

Healthy relationships

- Draw and write what you think a healthy relationship looks like.

Learning Objectives:

- To describe the features of a healthy relationship and recognise the signs of an unhealthy relationship
- Explain when it is appropriate to negotiate in a relationship and when it is necessary to assert personal values
- Recognise when someone needs help managing unhealthy relationships
- To ways to access support

Relationships Theme
Building Relationships &
Respect Topic

Outcomes:

- To describe the features of a healthy relationship and recognise the signs of an unhealthy relationship
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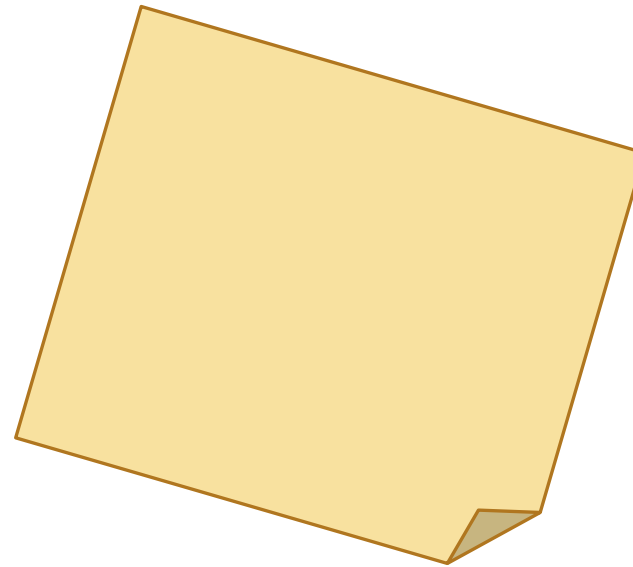
Healthy Relationships

Lesson 1 12 November 2020

Lesson Objective: To understand the features of healthy and unhealthy relationships and understand how to negotiate and communicate assertively

Post-it note challenge

- Write down the most important thing a relationship needs on a post-it note
- Remember all types of relationships:
 - Romantic
 - Family
 - Friendships



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My values

- In a relationship (romantic, family, friendships) what values matter?
 - Everyone has a soulmate and dating is about trying to find “the one”
 - Being able to compromise is better than always getting your own way
 - A friend/partner’s personality is more important than their looks
 - The most important thing in a relationship is to make your friend/partner happy, no matter what



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My values

- Which of these beliefs is most likely to lead to a healthy relationship?
 - Why or how do you know?
- Are there any beliefs that might lead to an unhealthy relationship?
 - Why or how do you know?
- How might these beliefs affect how someone behaves in a relationship?
 - Everyone has a soulmate and dating is about trying to find “the one”
 - Being able to compromise is better than always getting your own way
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Features of a relationship

- Working in pairs, give an example of how each of these features of a relationship might be either healthy or unhealthy in practice.
 1. Spending time together
 2. Knowing each other's family and friends
 3. Having lots in common
 4. Being open and honest
 5. Humour
 6. Never having an argument

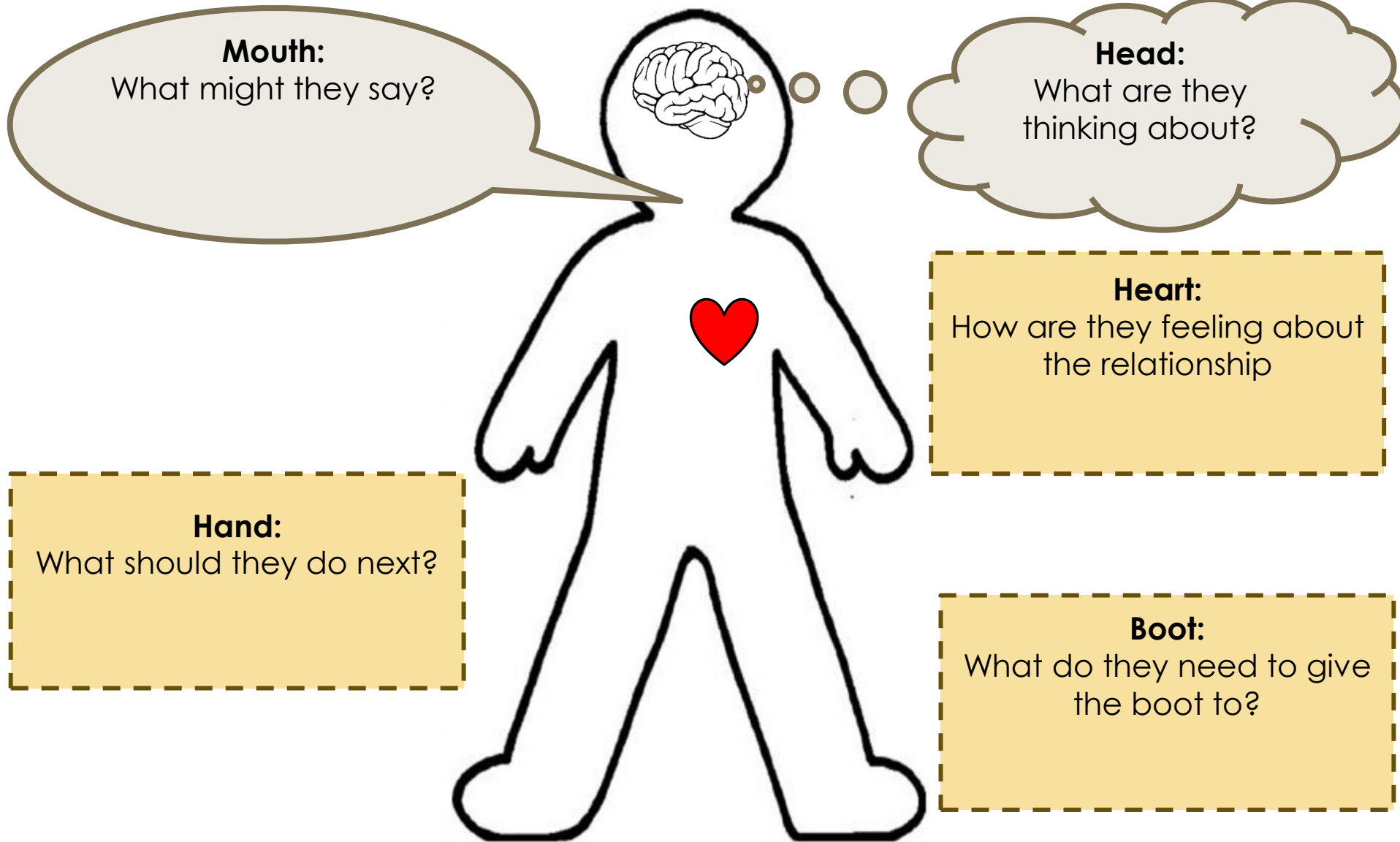
For example: giving gifts can be a really healthy thing to do to show someone you appreciate and care about them, especially if you have put a lot of thought or time into making or finding the gift. However, if gifts are given expecting something in return, or to make the other person in the relationship feel like they owe the gift-giver something, this can be unhealthy and might be interpreted as blackmail.

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Head, Heart, Hands Mouth Boot



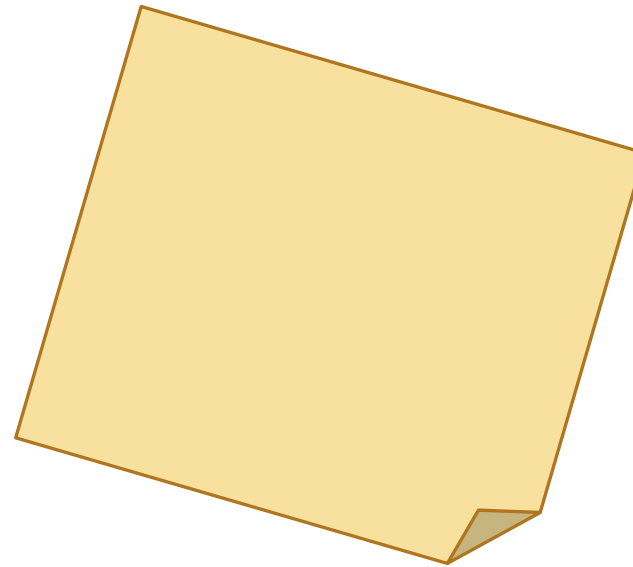
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Post-it note challenge

- Think about the words collected at the start of the lesson about the most important thing a relationship needs
- Add one more idea to this
- Remember all types of relationships:
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Help or advice?

- Have questions or need more advice on what we have covered today?
 - In school:
 - Talk to you class teacher or tutor
 - Mr Blockley / Mrs Hanley
 - Healing Helpers
 - School website
 - Out of school
 - Childline - www.childline.org.uk (or call 0800 1111)
 - Young Minds - www.youngminds.org.uk
 - Samaritans – www.samaritans.org (or call 116 123)
 - NSPCC – www.nspcc.org.uk
 - Kooth Counselling – www.kooth.com



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