

Year 7	Lesson 1 Relationships
Ground Rules	Slide of ground rules
Warm-up	<p>Introduction slide with overview of importance of friendship and relationships to positive mental health</p> <p>My Relationships - Personal exercise handout to get students to identify different relationships they have and rank them in terms of importance</p> <p>Show slide of typical relationships to help them</p> <p>What's on Your List? - Class Discussion</p> <ul style="list-style-type: none"> • Teacher to record feedback
Lesson Aims	<p>Today we are going to - taken from the PSHE Association Curriculum Framework 2014 (updated 2017)</p> <ul style="list-style-type: none"> • Explore and discuss the qualities and behaviours you should expect and exhibit in a wide variety of positive relationships (including teams, class, friendships etc) • Explore the range of positive qualities people bring to relationships • Understand that relationships can cause strong feelings and emotions
Relationships, Friendships and Acquaintances	<p>Slide showing the differences between Relationships, Friendships and Acquaintances</p> <p>Class Discussion:</p> <ul style="list-style-type: none"> • From your lists, which are relationships, friendships or acquaintances? • What makes them different? • Why did you rank them as you have in terms of importance? <p>This can be fluid and dependent on the feedback but it should help highlight what they see where friends and family rank and any religious relationships sit in terms of their importance. We are also hoping to see their perception of differences especially between friends and acquaintances and allow others to challenge these.</p> <ul style="list-style-type: none"> • Teacher to record feedback
Family Relationships	<p>This outlines the different make-up of families today and that the quality of the relationship is the more important than the make-up. It also looks at how these have changed from the past</p>
Characteristics of Good Family Relationships	<p>Class Exercise:</p> <p>What do you think are Characteristics of Good and Not-So-Good Family Relationships in relation to?</p> <ul style="list-style-type: none"> • Communication • Commitment

	<ul style="list-style-type: none"> • Quality Time • Respect <p>Feedback and Discussion – use examples: For Not-So- Good, you can add ‘Not’ in front of most areas:</p> <ul style="list-style-type: none"> • Teacher to record feedback
Friendships and Relationships	<p>In Groups of 4:</p> <ul style="list-style-type: none"> • Think of someone you have a good friendship with. What makes the friendship good? – make a list • Think of someone you have a good relationship with but are not friends with. What makes the relationship good? – make a list • Think of someone you don’t get on well with – what makes the relationship difficult? – make a list– NO NAMES! • Discuss how can you have a positive relationship with someone you don’t get on well with? – make a list
Friendships and Relationships	<p>Class Discussion – From your Lists</p> <ul style="list-style-type: none"> • What are the characteristics of good friendships? • What are the characteristics of good relationships? • What are the characteristics of difficult relationships? • How can you have a positive relationship with someone you don’t get on well with? <p>Teacher to record feedback from group exercise above</p>
Quality of Friendships and Relationships	<p>Group and class exercise:</p> <p>In Your Groups of 4:</p> <ul style="list-style-type: none"> • From your list of what makes a friendship good, discuss and rank the top 10 in order of importance – 1 is the most important and 10 is the least important. Put them on the friendship tree provided • From your list of what makes a relationship good, discuss and rank the top 10 in order of importance – 1 is the most important and 10 is the least important. Put them on the relationship tree provided • Join another group of 4 and do the same for both areas • Join your 8 with another group of 8 and do the same for both areas • All join together as a class and do the same for both areas <p>Let’s display our final friendship and relationship trees</p> <p>The template for the trees are included in this pack</p>
Friendships, Relationships and Mental Health	<p>Outlines the link and benefits of good relationships and positive mental health</p>
Am I a Good Friend?	<p>Personal Exercise:</p> <p>Click this video link - record your answers and points scored</p>

	<p>Am I a Good Friend?</p>
<p>Help and Support</p>	<p>Where to go for any help and support and a handout listing organisations they can approach confidentially</p> <p>As School Nurses visit schools at different times and days, teachers need to ensure they cover their schools dates and accessibility rules in this section</p> <p>Teachers need to cover the ‘Your guide to children and young people’s emotional health services</p>
<p>Evaluation</p>	<p>Your reflection and feedback is important!</p> <ul style="list-style-type: none"> • Use ‘What I Learned Today’ evaluation form – students to complete these anonymously and hand them in for teacher to review and assess.