

Unit 4: Year 10 PSHE- Relationships

**Lesson 1: Marriage and Civil Partnerships**

Task 1:

**Choose a couple that you think best represent the notion of Love and write why you think this.**

**You may choose a real-life couple or a fictional couple from the media- TV programme, book, film, music, etc.**

Task 2:

In Greek, there are four different types of love. Research what type of love they are using [There are 4 types of love, and marriages need all of them to survive \(thepublicopinion.com\)](http://thepublicopinion.com).

Agape

Philos

Eros

Storge

Task 2: There are also many different types of committed relationships.

Cohabiting

Civil Partnership

Marriage

Using the link below, complete the table. [Living together and marriage: legal differences - Citizens Advice](#)

Type of committed relationship	What is it?	What are they entitled to?
Cohabitation		
Civil Partnership		
Marriage		

### Task 3: Plan Your Own Marriage or Civil Partnership Ceremony

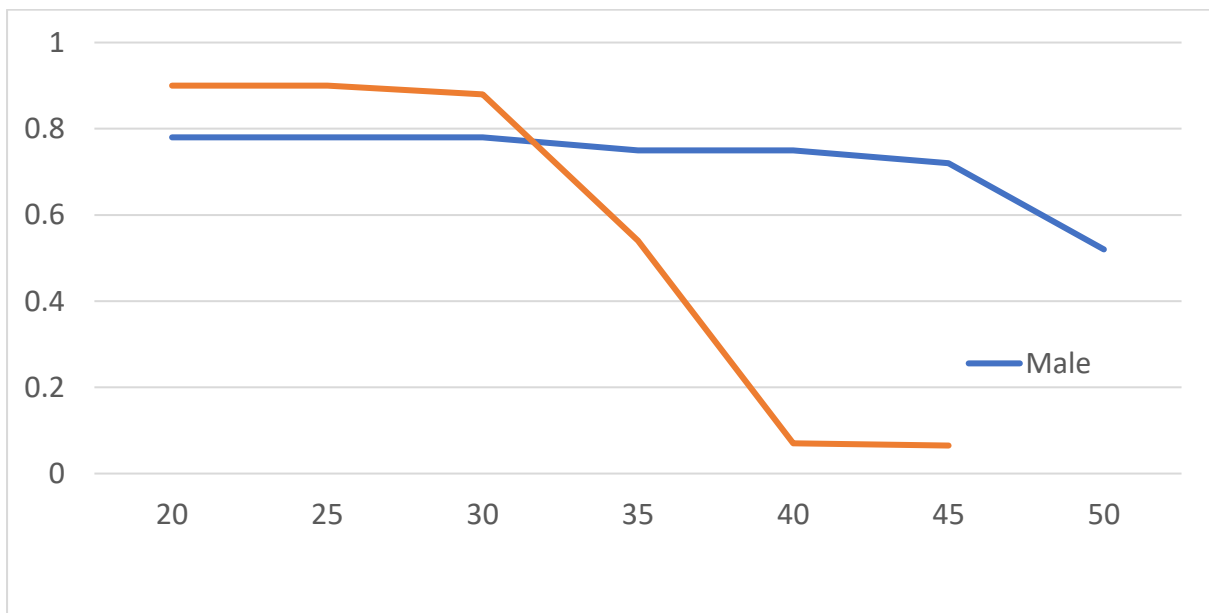
Consider:

- Religious marriage in a church OR Civil Partnership in a licensed premises.
- Where would it be held?
- What would you both wear?
- What music would you have?
- What month in the year?
- What flowers or decorations?
- Who would be your guests?
- Brides maids/best man etc
- Reception meal afterwards? Where? Food? Music?
- Would you write your own vows or be traditional as in church e.g. 'To love and to cherish, in sickness and health, for richer/poorer, till death do us part'

### Lesson 2: Routes to parenthood

**Fertility relates to a person or couple's ability to conceive a child.**

**Look at the graph below and answer the questions**



1. **What does this graph\*\* suggest about someone's fertility?**
2. **What similarities and differences are there between male and female fertility?**
3. **How might this impact someone's choices around becoming a parent?**

4. What else should people keep in mind when making decisions in relation to fertility in the future?

**Task 2:**

Not everyone can have a baby in the traditional way.

Using the link, complete the table. [Having a baby if you are LGBT+ - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Route to Parenthood	What is it?	Advantages	Disadvantages
Adoption			
Surrogacy			
IVF			

Task 3: Read the scenarios and give each advice

## Options\*

1. **Decide not to have a child**
2. **Natural conception** — a male and female achieving pregnancy through vaginal sex.
3. **Intrauterine insemination (IUI)** — also known as artificial insemination, this involves inserting sperm into the uterus via a thin plastic tube passed through the cervix. Sperm is collected and the fastest moving sperm are selected.
4. **In vitro fertilisation (IVF)** — fertility medication is taken to encourage the ovaries to produce more eggs than usual. Eggs are then removed from the ovaries and fertilised with sperm in a laboratory. A fertilised egg (embryo) is then returned to the uterus to grow and develop.
5. **Co-parenting** — when two or more people decide to conceive and parent children together. A co-parent will not have sole custody of the child, and there are many details to be worked out, such as what role each parent will take, how financial costs will be split, and the degree of involvement each will have with raising the child.
6. **Adoption** — the legal process by which a child who cannot be brought up within their birth family becomes a full, permanent and legal member of their new family. Adopters become the child's legal parents with the same rights and responsibilities as if the child was born to them.

**7. Fostering** — providing a child with a home while they are unable to live with their own family. Many children in foster care will return home or go to live with family members. A fostered child remains the legal responsibility of the council and/or their birth parents and foster carers receive support from a social worker.

**8. Surrogacy** — when a woman carries a pregnancy for a couple who cannot maintain a pregnancy themselves. In some cases, the eggs of the mother or a donor are used, while in other cases the surrogate's egg is fertilised with the sperm of the father. The baby does not legally become the couple's until a parental order has been issued after the child's birth. Until this order is issued the surrogate has the right to keep the baby.

**9. Egg freezing** — similar to the process of IVF, this involves collecting a female's eggs, freezing them and using them at a later date.

\*Whilst many of these routes to parenthood can be successful, they may come with additional challenges. For example, they can be emotionally/ physically demanding, and costly. They have variable success rates and are not always guaranteed to produce children. So, different routes should be fully researched and explored before a couple or an individual makes their decision.

Scenario	Routes to parenthood
<p><b>Rachel and Steven</b> Rachel and Steven have been together for many years. They spent their 30s focusing on their careers, spending time socialising with friends and family and travelling as much as possible. Now both 40 years old, they feel ready to start a family. However, they have been trying to conceive for over a year and have not fallen pregnant.</p>	
<p><b>Oliver and Zane</b> Oliver and Zane spend a lot of time with their nieces, nephews and friends' children; they love kids of all ages and agree that now is the time to start a family of their own. They just aren't sure where to begin!</p>	
<p><b>Graham</b> Graham has always wanted children of his own and is keen to start a family. He thought he would have a partner by now, but he has not found someone he would like to have a family with. He has decided to raise a child alone instead.</p>	
<p><b>Asha and Chidi</b> 27-year-old Asha and 25-year-old Chidi want a large family and recently bought a family-sized home together. Although their families keep asking when they are going to get pregnant, they are not sure whether they should wait a few years before they start, as they are both doing really well in their respective jobs.</p>	
<p><b>Lian</b></p>	

<p>Most of Lian's friends have children and she feels like she might be missing out. She knows she won't be fertile forever so thinks she should act now. However, she is not in a relationship and isn't sure children are really for her.</p>	
<p><b>Mariam and Zara</b>          Mariam and Zara would like to have children. Zara has always wanted to carry a child herself and Mariam is very supportive of this, but they are not sure if that's a possibility or what their other options might be.</p>	

### Lesson 3: Media and teenagers

**Task 1: Read the information below and answer the questions that follow.**

Social media has become a keystone in our daily lives.

Not a day goes by when most people do not check their updates on social media platforms, such as Facebook or Instagram.

***And for teenagers, this is very true.***

Except, their social media app of choice is more likely to be TikTok.

Teens cannot go one day without using one of their preferred social media apps. Look at any teenager on the street, on a bus or simply idling time waiting for a friend, and you will see them with their head down, facing the screen of their smartphone.

***Teenagers have always had secrets.***

Long before social media, teenagers liked to chat with their friends after school, catching up on all the news and gossip going on in their circle of friends.

All the juicy details kept far away from the eyes and ears of their parents.

Teenagers kept diaries and journals — little notebooks where they wrote their darkest secrets and thoughts and stored them in private places.

Under their beds, on top of a wardrobe. Somewhere where their mothers could not find them.

But now social media allows teenagers to chat with their friends all the time.

They no longer have to wait until after school and gather at the school gates to catch up on the latest piece of news.

They can make videos of their deepest and darkest thoughts on social media apps, share them with select groups of people, and not have to worry if these thoughts can be discovered by one of their parents.

Phone passwords or hidden folders on their phones can hide the apps away from the prying eyes of grown-ups.

There are benefits to social media for teenagers.

It can help them practice and improve their social skills. This can help them later in life when they join the workforce and for life as an adult.

It can help them maintain better relationships with their friends.

What parent doesn't want that for their own children? The thought of their own son or daughter being alone and isolated is not something any parent wants to bear.

They can also learn about current affairs.

Every parent wants their child to be up-to-date with the news and what is going on in the world.

***But then there are the downsides to social media and teenagers.***

Despite being always connected, always communicating, many teenagers are spending large amounts of time alone.

They are chatting with their friends, updating their social status, but all alone in their room with no one else around them. Just them and their phone.

Then there are the risks of their reputation being tarnished through immature games or the spreading of rumours.

A harmless photograph is sent around the school and within minutes a teenager can become a laughingstock — or worse.

There are now reports of several teenagers committing suicide or suffering from depression. Certain images or messages circulated around that are not suitable for a young mind.

Girls gaze at the perfect bodies of Instagram influencers and then have negative opinions of their own bodies.

If fashion magazines were not bad enough many years ago, social media presents a far more sinister threat.

And, of course, the social media giants like Instagram or TikTok shirk all responsibility.

*They wash their hands of any blame.*

### Questions:

1. What is the article about?
2. What three social media apps does the article mention at the beginning?
3. Which social media app do teenagers prefer?
4. Where can teenagers be seen looking at their phones?
5. Do teenagers have secrets according to the article?
6. How did teens catch up with social news and stories before social media?
7. Where did teens keep accounts of their lives before social media?
8. Where did they hide their diaries?
9. How do teens today hide their social media information?
10. What are two advantages of social media for teenagers?
11. What are the disadvantages?
12. What mental health harm can social media cause in teens?
13. How can social media affect young girls' minds?
14. Do social media companies accept any responsibility?

### Task 2: Fill in The Blanks

Using the following vocabulary, fill in the blanks in the paragraph below.

social media	platforms	updates	preferred	secrets
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<b>gossip</b>	<b>grown-ups</b>	<b>downsides</b>	<b>isolated</b>	<b>rumours</b>
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\_\_\_\_\_ is used by many people online today. These apps and \_\_\_\_\_ have become ubiquitous in our lives and are the \_\_\_\_\_ means of communication for many. While these platforms provide a constant stream of \_\_\_\_\_ from friends and family, they also have their \_\_\_\_\_. They are often used to spread \_\_\_\_\_ and \_\_\_\_\_, which can lead to harm and hurt feelings. Additionally, relying too heavily on social media can lead to spending too much time alone. This can make people feel \_\_\_\_\_, as people spend more time online and less time interacting in person. Teenagers may want to keep some things as \_\_\_\_\_ to themselves, but social media makes it all public. While social media can be a great way to stay connected, it's important for \_\_\_\_\_ to be mindful of the potential negative impacts and to balance their online and offline interactions.

#### **Task 4: Your thoughts**

Write an article about your views on social media and teenagers.

Express your ideas clearly, no matter if they are positive or negative.