

Lesson Plan : Understanding Healthy & Unhealthy Relationships

Year Groups : Appropriate for Years 8 to 11

Learning Objective : To promote a greater understanding about healthy and unhealthy relationships

Time : 20 - 45 minutes

Materials : IT to play video with sound:
Anna and Tom Story
Extended session for younger pupils - card & colours
Extended session for older pupils - suggested questions

Procedure : Play video pausing where suggested to engage discussion.

Read Anna and Tom story pausing where indicated for students to vote (see attached)

Return to video pausing for discussion where suggested

For extended session with younger pupils - create own version of the healthy and unhealthy relationship cards - see attached for examples.

For extended session with older pupils - - see attached questions designed to promote further discussion.



So Every Child Can Thrive

ANNA & TOM's STORY

AS YOU GO THROUGH THIS STORY ENCOURAGE PUPILS TO VOTE WITH THUMBS UP OR DOWN & GIVE THEIR OPINIONS

This is a true story but names have been changed to protect the identities of those involved:

Anna is now at university and loving her new independent life, but when she was in the 6th form it was a very different story and the problems all started when she was in year 11

There was a guy at Anna's school (we will call him Tom) who she really liked but he was one of the cool, popular set and she didn't think he had even noticed her.

So it was a massive surprise for her when he texted her to see if she wanted to meet up in town.

Is texting an invitation ok or not ok - Discuss

Our opinion - better to ask in person or by phone as the other person might think it is a hoax and ignore you. You may feel rejected - they may feel awkward.

They met up, got on really well, and started hanging out together regularly. After a few dates Tom asked Anna if he could kiss her...

Is it appropriate to ask for consent before initiating any form of intimacy with another person? Discuss

Our opinion - asking before you initiate intimacy is a essential - it means you know what your partner wants; you avoid the embarrassment of going for it and then being rejected & you get consent.....or not.

At some point they become "official" and decided to be "exclusive" - but soon after that Tom started to question Anna about pictures she had posted of her with other friends. He began to bombard her with texts asking where she was; what she was doing and who she was with - up to 30-40 texts a day...

Is it appropriate to endlessly check up on your partner? Discuss.

Our opinion -

- Questioning your partner all the time suggests that you don't trust them and we have to trust someone until they prove themselves untrustworthy otherwise we will wreck the relationship anyway.
- Constantly checking up on someone is controlling behaviour.

Anna talked to Tom about how the endless texting was making her feel uncomfortable. He said he could see her point and agreed to relax on the questioning.

Was it ok for Anna to tell him how she was feeling and what she needed from him? Discuss

Our opinion - Trust and open communication are at the centre of all good relationships. If you don't like what your partner is doing - tell them - they are not mind readers.

for a few days things got better and he only sent nice texts - but then Anna went out with some friends and forgot her phone - when she got home there were dozens of messages from Tom asking where she was and they got increasingly angry - she texted to apologise but the next day when they met up he yelled at her and told her she was selfish because he was worried about her.

Anna knew he was being unreasonable but he persuaded her that it was her fault he was so angry and she apologised. He then got her to delete one of her friends from her contacts - from that moment on whenever she did something he didn't like he made her delete a contact

Is this behaviour ok or not? Discuss

Our opinion - It is not ok to stop your partner being in contact with others - trying to control others like this is emotionally abusive.

Anna felt confused, but she was so frightened of losing Tom that she accepted his behaviour. It got worse and worse - he stopped her from seeing

her friends; he would get really angry if she didn't respond to his texts immediately - he told her she was lucky to be with him and that she would never get another boyfriend once others know what she was really like. He called her names, he put her down whenever they were with other people and he became sexually demanding trying to force her to do things she didn't want to do.

By this stage and we are now looking at just over a year - Anna had isolated herself from her friends and she knew her family didn't like Tom so she didn't feel she could talk to them. She was frightened of Tom but terrified of losing him even though she knew that what was happening wasn't ok. One night he was particularly horrible to her on the phone and she broke down in front of her mum - & to cut a long story short she ended up in therapy...

It took a while for Anna to get her confidence back enough to be able to call a halt on the relationship and she needed a lot of support to go through with it. She had to block him on social media because he was sending horrible messages and spreading rumours about her.

Is this behaviour appropriate? Discuss

Our opinion - It is not ok to spread rumours about an ex any more than it is ok to bombard them with texts or messages or stalk them on social media - we have strict anti stalking laws in this country for a reason - it can be very threatening - if you are struggling to accept that a relationship is over - talk to someone.

RETURN TO PRESENTATION

For extended session with older pupils see list of additional questions attached.

Extended content for younger pupils:

Create own version of the Healthy and Unhealthy Relationship Cards.

Teen Tips
Unhealthy Relationships



- Always blames me
- Is sexually demanding
- Is always 'checking up' on me
- Teases me, bullies me and puts me down
- We have more bad times than good times
- Stops me from seeing friends and family
- Hurts me and makes me frightened
- Makes all the decisions
- Disrespects my family
- Tries to control me

www.teentips.co.uk

Teen Tips
Healthy Relationships



- Accepts me as I am
- Is truthful and trustworthy
- Supports what I want to do in life
- Listens to and values my opinions
- We have more good times than bad times
- Understands I need time alone or with others
- Always tries to understand how I feel
- Likes that I have other friends
- Makes me feel safe
- Respects my family

www.teentips.co.uk

Extended content for older pupils:

To discuss:

Do you think you can have unhealthy relationships with friends?

What could you do if you found yourself in an unhealthy relationship?

What could you do if you were worried about a friend's relationship?

Do you think it is acceptable to ask anyone to send sexually explicit photos of themselves to you?

What might be implications of sexting?

How do you think the easy accessibility of on-line pornography has affected relationships?

How do you think dating sites such as Tinder have affected relationships?