

Unit 1: Year 10 PSHE- Relationships

Lesson 1: Healthy vs Not Healthy relationships.

Task 1: Unscramble the four main relationship categories:

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Task 2: List as many different types of 'romantic relationships' that you can think of. For example Marriage.

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Task 3: Sort the following into two categories. Things you would expect in a healthy relationship and things you would not expect in a healthy relationship.

They make you feel supported.

They make you happy most of the time.

They make you feel isolated and unsupported.

They make you a better person.

They make you unhappy and sad.

They make you do things that you do not want to do.

They can handle conflict and want to resolve issues.

They make you feel trapped.

They cannot handle conflict and leave it unresolved.

Healthy Relationship	Unhealthy Relationship
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Task 4: Below is a table of characteristics people can have in relationships. Colour code them into *GOOD* and *BAD*.

Shouts	Compromises	Trusts you	Is consistent	Accepts that you have the right to say 'no'	Calls you names
Never admits they're wrong	Is cheerful	Controls the money	Encourages you to be independent	Cuts you off from friends	Supportive in career/life
Makes you feel ugly and useless	Expects sex on demand	Welcomes your family and friends	Faithful	Blackmails	Shares financial responsibilities
Uses others to control you	Shares workload	Cheats and blames you	Uses your name	Trusts your judgement	Smashes things

Task 5: Read through the website below :

[Helping a friend in an unhealthy relationship or friendship | Mass.gov](https://www.mass.gov/help/help/Helping-a-friend-in-an-unhealthy-relationship-or-friendship)

Design a leaflet outlining how you can support someone who is in an unhealthy relationship or friendship.

Lesson 2: Break Ups

Task 1: List all the reasons you can think of why people break up.

Task 2: How can we get over break ups?

Watch the video and complete the question table below.

<https://www.youtube.com/watch?v=Zpd8UzVEAC8>

1. Explain why the advice to join Tinder might not be the right advice for everybody. What age range might that remark be aimed at?	2. Is all of the advice in this video good advice? Could any of it be considered bad advice? Explain your answer.	3. Name TWO pieces of advice given in the video.
4. Why is it important to look after yourself after a break up?	5. Which of the pieces of advice do you agree with the most and why?	6. Add your own sixth piece of advice.
7. What should somebody do if they don't have family or close friends to rely on during a break up?	8. Do you think that the advice applies to people of all ages? Why?	9. What are TWO benefits of volunteering, according to the video?

Task 3: Read the information and answer the questions

Breakups

Why do break ups happen?

Break ups are a painful, but natural part of life for many people. There are lots of reasons that break ups happen. Some common reasons include the following:

- the people in the relationship have changed
- there is too much distance (physical or emotional) for the relationship to work
- at least one person in the relationship has fallen out of love
- at least one person in the relationship has met someone else
- boredom or loss of interest
- someone in the relationship has had an affair
- someone in the relationship has been abusive
- someone in the relationship wants more freedom
- the people in the relationship have different priorities

What happens in a breakup?

Researchers have studied what happens to the brain during a breakup. In one study, researchers scanned the brains of people who had recently come out of long-term romantic relationships. The researchers showed the participants photographs of their ex-partners, and found that the parts of the brain that were activated were the same parts involved in physical pain.

You can experience some very intense, even overwhelming emotions during a breakup. These emotions can vary depending on why the relationship is ending, and whether you were the one who ended the relationship or not. Some common feelings include:

- extreme sadness
- despair

- depression
- emotional pain
- anger
- guilt
- desperation to get the loved one back
- grief

These feelings are very common and entirely normal. You only have to listen to any pop song to hear how common these experiences are. It may feel like the end of the world at the time when it's happening, but it does get better.

How long does a breakup take to get over?

Again, it completely depends. Some factors which might affect the length of time include: how long the relationship lasted; how deeply you loved the person; what you think about the person now; how ready you were for the relationship to end, and a whole load of other factors, including your own personality.

Some psychological research suggests that 11 weeks is the time needed in order to feel better about a breakup, but in reality it can take shorter or much longer.

What helps to get over a breakup?

Again, this depends on the type of person you are, and the circumstances of the break up. Some things which many people find helpful include the following:

- allowing a proper amount of time to grieve the relationship before finding love again with someone new
- treating yourself to little luxuries and making sure you take care of yourself
- regular exercise
- taking up new hobbies or making some sort of fresh start without your ex
- channeling your feelings into a creative project

- reconnecting with friends
- focusing on the positive sides of the experience

Talking to people can be an important way of working through your feelings. This might mean talking to your friends about it, or talking to a counselor or another professional. There are phone lines run by registered charities which you can ring if you would value talking to a stranger about your situation. Avoid discussing your feelings with strangers in chat rooms on the internet - you don't know who you might really be talking to, and there are abusers who target emotionally vulnerable young people.

The thing that will really help you to feel better is time.

How can I help someone through a break up?

Offer to be there for them if they want to talk. Stay in regular contact with them so that they know they're not alone. Offer to take them out somewhere that they might like, e.g. to see a film or music gig, or play computer games at someone's house. Just being kind and listening to them will make a big difference.

The person you want to help will probably still talk about their ex-loved one a lot, be prepared for that and try to steer the conversation to new, positive subjects that might interest your friend instead.

Meeting new people can be an excellent way of forgetting about your grief over the break-up. This doesn't have to be in order to meet a replacement, but having a laugh and bonding with new friends will really help heal a broken heart, although don't expect that to be the case straight away.

Why do break ups happen?	What happens in a break up?	How long does a break up take to get over?
What helps to get over a break up?	How can I help someone through a break up?	

Main task: Using the information in your hand-out, clips and the laptops (if available), create a noticeboard with the aim of teaching other KS4 students how to get over break-ups.

Lesson 3: Role models

Role models are people who are looked up to and often an example to be imitated. They usually have characteristics that are admired. For example, charitable, kind or have a sense of justice. An example of a common role model is Martin Luther King Jr who fought for equality among races and started the Civil Rights Movement.

Your task is to design a PowerPoint presentation on an influential person that you consider to be a good role model.

Consider:

Their background

Education

Change they have made within the world.

Why they are a good role model for young people.