

## What is Real Love Rocks Primary Edition For Parents

Real Love Rocks, primary edition is a programme developed by Barnardo's to promote healthy, consensual, safe relationships amongst children and young people. Addressing online safety, child sexual exploitation, grooming and risk taking, it focuses on the importance of feeling free, happy and safe in future relationships.

### **Who is it for:**

Real Love Rocks, primary edition, has been designed for children in Year 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 relationships or people who might want to harm them. We cannot, however, always be physically there for our children and young people and, therefore, we have a responsibility to equip them with the knowledge to help keep themselves safe. We have to educate them about healthy relationships. Children need the knowledge and confidence to speak out in case someone makes them feel uncomfortable and to be able to resist peer pressure. 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 safe relationships using a variety of games, animations and activities. The children follow the 'BU Crew' who help promote the importance of feeling respected, cared for and safe in all our different relationships. Real Love Rocks is divided into four different sections:

#### **1. Our Relationships:**

This section explores the different types of relationships that exist, including boyfriends/girlfriends. It gives children space to think about their future relationships and how to make these equal.

#### **2. Grooming:**

This section explains to children what Grooming is, how they can spot it and who to tell if they are worried someone is being Groomed. It uses stories from the BU Crew to help explore Grooming - both online and offline.

#### **1. Keeping Safe:**

This section encourages children to think about how, as they begin to increase their independence, they will keep themselves safe. It offers 'Keeping Safe' tips to the children.

#### **2. Online Safety:**

This section follows on from 'Keeping Safe' but focuses in more detail about how children can Keep Safe online.

The children will keep an individual Real Love Rocks workbook which will help them record their thoughts and remember what they learn and to signpost where children can go for help, encouraging them to talk to a trusted adult about 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.