

YEAR 9 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

- ◆ Reflect on feelings and identify positive ways of understanding, managing and expressing strong emotions and challenging behaviours
- ◆ Assess and manage risk in personal choices and situations, minimise harm in risky situations and demonstrate how to help others do so
- ◆ Use strategies for resisting unhelpful peer influence and pressure – assessing when to use them and when and how to get help
- ◆ Use the social skill of negotiation within relationships, recognising their rights and responsibilities and that their actions have consequences

CONTENT

- ◆ Examples of diverse values encountered in society and the clarification of personal values
- ◆ 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 about the different stages of relationships
- ◆ Understand more about how relationship problems might be solved

RESOURCES

- 'Relationship Issues' cards
- 'Beginning, Middle, End' Questions

LESSON PLAN

Activity 1 – Relationship Issues

Timing

25 mins. approx

Resources

'Relationship Issues' cards

Divide the class into small groups, and give each group a 'Relationship Issues' card. Ask them to discuss the following questions:

- ❖ Is this a good or a bad relationship? Why?
- ❖ What could be done to improve the relationship?
- ❖ How long is this kind of relationship likely to last?

Try the exercise again, changing the person involved from male to female:

- ❖ Does that make a difference?
- ❖ What if it was a same sex relationship?
- ❖ Would that make a difference?

Activity 2 – The Agony Panel

Timing

25 mins. approx

Resources

'Beginning, Middle, End' Questions

Ask the class for nine volunteers. Split these into three teams of three. These will be the 'agony aunts/uncles', and the rest of the class will be the 'audience'.

Read out a selection of questions to each team from the 'Beginning, Middle, End' question resource. The questions all concern different stages of relationships, and the teams have to answer as best they can. The audience then decides on the best answer each time.

**My partner keeps flirting with other people.
I get very jealous if they talk to anyone else.
They treat me very badly.
All they want to do is get drunk.
I don't know how to say no.
They don't like me touching them.**

**They never turn up when they say they will.
They got angry and hit me.
How can I tell if they really love me?
They only want sex. They are not really interested in me.
They always expect me to pay when we go out.
They ignore me when their friends are around.**

**We always share the cost of everything when we go out.
They don't mind me flirting with other people.
They sometimes buy me little presents when I'm not expecting them.
We've talked about having sex but haven't done it yet.
My parents/carers don't like them.
We are gay. I'm worried how other people will react if they find out about us.**

**We both like doing outdoor activities like rock climbing.
We make each other laugh a lot of the time.
We spend a lot of time talking to each other on the phone.
They are quite a bit older than me.
I don't know how far I should go with them.
My friends make fun of me for being with them.**

**They get very jealous if I talk to anyone else.
They go all quiet and will not talk.
They never want to go out and do anything interesting.
They don't get on with my friends.
They keep going on about love and it drives me mad.
They try to boss me around.**

**They are a different religion from me and my parents/carers will not like that.
They are far too serious and I'm not ready for it.
They won't me pay for anything when we go out.
They are a different colour from me and people will call me names.
They often say nice things about me in front of my friends.
They don't want to have sex with me.**

Beginning

- All my friends are going out with someone. I feel left out. WHAT SHOULD I DO?
- I fancy someone, but if I ask them out they might say no. WHAT SHOULD I DO?
- There's someone I really like, but I can't tell if they fancy me. HOW CAN YOU TELL?
- I have a friend who I like a lot and I'd like us to be more than friends. WHAT SHOULD I DO?
- I think I like someone, but I'm not sure if I fancy them. HOW CAN YOU TELL?
- Someone asked me out and I said no. They were really upset. WHAT SHOULD I DO?
- I think I'm gay, but I'm not sure if the person I fancy is gay too. WHAT SHOULD I DO?
- I asked someone out, but they said no and now I feel so bad. Everybody knows. WHAT SHOULD I DO?
- I'm just not interested in going out with anyone, but everyone says I'm weird. WHAT SHOULD I DO?
- This older guy keeps texting me and asking me out, but my friends say he's trouble. WHAT SHOULD I DO?

Middle

- My partner flirts with other people all the time. WHAT SHOULD I DO?
- My partner just won't talk. They only want to do stuff. WHAT SHOULD I DO?
- My partner just wants to have sex. They don't even seem to like me. WHAT SHOULD I DO?
- My partner told everyone that we had had sex and what we'd done. I was so humiliated. WHAT SHOULD I DO?
- My partner told everyone we'd had sex and we hadn't! WHY DID THEY DO THAT?
- My partner is much better looking than me and everyone fancies them. I feel so jealous. WHAT SHOULD I DO?
- My partner won't have sex with me. They don't even like me touching them. WHAT SHOULD I DO?
- My partner has to know where I am and what I'm doing all the time. IS THIS OK?
- My partner hit me when they were drunk. It was just the once, but now I'm scared of them. WHAT SHOULD I DO?
- My parents don't like my partner – they've said I should drop them. WHAT SHOULD I DO?

End

- I'm bored with my partner. They're just too nice. I don't want to hurt their feelings. WHAT SHOULD I DO?
- I just found out my partner has been seeing someone else. If I confront them, they might dump me. WHAT SHOULD I DO?
- I think my relationship is going nowhere. SHOULD I DUMP THEM BEFORE THEY DUMP ME?
- My 'ex' keeps texting me and sometimes follows me around. It's creepy. WHAT SHOULD I DO?
- I want to end it. Everybody says to just ignore them or text them as it's easier. WHAT SHOULD I DO?
- My partner is really mean to me lots of the time and then is really nice and we make up. I don't want to end it, but I feel bad most of the time. WHAT SHOULD I DO?
- My partner says that if we don't have sex, they will dump me. WHAT SHOULD I DO?
- All my friends say I could do better. SHOULD I WAIT AND FIND SOMEONE ELSE OR DUMP THEM FIRST?
- I've just been dumped after three whole months. I feel so lonely and I don't understand why it had to end. SHOULD I TRY TO GET BACK WITH THEM?
- This is the third time I've been dumped in a year. Why is it always me? SHOULD I FORGET ABOUT RELATIONSHIPS?

