week with my child: _____
please sign when completed