

# Relationships and Partners

## LEARNING OUTCOMES

Knowledge, Skills  
& Actions



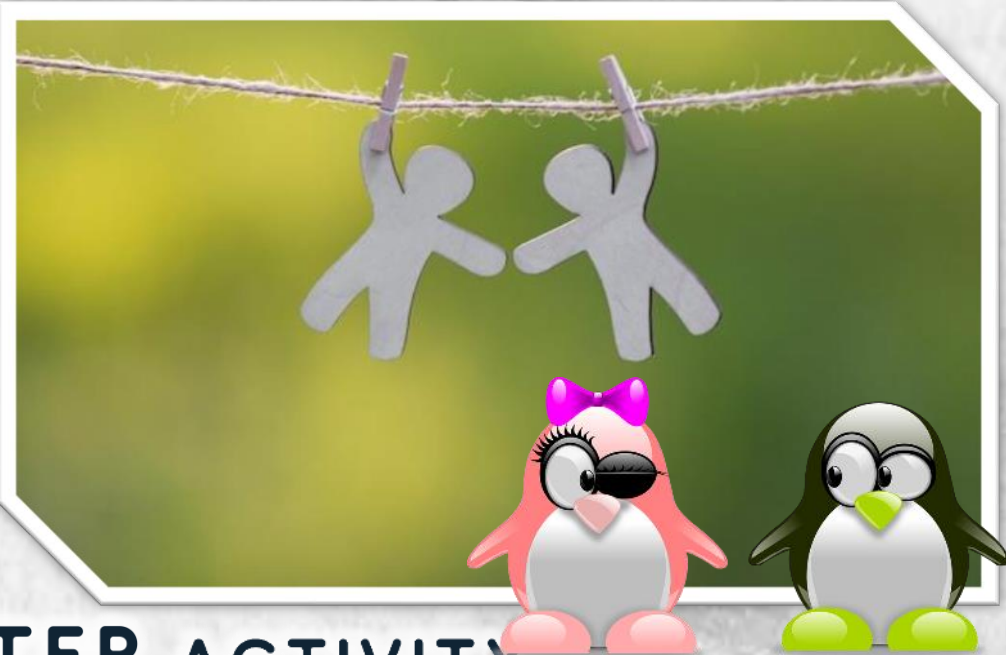
To understand the meaning of a healthy relationship between a couple, and the expectations that form a positive relationship

To understand the non-physical characteristics someone might look for in a future partner

To look at relationships, and understand the factors necessary to develop a healthy relationship

## NEW VOCABULARY

Relationships, Affection,  
Bonding, Attraction,  
Independence, Expectations



## STARTER ACTIVITY

Come up with a caption for the penguins.  
What makes a good partner?  
What message is the song lyrics trying to put across? Do you agree with it?



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**

# Relationships and Partners

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 understand the main features that help to build a healthy relationship										
I know a range of non physical characteristics to look for in a partner										
I am able to evaluate if a relationship is positive and healthy or not										



2 Minutes

Complete a baseline assessment of where you think you are at for this lesson  
(Discuss or complete sheet)



I'm not confident at all on this topic



A little confident



Confident






Very confident



I am super confident on this topic




HOW?						
WHAT?						
WHERE?						
WHO?						
WHY?						
						
<div>PAIR &amp; SHARE</div> <div>THOUGHTS &amp; FEELINGS</div>		DID?	MIGHT?	COULD?	CAN? / WILL?	IS? DOES?



Use the grid above to help you come up with three questions about the image

2 Minutes



The image features a romantic couple in silhouette, embracing on a grassy hill. The background is a soft, pinkish-purple sunset sky with distant mountains and lens flare effects. A large, white thought bubble with a black outline is positioned on the right side of the image, containing the text. Two smaller circles lead from the bubble towards the top right corner.

**What should you  
look for in a positive  
healthy relationship?**



# Healthy Relationships



## 8 Habits of Healthy Relationships

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



5 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**



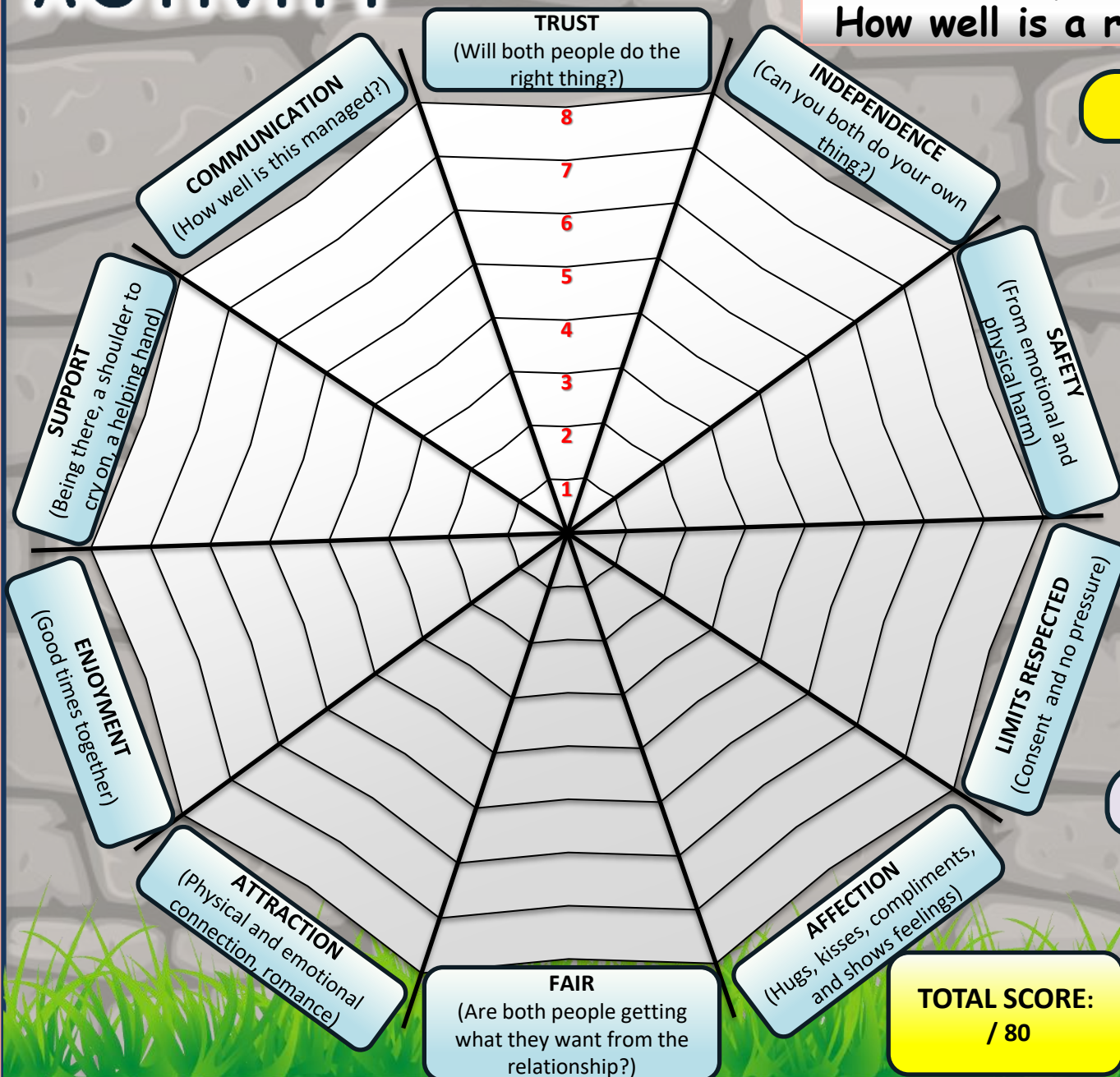
What is wrong? Is it safe? Can it be done?

**JUDGEMENT**

# ACTIVITY

## Relationships & Love Spiderwebs

How well is a relationship working?



### Task

Think about either a personal relationship, or a relationship of a tv couple (from a soap opera or Netflix show).

Complete the handout based on this relationship

### TASK OR CHALLENGE

### Challenge

If you were to create your own Relationship Spiderweb, what 10 categories would you choose?

**TOTAL SCORE:**  
/ 80



## Think About These Romantic Relationships

Homer and Marge  
Simpson

Aladdin & Jasmine

Kate Middleton &  
Prince William

Meghan Markle &  
Prince Harry

Ryan Reynolds and  
Blake Lively

Barack and  
Michelle Obama

### Task

Give them a score from 0-10 for each area of their relationship, or N/A if you are unable to tell. Explain whether you think this is a healthy, respectful relationship or not. Suggest three areas that need to be worked on in order to improve.

#### SUPPORT

(Being there, a shoulder to cry on, a helping hand)

#### COMMUNICATION

(How well is this managed?)

#### TRUST

(Will both people do the right thing?)

#### SAFETY

(From emotional and physical harm)

#### AFFECTION

(Hugs, kisses, compliments and show feelings)

#### ENJOYMENT

(Good times together)

#### INDEPENDENCE

(Can you both do your own thing?)

#### FAIR

(Are both people getting what they want from the relationship?)

#### LIMITS

**RESPECTED**  
(Consent and no pressure)

#### ATTRACTION

(Physical and emotional connection, romance)



## Relationship Scenario

“Rachel and Ross have been hanging out together lately after school at the local coffee shop. One day, while they were alone together, Rachel put her head on Ross’s shoulder. He then put his arm around her, there was a lot of body contact, and Rachel kissed Ross lightly on his neck. A week later, when Ross was flirt texting Rachel, she told him that she couldn’t “reciprocate” his feelings! Rachel ignored Ross for the next week. Then, she started texting him again with flirty texts. Ross doesn’t know what to do. Should he just be friends, try for something more, just link, or ignore her”

### Task

Give them a score from 0-10 for each area of their relationship or N/A if you are unable to tell. Explain whether you think this is a healthy respectful relationship or not. Suggest three areas that need to be worked on in order to improve.

#### **SUPPORT**

(Being there, a shoulder to cry on, a helping hand)

#### **COMMUNICATION**

(How well is this managed?)

#### **TRUST**

(Will both people do the right thing?)

#### **SAFETY**

(From emotional and physical harm)

#### **AFFECTION**

(Hugs, kisses, compliments and show feelings)

#### **ENJOYMENT**

(Good times together)

#### **INDEPENDENCE**

(Can you both do your own thing?)

#### **FAIR**

(Are both people getting what they want from the relationship?)

#### **LIMITS RESPECTED**

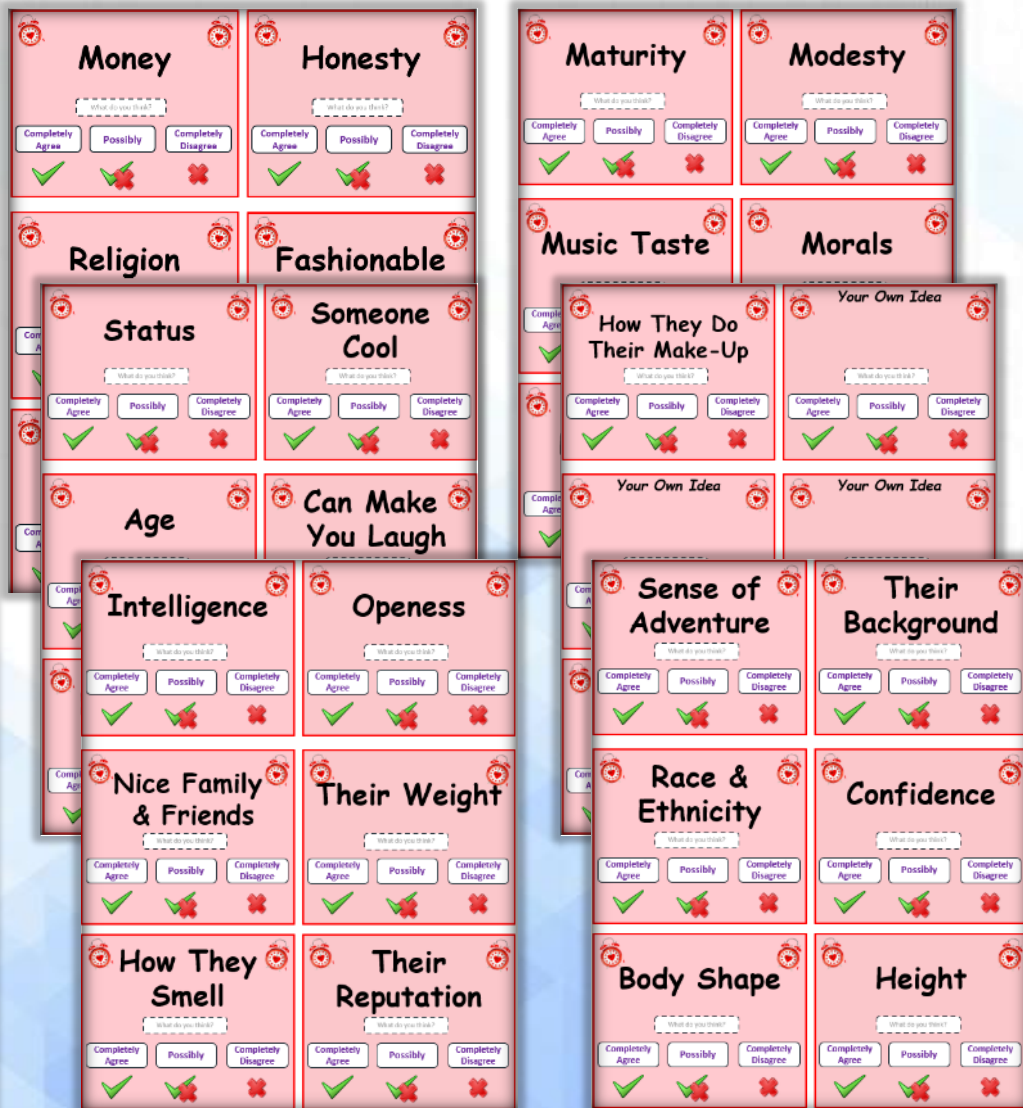
(Consent and no pressure)

#### **ATTRACTION**

(Physical and emotional connection, romance)

# ACTIVITY

## CLASS ACTIVITY - FIND A LARGE SPACE



### Rule 1

Sit in a large circle around the continuum line

### Rule 2

Everybody will be given one or two cards

### Rule 3

Take turns to place one, and explain why

### Rule 4

At the very end you all take turns to move one of the cards already placed and must explain why

# ACTIVITY

## SMALL GROUP ACTIVITY



### Rule 1

Lay out the categories

### Rule 2

Shuffle the cards and hand them out

### Rule 3

Take turns to place one, and explain why

### Rule 4

At the very end you all take turns to move two of the cards already placed and must explain why

COMPLETELY  
AGREE



AGREE



IT DEPENDS



DISAGREE



COMPLETELY  
DISAGREE



Think about the things  
that change when people  
get older, and the things  
that stay the same.

What does the class look  
for in a partner?



## Look for in a partner (Click to highlight)

Money

Fit Body

Morals

They Can  
Make You  
Laugh

Body Shape

Their Size

Honesty

Caring

They  
Respect You

Nice Face

Height

Same  
Interests

Their  
Religion

Maturity

If They Are  
Cool

Commitment

Intelligence

Personality

Nice  
Features

Modesty

Their Age

Their  
Background

Open About  
Their Family

How They  
Smell

Fashion  
Sense

Music Taste

Their Job  
Or Career

Confidence

Nice Family

Their  
Reputation

## What Do You Think?



“Young people care too much about the way someone looks when it comes to choosing a boyfriend or girlfriend ”

### 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?**





# REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT  
FOR LEARNING

## CONFIDENCE CHECKER



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

(Discussion or complete sheet)



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Confident



Very confident



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# HOMEWORK SUGGESTION



## Homework Explained

Write two or three sentences in the form of a newspaper job advert on what you would be looking for in a relationship.

E.G. Now Hiring. New boyfriend required for long term position. Candidates must be able to make me laugh, have good people skills and be over 6ft tall. Minimum 20 hours per week inc. weekends.

### 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
- ☐ Call the national sexual health helpline on 0300 123 7123 for details

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

