

What is Love?

LEARNING OUTCOMES

Knowledge, Skills
& Actions



To define the term love and understand that it comes in many forms

To identify how you might like to give and receive love yourself

To understand different types of love, and love languages

NEW VOCABULARY

Affection, Tenderness, Passion, Unconditional, Altruistic, Appreciation, Compassion



STARTER ACTIVITY

WHAT IS LOVE?

Identify 3 key points of a healthy relationship.

Explain 1 way you could deal with conflict in a relationship.



3 Minutes

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



What is Love?

ASSESSMENT
FOR LEARNING

BASELINE CONFIDENCE CHECKER

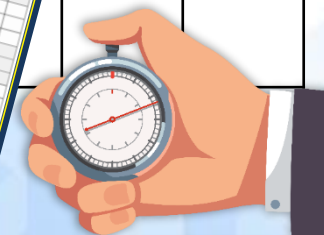


| BEFORE THE LESSON | NOT CONFIDENT | | | | CONFIDENT | | | | VERY CONFIDENT | |
|---|---------------|---|---|---|-----------|---|---|---|----------------|----|
| Knowledge, Skills & Actions | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| I can explain what love is | | | | | | | | | | |
| I can explain the characteristics of a positive romantic relationship | | | | | | | | | | |
| I understand the different types of love, and different ways love can shown | | | | | | | | | | |



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

(Discuss or complete sheet)



2 Minutes

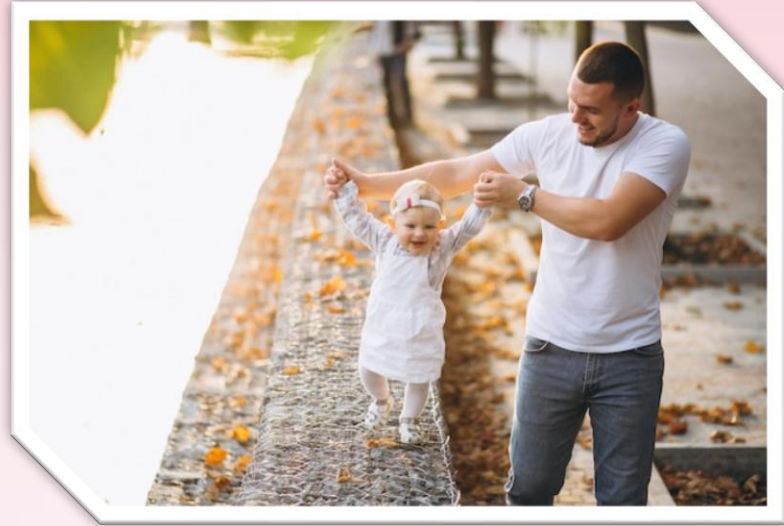
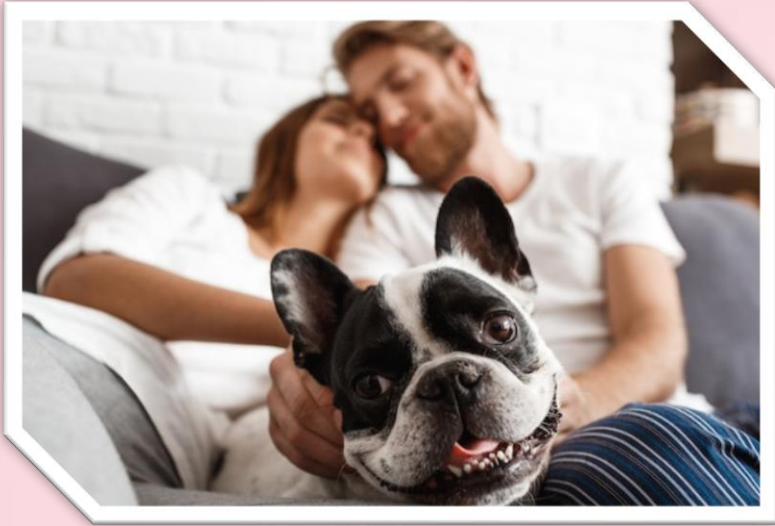
I'm not confident at all on this topic

A little confident

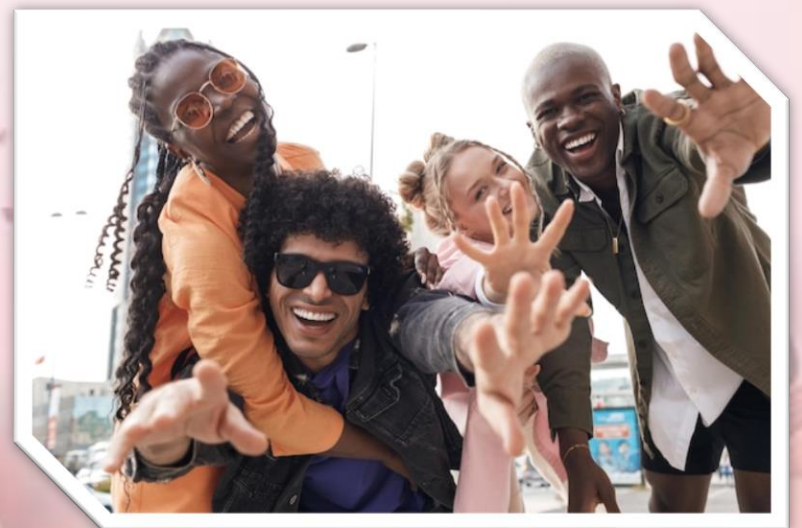
Confident

Very confident

I am super confident on this topic



What is Love?



The many meanings of "love"

The word "love" is a versatile term that can be used to express a wide range of emotions and feelings.

On one hand, it can refer to a deep affection or attachment towards someone or something, such as the love a parent has for their child, or the love one may feel towards a pet.

This kind of love is often characterised by warmth, tenderness, and a desire to protect and care for the beloved.

Did you know?

Often the word 'love' is used to mean no more than 'like' e.g. 'I love fish and chips'.

On the other hand, "love" can also refer to a passionate, romantic feeling between two individuals.

This kind of love often involves intense emotions such as infatuation, longing, and desire.

Romantic love can be both exhilarating and overwhelming, and it can lead people to do extraordinary things for their beloved.

Whether it's a simple gesture of affection or a grand romantic gesture, the power of love can be a driving force in people's lives.





Love is ...



**HOW MUCH
DO YOU AGREE....**

**STRONGLY
DISAGREE**

DISAGREE

AGREE

**STRONGLY
AGREE**

| Love is ... | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|--|---|---|---|---|---|---|---|---|---|----|
| ... having someone to rely on | | | | | | | | | | |
| ... getting married | | | | | | | | | | |
| ... having sex with someone | | | | | | | | | | |
| ... acceptance of someone no matter what they do | | | | | | | | | | |
| ... a great interest and pleasure in something | | | | | | | | | | |
| ... an intense feeling of deep affection | | | | | | | | | | |
| ... a force of nature we cannot control, command, or demand | | | | | | | | | | |
| ... something that makes you do ridiculous things for others | | | | | | | | | | |
| ... putting someone else's happiness before your own | | | | | | | | | | |

Definition of Love

"the deepest kind of love, 'true' love, involves caring, sacrifice, giving without expecting anything in return, putting the other person's feelings first, and accepting the other person for what they are. Love in this depth is not selfish and there can be no manipulation"



Task

Do you agree with this definition of love?
Come up with your own definition of love?
Are there different categories of love? If so what are they?



8 Types of Love



8 Types of Love You Will Experience in this Lifetime

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

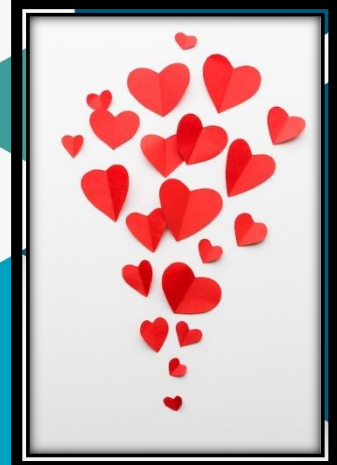
The 8 Types of Love

Eros: This is a passionate and intense form of love, characterised by physical attraction and desire. It is often associated with romantic love.

Philia: This is a deep and affectionate form of love, characterised by strong bonds of friendship and loyalty.

Storge: This is a natural and unconditional form of love, characterized by the love between family members, such as between parents and children.

Agape: This is a selfless and altruistic form of love, characterised by acts of kindness and compassion towards others, regardless of their actions or behaviour.

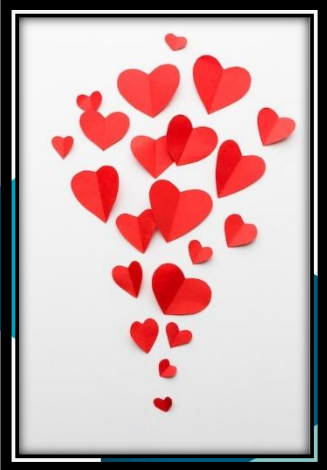


Ludus: This is a playful and flirtatious form of love, characterised by the enjoyment of flirting and teasing in romantic relationships.

Pragma: This is a practical and logical form of love, characterised by the search for a compatible partner who can meet one's needs and expectations.

Mania: This is an obsessive and possessive form of love, characterised by a strong need for control and jealousy in romantic relationships.

Philautia: This is a form of self-love, characterised by a healthy and balanced sense of self-worth and self-esteem.



Task

Which type of love resonates with you the most?
Which type of love would you like to experience?

Quick Quiz: Love Interests

Who is the love interest of each of these characters?

A



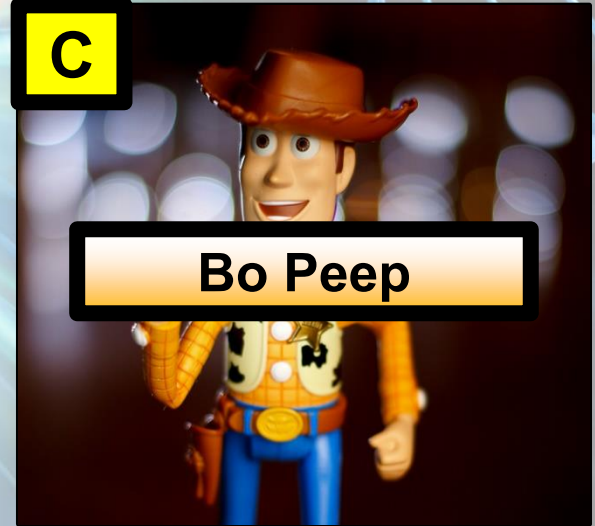
Princess Fiona

B



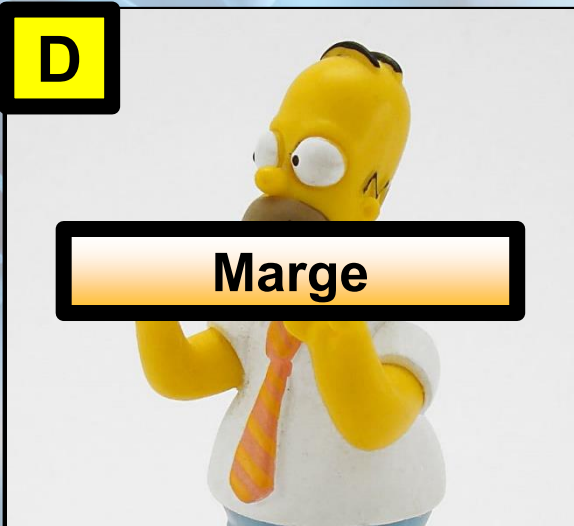
Prince Eric

C



Bo Peep

D



Marge

E



Belle

F



Wendy

The Bible's Depiction of Love

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.



Task

Do you agree with this definition of love?
Are love and sex the same thing?

ACTIVITY

The Love Test

For each of the following, decide whether this is a sign your partner truly loves you.

| IS IT LOVE? | YES | NO |
|---|-----|----|
| They are incredibly romantic, and lavish you with gifts | | |
| They move really fast in the relationship | | |
| They get jealous easily, and want you for themselves | | |
| They dislike your friends, and make sure you know it | | |
| They always worry about you | | |
| They check up on your internet history | | |
| You'll feel like you're with two different people | | |

The Five Love Languages

People show love in many different ways. These ways are often referred to as "love languages". It's important to note that everyone is different and what works for one person may not for another.

Love Language 1 (CLICK TO REVEAL)

Love Language 2 (CLICK TO REVEAL)

Love Language 3 (CLICK TO REVEAL)

Love Language 4 (CLICK TO REVEAL)

Love Language 5 (CLICK TO REVEAL)

Task

Which 'love language' do you think best describes you?
Why is it important to understand your own love language and the love languages of those around you?



My Considerations

Consideration:

Complete the mind map

Consideration:

Consideration:

Before you ask
someone to be
your boyfriend/
girlfriend what
should you
consider?

Consideration:

Consideration:

Consideration:

Did you know?

People often identify the desire or the pressure to have a boyfriend or girlfriend without having the opportunity to consider the pros and cons of relationships



Reverse Assumptions



What Do Teens Think About Their Dating Lives? | Reverse Assumptions

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?

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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








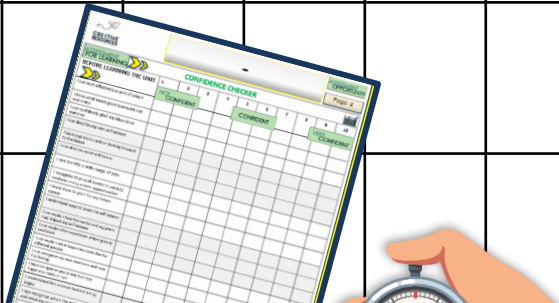
REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT
FOR LEARNING

CONFIDENCE CHECKER



| AFTER THE LESSON | NOT CONFIDENT | | | | CONFIDENT | | | | VERY CONFIDENT | | | | | | |
|---|------------------|---|---|---|--|---|---|---|-------------------|---|---|---|---|---|----|
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The image shows a hand holding a stopwatch next to a 'CONFERENCE CHECKER' form. The form is titled 'FOR LEADERS' and 'CONFERENCE CHECKER'. It has columns for 'SCHEDULE', 'CONFIDENT', and 'VERY CONFIDENT'. The form is partially filled out with checkmarks and dates. The hand is holding the stopwatch, which is a red and black analog timer.





Complete the confidence checker of where you think you are at for this lesson

(Discussion or complete sheet)





3 Minutes


I'm not
confident at all
on this topic


A little
confident


Confident


Very
confident


I am super
confident on
this topic

HOMEWORK SUGGESTION



DUE DATE

It must be submitted by..

Hand / Google
Classroom



Homework Explained

Analyse a love song, poem, or movie scene of your choice and explain why you believe it is an accurate representation of love.





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
- ☐ <https://raisingchildren.net.au/pre-teens/communicating-relationships/romantic-relationships/teen-relationships> - Information of romance for pre-teens and teenagers



SEEKING SUPPORT

RELATIONSHIPS
& SEX EDUCATION

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

