

Respect and Relationships

LEARNING OUTCOMES

Knowledge, Skills
& Actions



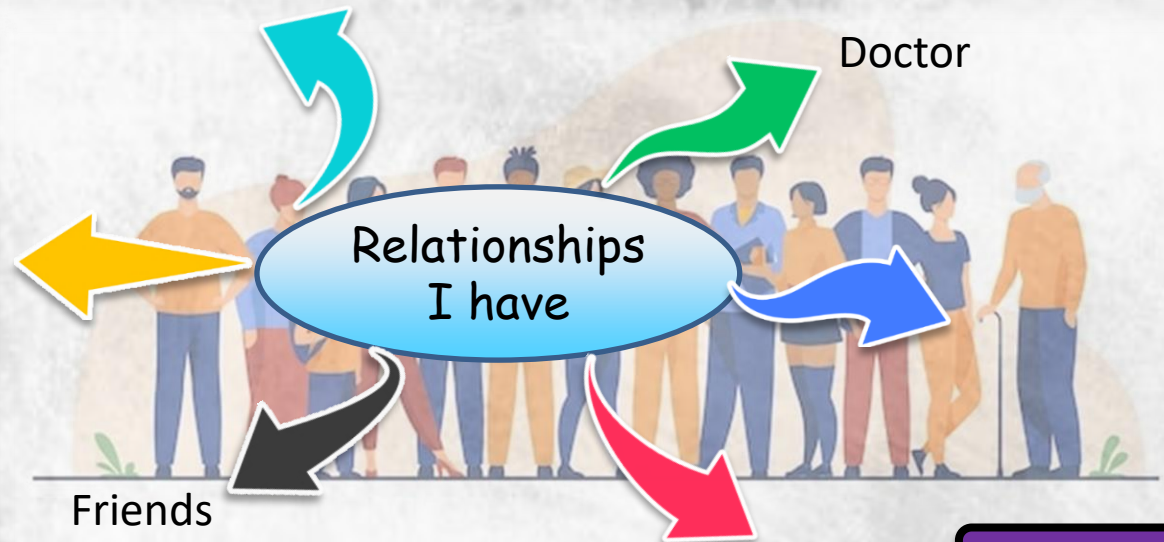
To understand the wide range
of relationships young people
have

To understand that different
types of relationships will
work in different ways

To consider the differences
between people, and learn
how to respect those
differences

NEW VOCABULARY

Respect, Relationships,
Differences, Understanding,
Behaviour



3 Minutes

STARTER ACTIVITY

Complete the mind map.

Why do you think we need these kinds of relationships?

What do we get out of these types of relationships?



GROUND RULES



Be open and honest
No Personal Comments
Discussions must be about
'general situations'



You don't have to say
things about yourself if
you don't want to

It's OK to be embarrassed
by a topic but don't show
that you are embarrassed
through silliness



Be Respectful

Listen & don't interrupt others
Only 1 person talking at a time
Use the agreed appropriate
Language (Avoid slang terms)



Don't Make Assumptions
about people's values,
attitudes, behaviours, life
experiences or feelings

PSHE CLASSROOM RULES

DEALING WITH SENSITIVE TOPICS

SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART

Be Non-Judgemental
No put-downs. Challenge
the opinion, not the
person



Conversations on sensitive
topics stay in the
classroom unless it is a
safeguarding issue

There are **no stupid questions**
It's OK to get things wrong

Enjoy the lesson, challenge your perceptions and understand how to seek further advice and support



Respect and Relationships

ASSESSMENT
FOR LEARNING

BASELINE CONFIDENCE CHECKER



BEFORE THE LESSON	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
Knowledge, Skills & Actions	1	2	3	4	5	6	7	8	9	10
To identify a wide range of different relationships										
I understand the differences between a friendship and a relationship										
I know how to respect the rights of people, and can help others to do the same										



Complete a baseline assessment of where you think you are at for this lesson

(Discuss or complete sheet)



2 Minutes

I'm not confident at all on this topic

A little confident

Confident

Very confident

I am super confident on this topic

Arrange yourselves in order of....

ROUND 1 (CLICK TO REVEAL)

ROUND 2 (CLICK TO REVEAL)

ROUND 3 (CLICK TO REVEAL)

Task

Why is it good to celebrate our differences?

What can happen when people don't respect other people's differences?

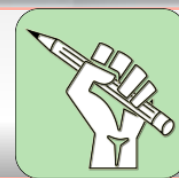


Task

- 1) What different types of relationships are shown here?
- 2) Why do you think we benefit from these kinds of relationships?
- 3) What do we get out of these types of relationships?



Standing up for yourself!



**The Practical Guide to Love,
Sex & Relationships: Standing
up for yourself - (Yrs 7-8)**

Task: Pick one or two coloured
hats and answer all the related
questions



6 Minutes



What facts do I
know? What else
do I need to know?
What do I want to
know?

INFORMATION



How do I feel
about this? What
don't I like about
this? What do I like
about this?

FEELINGS



Can something be
done? New ideas?
What are the
solutions/
suggestions?

CREATIVITY



What thinking is
needed?
Next steps?
Where are we
now?

THINKING



What is wrong?
Is it safe?
Can it be done?

JUDGEMENT

Right and Wrong Behaviour

In school

Right Behaviour

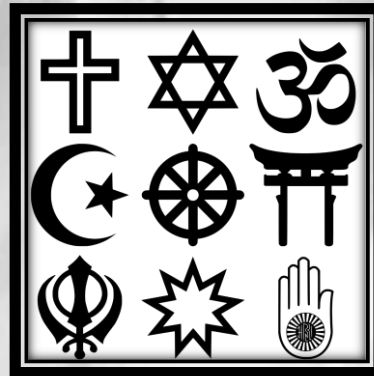
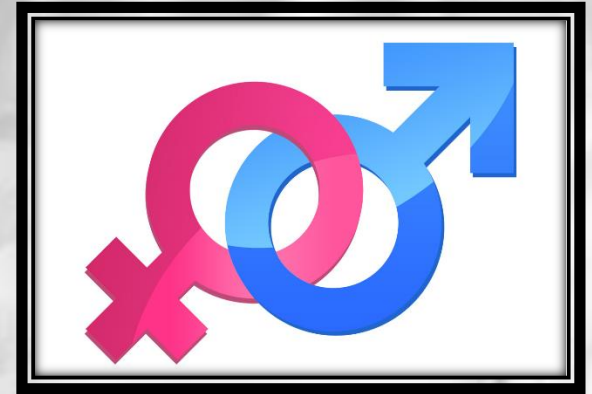
Wrong Behaviour

In a friendship or relationship

Right Behaviour

Wrong Behaviour

Respecting Others



Hobbies

Religion

Disabilities

**Gender &
Sexuality**

Friends & Family

School

Tasks

- 1) Link each picture to the description
- 2) Discuss what each picture represents in regards to respect

Tasks

- 1) Pick a scenario, and give advice to that person about what they should do
- 2) How do you think the way they are treated makes them feel?

I have to use a wheelchair to get to school and on the trains. I know I need extra support to help me, but I feel everyone is treating me like I am helpless

My grandad belongs to the Salvation Army and I wanted to join as well. I love it, it gives my life a purpose. But other people my age don't understand

There aren't many other Muslims in the school I go to. The teachers try to be kind, but they are always pointing me out. They say things like, 'why can't you be good like Ahmed?'. It doesn't help

I moved to Newcastle from a small village in Wales. People laugh at how I speak, and everything is very different.

I live in a very friendly village, but somehow I am always made to feel different because I am the only Chinese person here. It's just little things. For example, in any discussion, someone always turns to me and says 'and what do you think?' as if I must have a different opinion because I'm Chinese



What kind of things makes it an 'easy' relationship?

**EASY
RELATIONSHIPS**

What kind of things attracts you to a person?

**ROMANTIC
RELATIONSHIPS**

**DIFFICULT
RELATIONSHIPS**

Can you think of someone who you don't get on well with, and you don't enjoy their company.

What kind of things make it difficult?

EXTENSION

Is there a difference between a relationship and a friendship?



You & Me

Task

Create a wall of qualities you would like to have in a relationship
(Bring your ideas to the board on post-it-notes)

Agony Aunt

Sarah

I'm having arguments with my partner because he wants to move away and go to university, but I want to get a job and stay at home.
(Age 17)

Robert

All my friends have either kissed a girl or have a girlfriend, but no girls seem to like me.
(Age 13)

Jack

All my friends seem to fancy girls but I think I might fancy boys. What can I do?
(Age 15)

Natalie

I'd like to go out with a girl in my class, but she might not want to go out with me. I don't know what to do?
(Age 15)

Fatima

My boyfriend will not spend any time with me in public anymore. He doesn't even acknowledge me anymore.
(Age 15)

Jordan

I don't feel like playing with my friends anymore, I just want to hang out with my new girlfriend all the time.
(Age 16)

Task

How might these people feel? Why?

Offer them advice and tips to help reassure them by writing a reply starting with Dear..... (try and do at least two). Each response must be at least half a page.

What Do You Think?

"Most children feel comfortable talking about puberty, relationships, and sex with their parents/guardians"

Talking Points



I think that ...
I don't think... is right because...
My opinion is...
I would argue the same because...
I disagree with... because...
Building on what... said. I think...
An alternate way of looking at this is...
I sort of agree, however...
I would challenge what.. said because ...

Do you agree or disagree? Why?

Can you add to the statement?

Do you have a question about the statement?

Would you like to challenge what is being said?

Do you have an alternative idea?



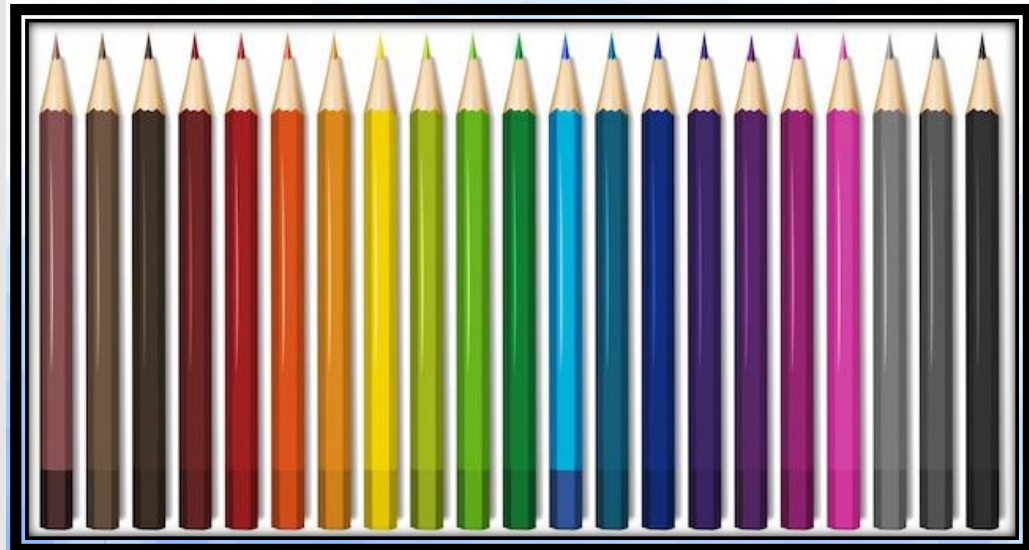
ACTIVITY

Drawing Relationships

 Respect and Relationships 	
A GOOD RELATIONSHIP Draw what a successful relationship looks like and feels like.	WHAT IS LOVE? Write down words that represent love and what it feels like to be in love.
A BAD RELATIONSHIP Create an image of what a bad relationship looks like and feels like. E.g feeling trapped, violence, cheating	TEENAGERS Draw what you might be like as a teenager (interests, hobbies, emotional changes)
CONFLICT RESOLUTION Create an image different areas of conflict that might occur within a family (also show how to resolve conflict)	MARRIAGE Write down things people associate with marriage.

Task

Read each section, and fill in the box to complete the worksheet











REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT
FOR LEARNING

CONFIDENCE CHECKER



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To identify a wide arrange of different relationships															
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Complete the confidence checker of where you think you are at for this lesson

(Discussion or complete sheet)





3 Minutes

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HOMWORK SUGGESTION



Homework Explained

Watch a movie or TV show that features respectful relationships. Write a short review of the show, and explain how the characters showed respect towards each other.

DUE DATE

It must be submitted by..

Hand / Google
Classroom





IMPORTANT INFORMATION



2 Minutes



FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT
WE WOULD ADVISE ONE OF THE BELOW:

SPEAK TO YOUR PARENTS/GUARDIANS, HEAD OF YEAR,
A TRUSTED ADULT OR FRIEND.

IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW.
IT IS IMPORTANT TO SPEAK UP AND TELL SOMEONE!

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- ☐ <https://www.loveisrespect.org/> : This website is dedicated to providing information and support to young people who are experiencing dating abuse.
- ☐ <https://www.gottman.com/> - provide a research-based approach to relationships
- ☐ <https://www.childline.org.uk/> - support on all sorts of topics

RELATIONSHIPS
& SEX EDUCATION



SEEKING SUPPORT

REFLECTION PLENARY



A problem I overcame today was...

Before I only knew...
now I also know...

The key words for this lesson
were...

I'm really proud of the way I have...

Today I have tried to...

The most important thing I have
learnt today is...

I used to feel ... but I now feel ...

Before I would have done...
Now I will ...

Next lesson I would like to...

A question I would like to ask
is...

I would like to learn more
about...

I know if I need further support
or help I could speak to.... or
contact...

I now know I can supported
others by...

One thing I didn't realise was...
this will help me to...

2 Minutes





REFER TO MINDFULNESS POWERPOINT

