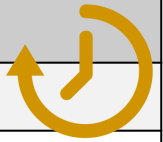


Do Now:



1. What is bullying?

2. Name two British values.

3. Name 2 warning signs of an unhealthy friendship

4. Name a positive way to build a new friendship

5. Name 2 protected characteristics under The Equality Act.

Date:



Lesson Two

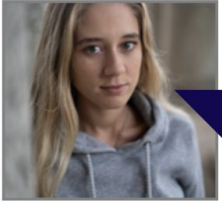
Curriculum Question - What is a healthy and unhealthy relationship?

Today's Powerful Knowledge

- The features of committed, stable, healthy relationships.
- Healthy and unhealthy relationship behaviours.
- Appropriate online relationship behaviours.

BL Task One: Add some ideas and descriptions of behaviours that describe healthy relationships. This is not just romantic and intimate relationships.

Healthy relationships.



I really liked this guy but girls are supposed to wait for guys to ask us out, right? But I got bored of waiting to know if he liked me so I asked him out anyway. Turns out he was interested but he'd been told I wasn't! I think maybe someone was just jealous so lied...

Films always seem to show men as being in charge when it comes to relationships and getting romantic. But I'm sure if I behaved like a movie character –grabbing someone I've just met for a kiss or insisting they date me even when they've said no lots before – I'd end up being slapped or arrested. It's weird that the media show these unhealthy examples of dating as if they're okay.



My parents say our culture has clear ideas about how men and women should be in relationships and what kind of relationships are acceptable. So it's hard to know how to act – do I show respect for my parents or do I do things differently and expect people to respect my ideas on what's okay and not okay?

I really cried when my girlfriend and I split up - it really hurt. One of my mates told me to 'man up' but another was really cool about hanging out with me when I needed a distraction. I think that stuff about boys having to be hard and not show their feelings is just old news and not a good way to be. Being open with friends meant they could help me out and I got over the breakup quicker, I think.



Task Two: Read the speech bubbles above and answer the questions below

What do you think about the stereotypes and expectations mentioned?

.....

.....

How could we challenge these stereotypes in relationships?

.....

.....

All healthy relationships have common features

Respect

Freedom, individuality,
respecting boundaries,
equality

Communication

Active listening,
forgiveness, empathy,
affection, gratitude,
kind disagreement,
clear communication,
understanding

Safety

Support, responsibility,
commitment, trust,
honesty, consistency

Task Three: Read and answer the questions below

Which features link to our CARE principles?

Which features do you think are most important?

Which features do you think are missing?

Task Four: Read the scenarios and use two different colours to highlight/underline examples of healthy relationship behaviours and unhealthy relationship behaviours



1. Jess left it till the last minute to do her homework, so she urgently needs the computer but her brother is using it with his mates. He doesn't let her use it when she asks so she pulls the wires out to stop their game.



2. When a girl Lee likes spends time with him on a school trip, he wonders whether she might want to date him. His mates say he should whistle at her and tell her she looks sexy. He follows their advice but she just looks really shocked and walks away.



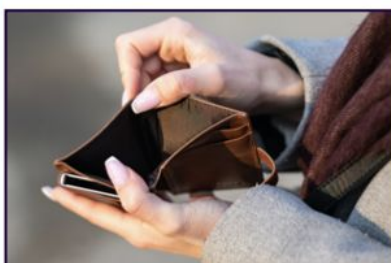
3. Georgie wishes she saw more of her girlfriend but Yana is always so busy. This weekend, Georgie sees Yana in the shopping centre with friends so invites her to grab a milkshake together, but Yana tells Georgie she's busy and will message her some time to hang out.



4. Kevin's best friend teases him about a selfie he posted online last night. It really hurt his feelings.



5. Maria's messages online to someone she really likes have been ignored. She tries to speak with them in person but they clearly aren't interested. She's upset but keeps her distance from them and tries to get over her crush by spending time with friends.



6. Drizee's girlfriend Shana keeps borrowing money from him. When Drizee says 'no' one day, she humiliates him in front of their friends and threatens to tell everyone Drizee is a really bad kisser if he says no again.

Effective conflict management could include:

- Supporting own wellbeing so better able to deal with conflict when it happens
- Pausing to reflect before responding
- Seeing things from different perspectives
- Coming up with different practical 'win-win' solutions
- Negotiating and compromising where safe and fair to do so
- Stepping away from escalating situations (where people seem to be getting more and more angry)
- Communicating effectively

Communicating effectively is an important skill, especially when managing conflict with others. Being aware of different communication styles and strategies can support this.

Task Two: Read the communication types and descriptions below. Add possible body language and an example of something that might be said			
Communication Strategy	Description	Body language	Example of something said
Attacking	Insulting, judging, threatening, being aggressive	<i>Loud and often invades others' personal space Pointing and aggressive gestures.</i>	<i>"You idiot!" "No-one agrees with you so just shut up!"</i>
Evasion	Down-playing, ignoring, putting off the conversation		
Informing	Sharing information, feelings, and views		
Openness	Curiosity, active listening, summarising		
Uniting	Finding agreement/common values, building connection, finding solutions		

Progress Reflection: Identify 5 top tips for maintaining a healthy relationship

1

2

3

4

5

If you would like further guidance or support:

- speak to a parent/carer, tutor, head of year, school nurse/counsellor or other trusted adult
- Visit:
 - A Better Medway: www.abettermedway.co.uk
 - Childline: www.childline.org.uk 0800 1111

