

Respect, Love and Relationships

LEARNING OUTCOMES

Knowledge, Skills
& Actions



To understand the importance of respecting others, especially those we are in a relationship with

To be able to describe what love is and what love is not

To evaluate what support is available for someone in an abusive relationship

NEW VOCABULARY

Infatuation, Longing, Desire, Affection, Attraction, Authenticity, Tenderness



STARTER ACTIVITY

When is someone ready to have sex in a relationship?
What kind of relationship would people hope to be in before having sex?
Why is respect so important 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 and 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, Love 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
I can describe what love is and what love is not					
I can identify unhealthy features of a relationship					
I understand the wide range of risks associated with online relationships					





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

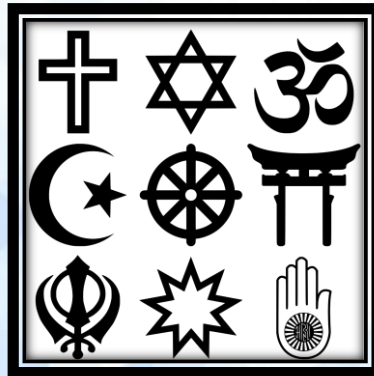
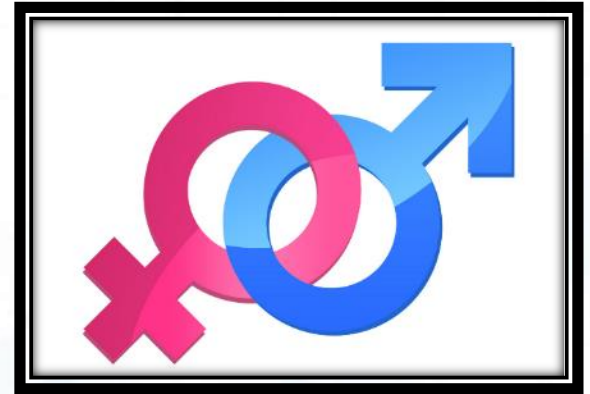
 A little confident

 Confident

 Very confident

 I am super confident on this topic

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



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?

SORTING ACTIVITY

Features Of A Relationship

HEALTHY

UNHEALTHY

NOT SURE / IT DEPENDS

Lack of trust

**Bullying and
belittling**

**Respect and
understanding**

**Imbalance of power
between partners**

**May cost you lots of
money and friends**

Desire to please

**Open relaxed body
language**

Fear

Consent

Good communication

Gifts and treats

Anxiety

Abuse

Trust and freedom

Control

SORTING ACTIVITY

Characteristics Of A Relationship

HEALTHY CHARACTERISTICS

Consent

**Good
communication**

Trust and freedom

**Respect and
understanding**

**Open relaxed
body language**

UNHEALTHY CHARACTERISTICS

Lack of trust

**Bullying and
belittling**

**Imbalance of power
between partners**

**May cost you lots of
money and friends**

Abuse

Control

Anxiety

Fear

IT DEPENDS

Desire to please

Gifts and treats

Task

Add you own ideas.
5 Ideas = More Needed
10 Ideas = OK
15 Ideas = Great
20 Ideas = Amazing

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'.

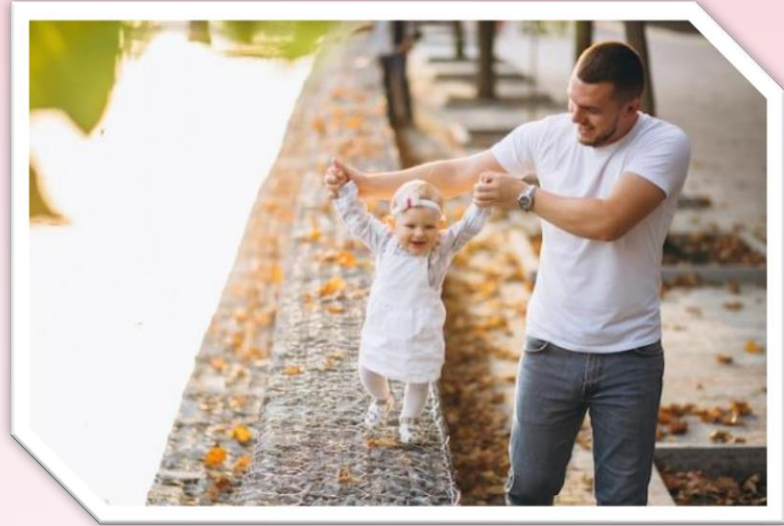
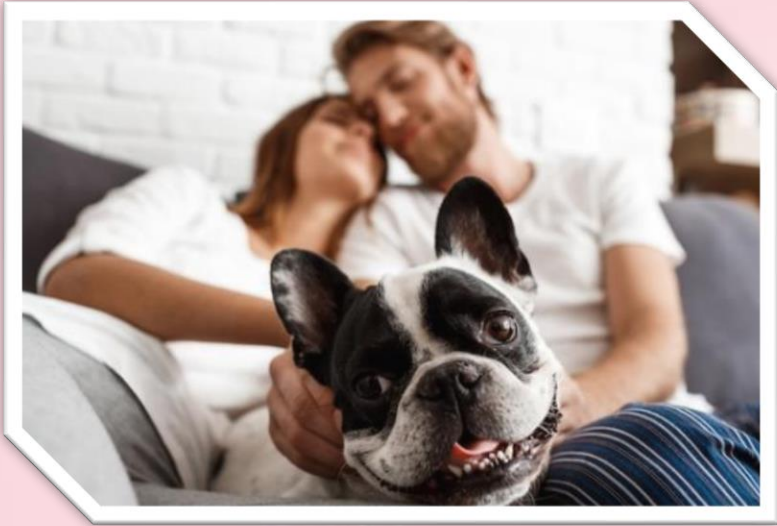
On the other hand, "love" can also refer to a passionate, romantic feeling between two individuals.

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

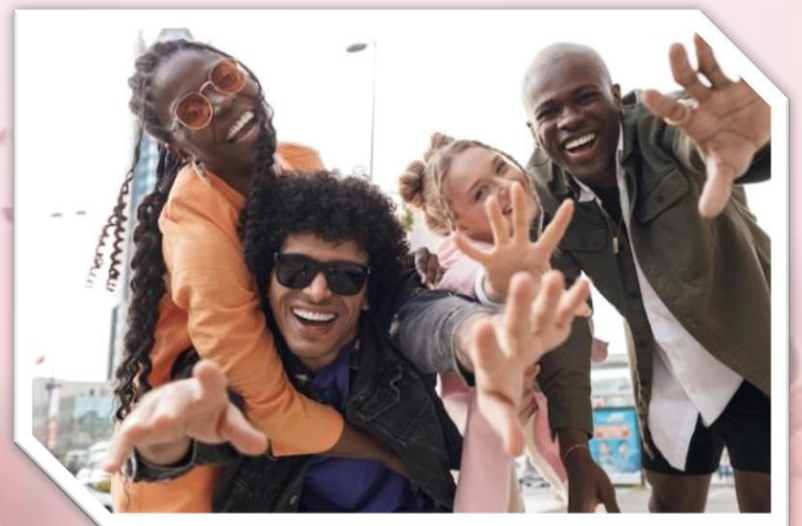
Romantic love can be both exhilarating and overwhelming and it can lead people to do extraordinary things for their beloved.

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.





What is Love?
Come up with your own definition



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, characterised 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?

Love is.....



Love is not.....

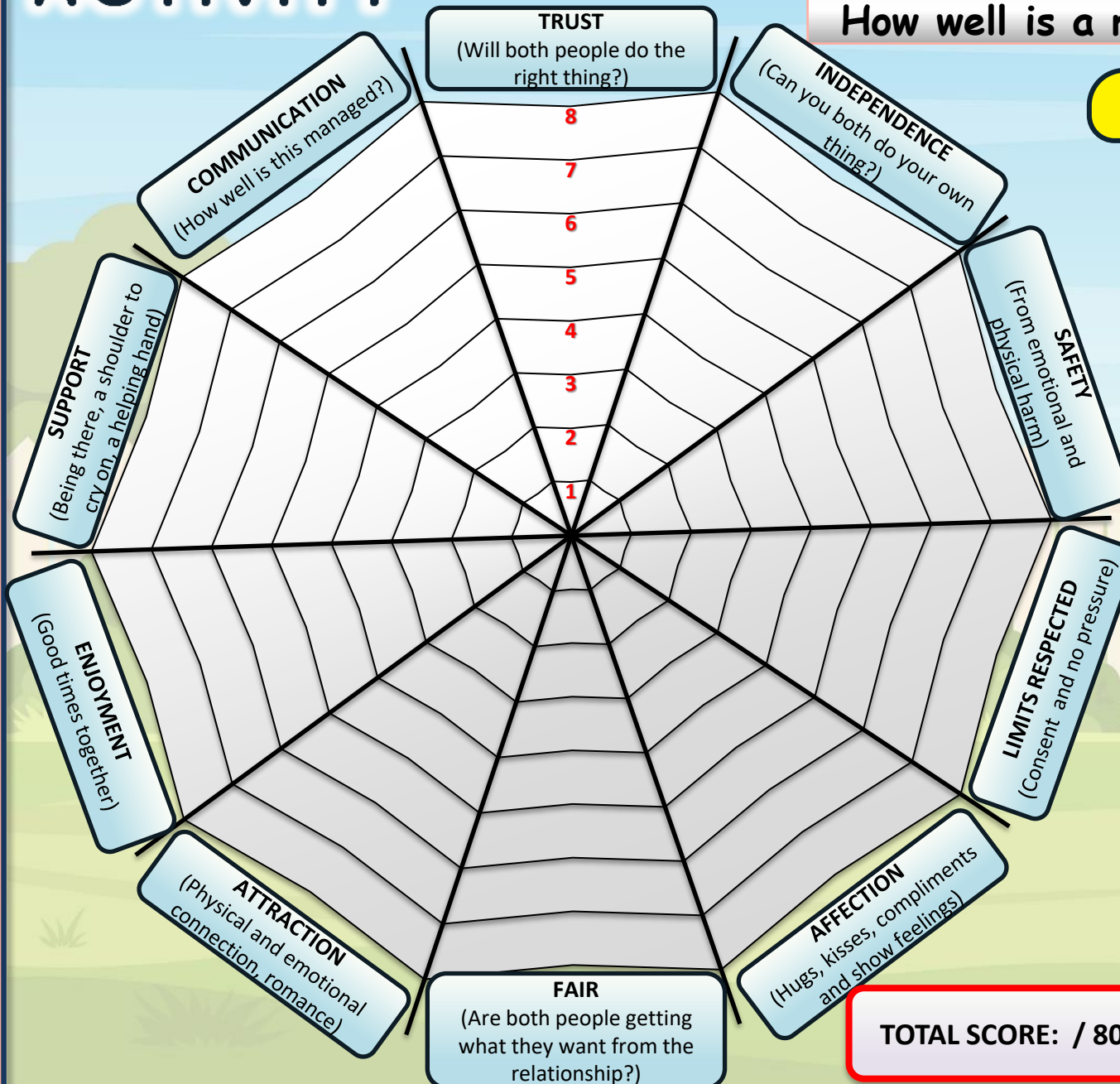
Tasks

Create a wall of ideas of what love is and what love is not
(Bring your ideas to the board on post-it-notes)

ACTIVITY

Relationships & Love Spiderwebs

How well is a relationship working?



Task

Think about a personal relationship.

Complete the handout based on this relationship.

TOTAL SCORE: / 80

TASK OR CHALLENGE

Challenge

Using a different colour, think about an online relationship.

Complete the handout based on this relationship.

TOTAL SCORE: / 80



being
online



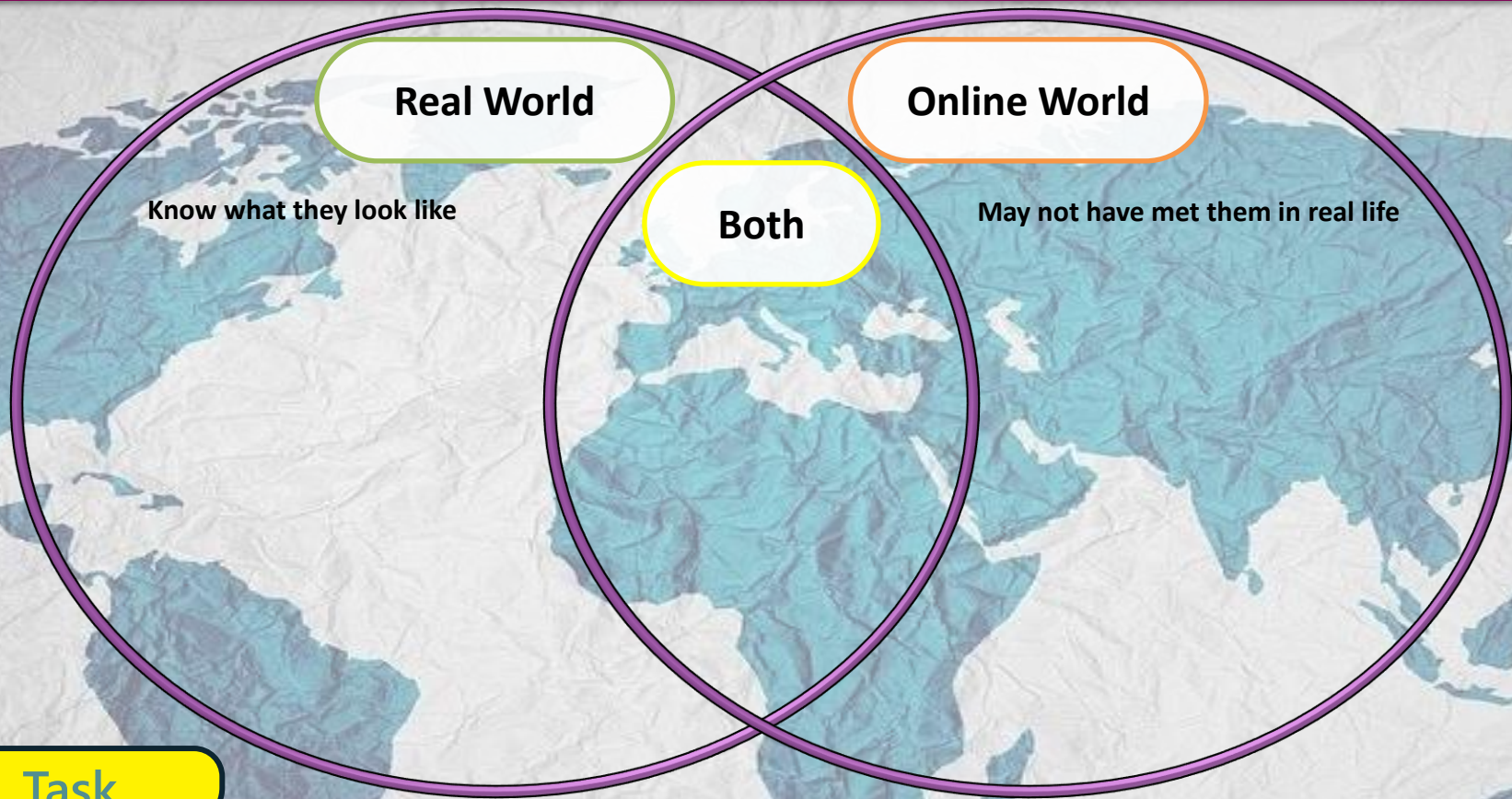
Task

1. Why do some young people place so much value in online relationships?
2. How can we strike a balance between our online and offline relationships to ensure a healthy and well-rounded social life?
3. Is it possible to establish trust and authenticity in online relationships?

Keyword:

Online friends: acquaintances, or people you have a friendship with, online only through social media

Phubbing: phone snubbing', or paying more attention to your phone than to the real people you're with



Task

Complete the Venn diagram considering the following

What should a relationship be based on?

What are the negatives and positive of online relationships?

What are the risks of an online relationship?

Why is it important to tell someone else if you are going to meet an online friend in real life?

Why is it important to not reveal any personal information online?

Did you know?

6% of young people have admitted they have met up with someone they met online only to find out they were not who they said they were!

Online Relationships

Demanding access to your online accounts for social media platforms and banks

Someone who makes you feel upset

You are being blamed for the other persons negative or abusive behaviour

Unhealthy online relationship



The person is making you keep the friendship a secret from others

You feel uncomfortable about some of the discussion topics in your chats

You feel they are trying to control parts of your life

You are being sent, or being forced to send, sexual images of yourself

You are constantly being checked up on

What Do You Think?



“You can’t ever get real love and respect from an online relationship”

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)



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



Homework Explained

Think of a healthy offline relationship and an online only relationship that you have in your life. Create a comparison table highlighting the positive and negative aspects and potential dangers of both relationships. Finally, write a single paragraph conclusion with your findings.

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.gottman.com/> - provide a research-based approach to relationships
- ☐ <https://www.childline.org.uk/> - support on all sorts of topics
- ☐ <https://www.youngminds.org.uk/young-person/coping-with-life/friends/> - a guide to friends for young people
- ☐ <https://www.healthline.com/health/benefits-of-friendship>
- ☐ <https://www.loveisrespect.org/> : This website is dedicated to providing information and support to young people who are experiencing dating abuse.

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

