



Substance
Related
Abuse

Relationships
and Sex
Education

Extremism and
Radicalisation

Relationships and Sex Education Lesson 3: Healthy Relationships

Learning Objectives

- Understand why friendship is important in the establishment of close relationships
 - Know the features of a healthy relationship
- PW65 Recognise how new relationships may develop
PW63 Recognise that positive friendships and relationships can promote health and wellbeing
PW66 Reflect on the many different types of relationships that exist
PW68 Manage changing emotions and recognise how they can impact on relationships

Introduction

- Look at the PowerPoint entitled 'A Healthy Relationship' with the pupils.
- Ask them to make notes on the key features of a healthy relationship and produce a poster to illustrate what they consider to be the three most important features of a healthy relationship.

Main Activity

- Introduce the Listening Lucy problem entitled 'I Love My Bestie'.
- Read the question through and explain that, as they begin to change from children into adults, sometimes their feelings for friends can change and a friendship can become more of a romantic relationship with sexual feelings.

Resources

A Healthy Relationship PowerPoint
Listening Lucy question

Main Activity cont.

- Ask pupils to suggest what Kane should do. Ask them to think carefully about the scenario before formulating an answer. Use the following prompts to help them structure their answers:-
 - o Why is friendship such an important basis for a romantic relationship?
 - o Can girls and boys be 'just friends'?
 - o How can the principles of a healthy relationship be applied in this situation?
- It is really important that any relationship, whether platonic (non-sexual) or romantic (sexual) is based on the principles of a healthy relationship.
- Pupils are to choose a person they have a healthy relationship with e.g. parent, friend and draw them.
- They are then to use the features of a healthy relationship to write captions around the drawing, highlighting examples of how these features are seen in practice.

Plenary

- Pupils to share their drawings and talk through the examples they have given.

It Must Be Love!