

**YEAR 11      LESSON    4      TITLE    Relationships**

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### 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.
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### KEY PROCESSES

- ◆ Reflect critically on their own and others' values and change their behaviour accordingly
  - ◆ Reflect on feelings and identify positive ways of understanding, managing and expressing strong emotions and challenging behaviour, acting positively on them
  - ◆ Develop self-awareness by reflecting critically on their behaviour and its impact on others
  - ◆ Use social skills to build and maintain a range of positive relationships, and then reflect on what these successful and learn how to apply this to new situations
  - ◆ Demonstrate respect for and acceptance of the differences between people, and challenge offensive behaviour, prejudice and discrimination assertively and safely
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### CONTENT

- ◆ Characteristics of positive relationships, awareness of exploitation in relationships and knowledge of statutory and voluntary organisations that support relationships in crisis
  - ◆ The diversity of ethnic and cultural groups, the power of prejudice, bullying, discrimination and racism and the need to take the initiative in challenging these and other offensive behaviours and in giving support to victims of abuse
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### LEARNING OUTCOMES

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

- ◆ Understand more about how relationships develop as people grow older
  - ◆ Understand a range of different sexual types of relationship
  - ◆ Understand the range of difficulties that people may face at different stages of their relationships
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### RESOURCES

- White board
  - 'Relationship Lifestyle' sheet
  - 'Scenario' cards
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## LESSON PLAN

### Activity 1 – Relationships Lifeline

Timing	Resources
10 mins. approx	White board

Draw a lifeline on the white board – starting at 'Teens' and then moving on to 'Twenties' and so on heading up to 80+ on a decade-by-decade basis. Ask the students to suggest what they think the average behaviour in sexual relationships is for each decade. As prompts, bear in mind:

- ❖ Experimentation
- ❖ Short term relationships
- ❖ Multiple relationships
- ❖ Arranged marriages
- ❖ Monogamy
- ❖ Marriage/civil partnership
- ❖ Divorce
- ❖ Affairs
- ❖ Child-rearing
- ❖ Re-marriage
- ❖ Celibacy

Also consider the following questions:

- ❖ How do sexual relationships change with age or when children arrive?
- ❖ Does everybody 'settle down'?
- ❖ What different paths might gay and lesbian relationships take?
- ❖ What about people with religious beliefs – how would their paths differ?

### Activity 2 – Relationship Debate

Timing	Resources
15 mins. approx	'Relationship Lifestyle' sheet

Split the class into small groups, and give each group a copy of the 'Relationship Lifestyle' sheet. Then ask them to write down the advantages and disadvantages of each relationship type. When all the groups have finished, discuss the decisions as a whole class.

## Activity 3 – It's Not Me...It's You!

### Timing

30 mins. approx

### Resources

'Relationship Lifestyle' sheet; Scenario cards

Divide the class into small groups and give each group one of the scenarios from the 'Scenario' cards. Then ask them to:

- ❖ Describe what the options the couple are facing are
- ❖ Decide what is **likely** to happen next for this couple
- ❖ Is someone to blame for the situation?
- ❖ What would need to happen to avoid this situation arising in the first place?

When all the groups have finished, ask each one to read out their scenario and decisions to the whole class. Follow this with a class discussion of the points raised.



# Relationship Lifestyle

	Advantages	Disadvantages
Living together (not married)		
Married or civil partnership		
Arranged marriage		
Multiple partners (more than one at a time)		
Serial monogamy (one partner after another)		
Celibate (no partners)		



Danny is 17 and Emma is 16. They have been going out for three months, are having sex, and see each other a lot. Danny goes to Ibiza for a holiday with his mates and when he gets back Emma gets sent pictures on her mobile of Danny drunkenly kissing another girl. She is really upset and can't believe that he did this.

Aimee and Darren have been going out since they were 13 and have known each other all their lives. Now they are both 16 they have talked about getting married as soon as they can. Friends are saying they should relax and go out with other people – otherwise they will 'miss out'. Their parents are a little worried that they are getting a bit 'serious', as well.

Rachael and Jason are both 19. They enjoy each other's company when going out and having sex, and friends say that they are well-suited. After missing her period, Rachael discovers that she is pregnant. Jason says that they ought to get married and carry on with the pregnancy. Rachael really isn't sure. She wasn't planning on this happening.

Dev is 27. When he left university four years ago, he agreed to an arranged marriage which his parents really wanted. Leela, his wife, is younger than him and although he respects his parents' wishes, he feels that he has nothing in common with Leela. Leela is aware of his feelings towards her but feels very dependent on Dev.

Jaz and Theo have been going out for over a year. One night, Jaz discovers Theo watching some serious porn on the Internet. She is shocked and they have a huge row. Jaz doesn't understand why Theo needs this, but he says that it's just a bit of fun and that every guy does it.

Jessica and Ailsa are both in their mid 30s and have decided to have a civil partnership after years of living together. However, Jessica is from the US and wants to go back there to look after her mother who is ill. Ailsa doesn't want to leave the UK, and this is causing lots of arguments.

Chris and Alisha live together but work very hard and so only really see each other at weekends when they often end up arguing about something trivial. They haven't had sex for a while, but lately Alisha thinks that maybe things would be better if they had a baby. Chris says that he's not ready yet.

Pete and Liz have been married for twenty years. They have two teenage children who are aged 16 and 18. Liz has just discovered that she is pregnant, which has come as a great shock – especially since Pete has just lost his job. Pete is angry about this and blames Liz for not 'taking precautions'. Liz doesn't know what to do.

Dave and Janet are in their early 50s. Their kids have all now left home. Dave thinks this is a chance for them to travel and enjoy their 'freedom'. Janet can't stop thinking about the children and how much she misses them. She just can't get enthusiastic about Dave's plans.

Elsie is a widow who is aged 70. She had only ever had a relationship with her husband. Recently, she has met Alex who is also alone and has fallen in love and plans to get married. Her grown up children are horrified and have said that Alex is probably just after her money. Elsie hates to see her family argue, but also wants to be with Alex.

