



What are healthy and unhealthy relationships?



Scaffolded Starter:

Keiron and Sherelle have been dating on and off for six months. Keiron says he's happy with Sherelle, apart from the fact she has cheated on him twice. Sherelle says she loves Keiron, but wishes he wouldn't shout and swear in her face when he gets angry.

Discuss: Do you think this sounds like a 'healthy relationship'? Be ready to feedback your ideas to the class.



How might we expect two people in a healthy relationship to act towards each other? What indications might there be that a relationship is healthy?

Two people in a healthy relationship might treat each other.....

However, an outsider can't always tell if a relationship is really healthy because...





Healthy relationships introduction: What are healthy relationships?



New key term:

Learning outcomes:

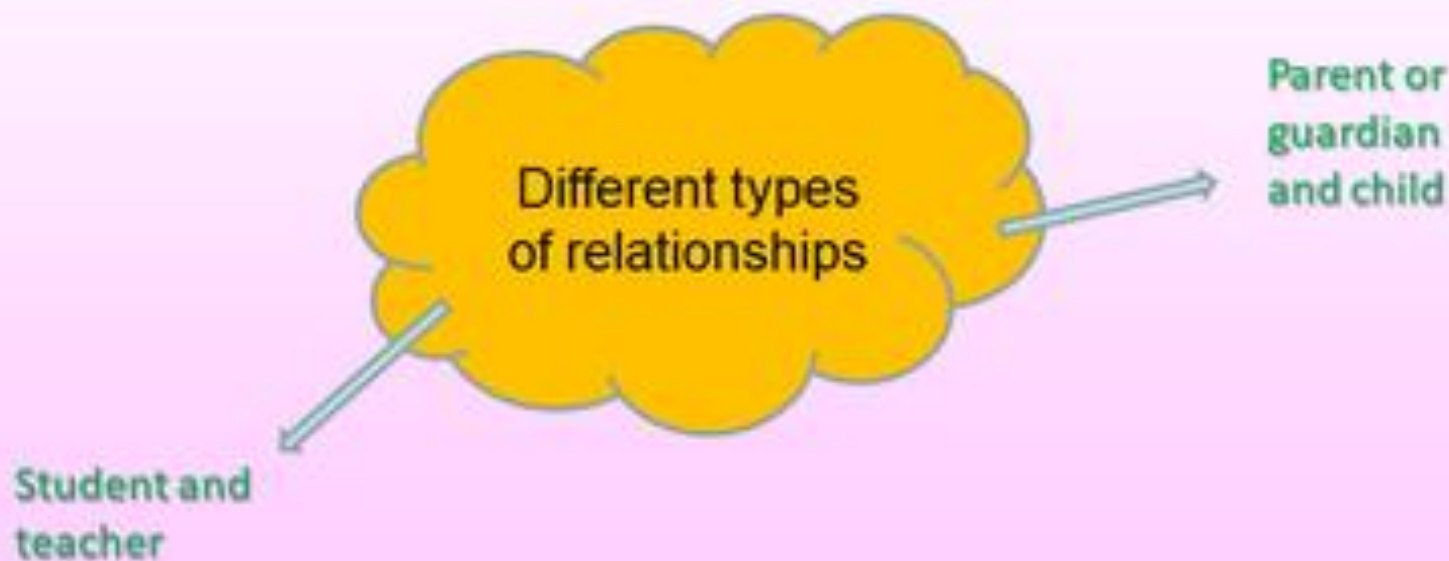
Describe what we might expect to see in a healthy relationship and in an unhealthy relationship. Explain the importance of learning about healthy relationships.

Healthy relationship – A healthy relationship is one in which both people feel a healthy sense of "self." Each person feels harmonious when spending time with the other person. Two emotionally healthy adults try to meet each other's needs, and each can ask for help without fear of criticism and knowing there is mutual levels of respect.



Task One:

When we talk about healthy relationships in PSHE, we aren't just talking about relationships with partners. We're talking about ANY and ALL relationships. When you think about it, there are so many different relationships in our lives which we need to be healthy. How many can we think of together?



Task Two:

Healthy relationships are built on a number of factors. Below are some of the most important aspects of any healthy relationship.

Support
Trust
Honesty
Kindness
Generosity
Boundaries
Privacy
Consent

In pairs, discuss what you think the definition of each word is and write it in lightly in pencil if you're unsure. If you are sure, then move on to the next box and describe how each of the qualities could be demonstrated.

For example – a person could demonstrate consent by asking a person if they'd like a hug before actually hugging them.

A worksheet titled 'What does it mean?' and 'How might it be demonstrated?'. It has a list of qualities on the left and two columns of boxes for definitions and demonstrations.

	What does it mean?	How might it be demonstrated?
Support		
Trust		
Honesty		
Kindness		
Generosity		
Boundaries		
Privacy		
Consent		

Use the scaffolded task sheet if you wish.



Task Two:

Be ready now to correct any definitions that you need to. These are important key terms we'll revisit a lot in our PSHE lessons.



Support

To provide assistance or help to someone or a particular cause.

Trust

To have firm belief in the reliability, truth, or ability of someone or something.

Honesty

Being truthful about things or to someone.

Kindness

To treat someone well, to be considerate.

Generosity

The action of being generous, sharing perhaps more than expected.

Boundaries

In this sense, having personal limits which shouldn't be crossed.

Privacy

In this sense, to have time or space to yourself

Consent

To have or give permission to do something

Task Three:

Watch the following clip (twice as it's fast!) and complete it on your answer sheet. Your teacher will then go through the answers.

[What Makes A Relationship Healthy? - YouTube](#)

What changes as you get older? How might you feel?

What are unhealthy relationships like?

What are healthy relationships built on?

What might a person do in an unhealthy relationship?

Why is equality so important?

What are bad signs in a relationship?

How should you handle disagreements?



Task Three - ANSWERS:

What Makes A Relationship Healthy? - YouTube

What changes as you get older? How might you feel?

As you grow older, you may wish to be more independent and closer to friends and feel like you may want a romantic or physical relationship.

What are unhealthy relationships like?

Unhealthy relationships can be complicated and stressful.

What are healthy relationships built on?

Healthy relationships are built on respect, equity and communication

What might a person do in an unhealthy relationship?

In an unhealthy relationship someone may tease or pressure you into doing something you are uncomfortable with.

Why is equality so important?

It's important because you can co operate, comprise and respect each other.

What are bad signs in a relationship?

Bad signs include someone making all the decisions for you and checking up on you all the time

How should you handle disagreements?

Being willing to compromise, say what you mean and apologise if you hurt each other.



Healthy relationships introduction: What are healthy relationships?

Task Four

Now we know what to look for in healthy relationships and the factors these relationships are based on, we should be able to spot what is healthy and what is unhealthy in different scenarios.

Put it into practice!

Study the scenarios on your cards and create two headings in your book: **Healthy** and **Unhealthy**.

Cut out and place in your books the side you think each scenario should go on. If you're unsure, discuss it but place it aside for now as we will go through all of them as a class shortly.





Healthy relationships introduction: What are healthy relationships?



This would happen in a healthy relationship



This is unhealthy behaviour for a relationship

Getting angry with someone else when it is yourself who is at fault.

Always copying your friend's homework but not spending time with them in any other way.

Confronting your friend about their behaviour when they have been mean to another friend.

Getting someone else to take the blame for something that you have done wrong.

Asking your friend if you can start dating her sister.

Following your partner to check they are where they said they'd be.

Not letting your partner hang out with their friends of the opposite sex (or same sex in a gay relationship).

Lying to your friend about liking their flute-playing when it sounds awful.

Trying to get someone to change their religion so your family will accept your relationship with them.

Telling someone if your friend is in danger, even though your swore you'd keep it a secret.

Pressuring your girlfriend or boyfriend to send you naked pictures of themselves.

Telling your partner where they can or can't go.

Optional Task:

Most of the relationships we create through school and college are friendships. Not many of us think about keeping our friendships healthy, they sort of just happen. But often, not thinking at all can lead to falling out – or friendships turning into relationships when you didn't ever intend them to! **So how do we keep healthy friendships?**



How do we keep healthy friendships?

Don't gossip about your friend

Be loyal and honest

[Keeping Friendships Platonic and Healthy - YouTube](#)





Healthy relationships introduction: What are healthy relationships?



Extended Plenary:

*'How to distinguish and manage healthy relationships is the most **important** thing we can learn about in PSHE.'*

Do you agree or disagree? Maybe you can see both sides of this argument.

You have ten minutes now to prepare your mini essay (at least three paragraphs) about this statement. You may agree, disagree or be able to see both sides. Use all your completed tasks from today to help you as well as your own knowledge.



Use the scaffolding in PSHE sheet if you wish (next slide).

Scaffolding for PSHE specific literacy:



Starting sentences about importance:

It's essential that we...
It's always important to realise...
Essentially, we must all take note of...
Critically....

Starting sentences for two-sided arguments:

We must consider both sides when...
On the one hand...
One point of view might be..
There are two opposing viewpoints on this subject..

Starting sentences about opinion:

My personal opinion on this matter is...
It may be controversial, but I believe...
My opinion is based on two factors....

Useful conjunctives:

Additionally
Furthermore
Subsequently
Similarly
In contrast
Nonetheless
However

Complete second part of argument, or second paragraph of PSHE extended writing piece.

Concluding extended writing:

In conclusion...
When all has been considered..
Therefore as expressed...
In consideration of all the above..
Finally, when all has been considered...
Overall I would state...



Getting angry with someone else when it is yourself who is at fault.

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Support

What does it mean?

Clue - someone may need you emotionally.

How might it be demonstrated?

Trust

We can demonstrate trust in a number of ways, for example if we are told a secret...

Honesty

Kindness

We can demonstrate kindness if someone is in need by...

Generosity

Clue - Sharing when you don't have to

Boundaries

Clue - FEELING COMFORTABLE

Privacy

We all need privacy. We can respect this by if they say they are going in another room to change, by...

Consent

Clue - PERMISSION



Signposting support:

Useful helplines and charities:

[Childline](#). Support for people under 19 in the UK. Call: 0800 11 11

[Young Minds](#). Child and adolescent mental health charity. Call: 0808 802 5544

[Teen Line | Teens Support hotline - Connect, talk, get help!](#) Teen Line's highly trained teen listeners provide support, resources and hope to any teen who is struggling.

[Alice Ruggles Trust - Relationship-safety-resource](#) Stalking and harassment help and advice

<https://www.themix.org.uk/sex-and-relationships> Relationships advice for young people

