

Judge Me Not

Judge me not by my face
My colour or my hair
Judge me not by appearance
As that would not be fair
I came to earth as I am
No discussion of my look
I had no pattern to study
No choice from any book

Judge me not by ability
To read, write or understand
Let it be by all my effort
The use put to my hand
The courage in bad times
Endurance getting through
Kindness to another
So please,

Judge me by what I do
By Dr Audrey Coatesworth

Tasks:

1. What message do you think the poem is trying to tell us?
2. How would you feel if you were this person and you were being judged in the ways described in the poem?
3. Rather than judge, How should we treat people? Why?
4. Draw a box, in it write a text message that is encouraging someone.
5. Create a poem based on the topic of relationships

Learning Objectives:

- To reflect on my values around relationships
- Identify when a relationship can be improved with effective communication or when the relationship is no-longer healthy and should be ended
- Suggest safe and constructive ways of ending a relationship

Relationships Theme
Identity & Relationships
Topic

Outcomes:

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Relationship Values

Lesson 2 12 November 2020

Lesson Objective: To develop realistic and healthy relationship expectations

Values

- What do we mean by the word 'values'?



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Values

- What do we mean by the word 'values'?

- One definition is:

Standards of behaviour; a person's judgement of what is important in life



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What do you think

- We all have different ideas about what is right and wrong in relationships. It is important to think about what you think is right or wrong **FOR YOU** in a relationship so that you can communicate it effectively if you need to in future relationships.
- Create a continuum line with the statements you most agree with at the top through to those you disagree with at the bottom.
- Challenge - Add justifications for your decisions

Disagree

Agree

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What do you think?

- A. People should get to know each other before they have sex.
- B. Marriage is sacred so we should wait to have sex.
- C. It is important to talk about contraception before you have sex.
- D. It's okay to see other people as long as you are only having sex with one person.
- E. It's okay to fight with your partner as long as you don't use violence.
- F. Sometimes you need to lie to your partner to keep the peace.
- G. As sex is legal at 16, you should start having sex with your partner when you get to 16.

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Relationship Red Flags

- Read each scenario on the sheet
- Decide whether this is a relationship that could be repaired with effective communication, or whether it is one that should be ended.
- How could a person end a relationship safely and constructively?



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Relationship Red Flags



	Can be repaired	Should be ended
Their partner doesn't respect their right to their own space so always want to hang out together, message to find out what they are doing etc.		
They overreact to minor things		
Their partner lies or they can't trust them		
Their partner gets too close too soon		
Their partner treats them or other people disrespectfully		
Their partner makes "suggestions" on how to improve their appearance or life		
Their partner always wants something from them		
Their partner will never accept they're in the wrong – it's never their fault		
Their friends really dislike their partner		
Their partner really dislikes their friends		
Their partner manipulates things when they argue so sometimes they feel like they are going mad		
They have an intuition or 'gut feeling' that this isn't a healthy relationship		

Is the relationship behaviour healthy, it depends, or unhealthy?

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Ideal partner game

- Your group has £10,000 to bid for attributes that you would consider important in a relationship.
- Bid carefully as you only have the £10,000 to spend.
- Write your bid on a piece of paper with your group name on it – the highest bid will be successful. (This is a secret bidding process.)

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GOOD LOOKING	LOVE	TRUST
SENSE OF HUMOUR	LOYAL	HARD WORKING
ITELLIGENT	WEALTHY	INDEPENDENT
FRIENDLY	DESIGNER CLOTHES	A CAR

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Private reflections

1. What do you think is important in relationships?
2. Is there anything that is too important in a relationship to compromise on?
3. How can you improve your communication skills to ensure your values are respected whilst respecting others' as well?



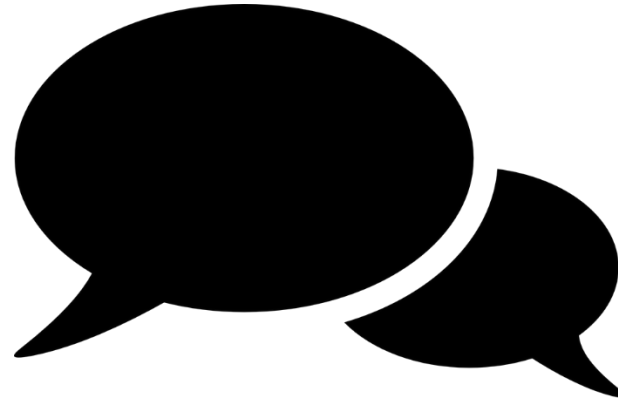
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Help or advice?

- 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
 - Brook - www.askbrook.org.uk (or call 0808 802 1234)



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