

YEAR 8 LESSON 4 TITLE Relationships

KEY CONCEPTS

- ◆ Understanding that relationships affect everything we do in our lives and that relationship skills have to be learnt and practised
- ◆ Understanding that people have multiple roles and responsibilities in society and that making positive relationships and contributing to groups, teams and communities is important
- ◆ Understanding that relationships can cause strong feelings and emotions

KEY PROCESSES

- ◆ Develop self-awareness by reflecting critically on their behaviour and its impact on others
- ◆ Use strategies for resisting unhelpful peer influence and pressure
- ◆ Use the social skills of negotiation, assertiveness and collaboration

CONTENT

- ◆ The features of positive and stable relationships, how to deal with a breakdown in a relationship and the effects of loss and bereavement
- ◆ Different types of relationships, including those within families and between older and young people, boys and girls, and people of the same sex – including civil partnerships
- ◆ Ways of recognising and reducing risk, minimising harm and getting help in emergency and risky situations

LEARNING OUTCOMES

by the end of the lesson, pupils will be able to:

- ◆ Understand more of the nature and variety of relationships and friendships
- ◆ Understand more about the reasons why people form both sexual and other relationships
- ◆ Understand more about appropriate behaviour when forming relationships

RESOURCES

- 'Going Out' cards
- 'Ready or Not' Relationship statements
- 'The Interpersonal' DVD

LESSON PLAN

Activity 1 – Going Out?

Timing

25 mins. approx

Large paper sheets, PPT ('Ground Rules')

Divide the class into small groups and give each group a set of 'Going Out' cards. Ask the students to discuss what each one says, and then decide if the young people mentioned should be described as 'Going out'/'Just friends'/'Something else' and why. This helps young people to pick apart the 'rules' of starting relationships.

When the groups have made their decisions, bring the class back together and have a general vote on each scenario.

Activity 2 – Ready or Not?

Timing

25 mins. approx

Resources

'Ready or Not?' Relationship statements

Read out (or display on the white board) the 'Ready or Not?' relationship statements, and ask the class to decide which of the statements are good reasons for starting a relationship and which are good reasons for not. Use the following ideas to stimulate discussion:

- ❖ At what age do they think most young people start relationships (whether sexual or otherwise)?
- ❖ Is there pressure to start getting involved in relationships?
- ❖ What do people say about young people who don't get involved at this age?
- ❖ How do young people know when they are ready?
- ❖ Do parents have a big influence on this decision?

Extension Activity – 'The Interpersonal' DVD

Timing

40-50 mins. approx

Resources

'The Interpersonal' DVD (and 'Opening Lines' from the associated pack)

Use this resource to raise issues around initiating relationships and appropriate behaviour. The resource especially focuses on boys' behaviour towards girls. To obtain a copy, visit workingwithmen.org.

Cheryl and Danny see each other every week at the youth club. They talked and exchanged phone numbers, but then got teased by their friends about it. They now text each other but never talk when they see each other in person.
*Going out? Just friends?
 Something else?*

Jag and Alisha met at a family party away from both their homes and now talk regularly on a social networking site. No one else knows that they know each other.
*Going out? Just friends?
 Something else?*

Damien and Lee met on a social networking site. They are both into music and regularly send each other music they are making and talk about what else is going on in their lives. They have never met in person but are thinking about it.
*Going out? Just friends?
 Something else?*

Jools and Pete see each other every day on the school bus. They have friends in common and often sit together and talk. They haven't ever been alone together.
*Going out? Just friends?
 Something else?*

Sasha and Jack started kissing at a party and then disappeared to a bedroom upstairs. Their friends think they had sex. Jack doesn't deny it but Sasha does. They haven't been alone together since.
*Going out? Just friends?
 Something else?*

Kelly follows Sol around at school every day. She texts him all the time in the evenings and weekends. She tells her friends he fancies her but is very shy. Sol is more interested in football and hanging out with his mates, and is a bit embarrassed by the attention from Kelly.
*Going out? Just friends?
 Something else?*

Jas met Shane at McDonalds a couple of times with other friends and went for a ride in his car. He is three years older than her. She has heard from friends that he has been saying that Jas wants to have sex with him and that she sends him 'sexy' texts. Jas is flattered by the attention from Shane but doesn't know why he has said these things.
*Going out? Just friends?
 Something else?*

Naomi and Shaz see each other every day at school, keep in touch by text every evening and spend lots of time at the weekends together. They have known each other since primary school. They prefer to spend time together rather than hanging out with groups of friends.
*Going out? Just friends?
 Something else?*

Jermaine and Lisa have known each other for over a year. They walk home from school together most days. They text each other sometimes in the evenings. All their friends tease them by saying that they love each other, but they don't mind.
*Going out? Just friends?
 Something else?*

Gary and Emily met at the park a few weeks ago and have seen each other every day since. They text each other constantly and have been spending every weekend together. Their friends call them 'the married couple'.
*Going out? Just friends?
 Something else?*

Reasons for starting a relationship

- ❖ 'I'm in love'
- ❖ 'She says we're going out!'
- ❖ 'I feel like the odd one out. All my mates say they're going out with someone'
- ❖ 'They said I was gay because I didn't have a girlfriend so I just picked someone'
- ❖ 'I just wanted to have sex so I picked someone who I thought would do it'
- ❖ 'I wanted someone to love me and take care of me'
- ❖ 'It means you've always got someone to talk to'
- ❖ 'I was lonely and fed up being on my own'
- ❖ 'It's nice to have a really close friend'
- ❖ 'All the girls want to hang out with me now 'cos my boyfriend's really gorgeous'

Reasons for not starting a relationship

- ❖ 'Nobody would want me anyway because I'm not cool or good looking'
- ❖ 'I don't know how to ask someone out!'
- ❖ 'I'm scared!'
- ❖ 'I prefer football and hanging around with my mates'
- ❖ 'My mum says that I'm too young and that I should save myself for someone special'
- ❖ 'My religion says you should only go out with someone if you really love them and are going to marry them'
- ❖ 'I can't be bothered. It's all too much hassle'
- ❖ 'There aren't any other gay people around, and even if there were, I'd get bullied'
- ❖ 'I need to focus on my schoolwork. There's time for that later'
- ❖ 'Boys are horrible and silly. Why would I go out with them?'

