

What is an unhealthy relationship?

Learning Intention: to know the difference between a healthy and unhealthy relationship.

Do now: Complete the grid.

Challenge: What makes a relationship “healthy”?



	Strongly Agree	Agree	Unsure	Disagree	Strongly Disagree
1. There shouldn't be any secrets in a committed relationship					
2. It's best to keep things casual or it can complicate things					
3. A loving partner will always say where they are going so their partner knows they can trust them					
4. There shouldn't be arguments in a healthy relationship					
5. It is okay to threaten to hit someone if their behaviour deserves it					
6. It is important to have shared values in a relationship					

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Key Questions:

1. What is the difference between a healthy and unhealthy relationship?
2. What are the signs and symptoms of sexual harassment?
3. What should you do if you think somebody is being exploited?

<https://www.youtube.com/watch?v=-7jWt3JvJto>

Task.

Watch the clip.

Is this an unhealthy relationship?

Give 5 reasons why it would be considered an unhealthy relationship.

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Values



What do we mean by the word values?

Task: Write down what you think it means.

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Relationship values

Prima has been dating Dee for 6 months and they've had a great time so far. But there's been one big row – Prima has been hanging out with her ex and it's making Dee feel uncomfortable.

When Dee complains about it, Prima accuses Dee of being paranoid and dictating who she spends time with. Prima feels her social life and freedom are too important to her to compromise on.

Dee's now feeling unsure as Prima didn't mention she'd met up with her ex last night – as if Prima's keeping it a secret.

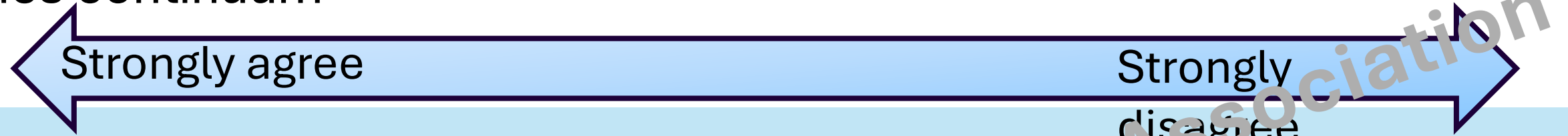
What **values** seem important to each of the characters in this relationship?

What advice would you give to the characters?

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Values continuum



Task: draw a continuum line label one end strongly agree and the other strongly disagree and the numbers to the continuum line.

1. It's good to have a bit of time to yourself sometimes.
2. Sometimes someone might need to lie to their partner to keep the peace.
3. It is important that your partner doesn't prevent you from seeing your friends and family.
4. It is OK to argue with your partner as long as you try your best to resolve any issues.
5. It is nice to do things just to make a partner happy.
6. It's OK to be attracted to someone else while in a relationship, as long as a person doesn't act on it.
7. Always respect a person's boundaries when they say they don't want to do something – 'no' means 'no'.
8. In committed relationships, people should try to get a balance between going out with friends on their own, going out with friends and their partner, and going out as a couple.

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Relationship red flags www.youtube.com/watch?v=trcq9I0gtG8



What relationship red flags and warning signs are discussed in the film?



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	Can be resolved with effective communication	Controlling behaviour
Their partner always wants to hang out together and messages to find out what they are doing when they aren't with them.		
Their partner overreacts to minor things.		
Their partner blocks important subjects they don't want to talk about.		
Their partner lies and can't be trusted.		
Their partner gets too close too soon.		
Their partner treats them or other people disrespectfully.		
Their partner makes regular "suggestions" on how to improve their appearance or life.		
Their partner always wants something from them.		
Their partner will never accept they're in the wrong - it's never their fault.		
Their partner is rude about their friends.		
Their partner manipulates things when they argue so sometimes they feel like they are going mad.		
They have an intuition or 'gut feeling' that this isn't a healthy relationship.		
Their partner sends them messages that make them feel uncomfortable.		
Their partner regularly demands to see their phone to 'prove they have nothing to hide'.		

Relationship red flags

Task:

Read the list of issues.

Tick whether the issue can be resolved through communication or if it is controlling behaviour.

Choose two issues that can be resolved through communication and explain how.

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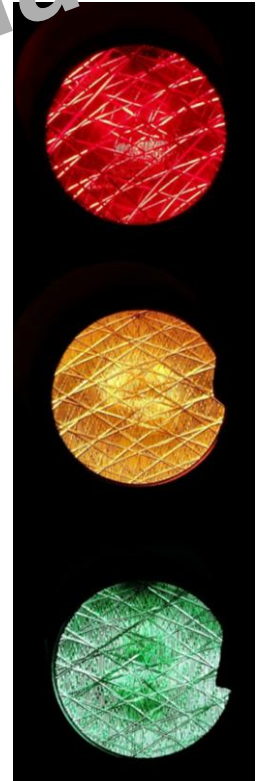
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Relationship scenarios

Read the relationship scenarios on the next two slides and highlight behaviours in the following colours:

- **red** – behaviours which are concerning
- **orange** – anything that is not quite right
- **green** – positive relationship behaviours

For any concerning behaviours you have highlighted, what should the characters do to make sure they are safe?



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Scenario 1

Jamil and Amari met at a swimming club recently and have just started dating. They have had some awkward conversations about what each other is happy with. Jamil calls it 'checking in'. At first this felt a bit strange, but it helped them both feel respected and they both feel much more relaxed. At the weekend Jamil went to a party with friends and didn't invite Amari. Amari was upset so he didn't go and support Jamil at a swimming gala he had promised to go to.

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Scenario 2

Jenna and Harry have been friends for a while – they are part of a group of year 9s who hang out together all the time – but they have only just started dating. Jenna's parents are away at the weekend, so she invites Harry over. Harry is hesitant as he is not sure it's the right thing to do. Jenna tells Harry to hurry up and decide whether he really likes her or not.

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Relationship scenarios: key points/ Answers

Scenario 1

Jamil and Amari have swimming in common which provides a positive way to connect.

Having conversations to figure out what each other is happy with – ‘checking in’.

Jamil went to a friend’s party without inviting Amari.

Amari’s upset so they don’t go to the swimming gala as agreed.

Scenario 2

Jenna and Harry are already friends which shows they can enjoy time together.

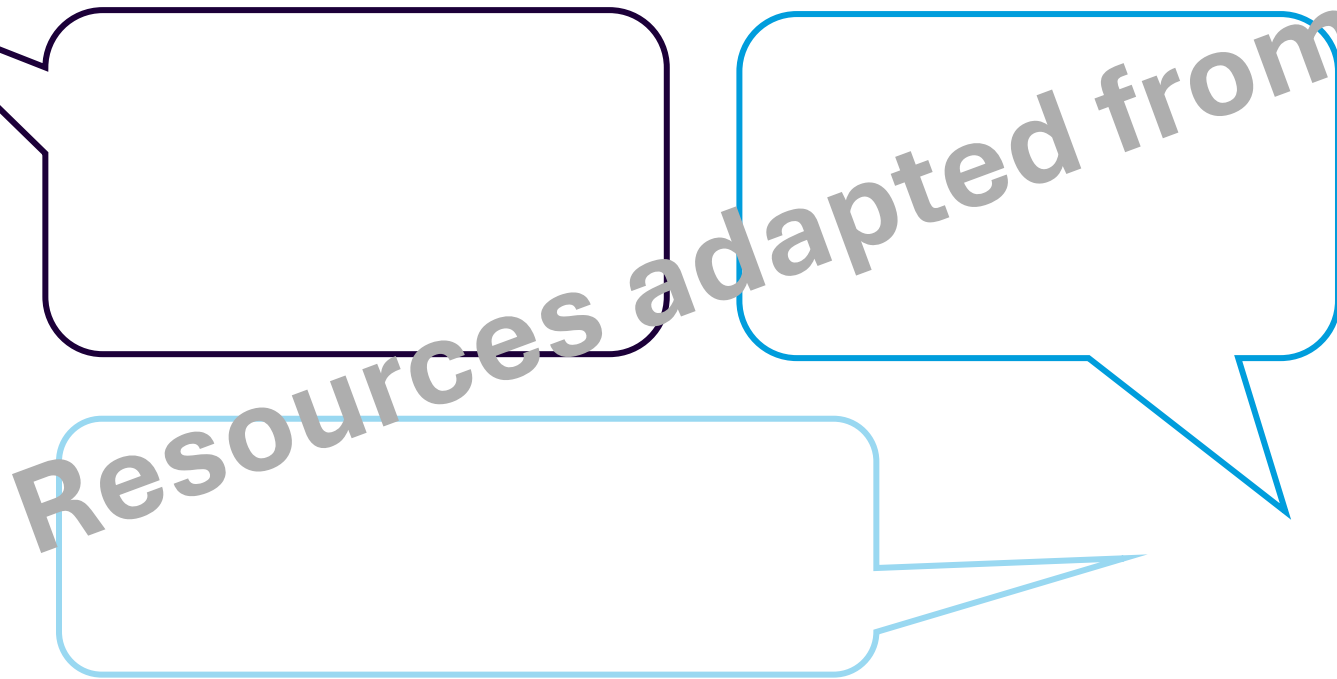
Jenna is rushing Harry into moving faster than he wants to.

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Exiting a relationship

Task: Draw three speech bubbles with examples for how a person might start a conversation to appropriately end a relationship.



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Task: Produce an information leaflet about healthy relationships.

Success criteria:

★ Content

- ☐ I explain what a **healthy relationship** is.
- ☐ I include at least **5 qualities** of a healthy relationship (e.g. respect, trust, kindness, honesty, good communication).
- ☐ I give **short examples** to show what each quality looks like in real life.
- ☐ I explain how people can **build** healthy relationships.
- ☐ I include where someone can get **help** if a relationship feels wrong or unhealthy.

★ Layout

- ☐ My leaflet has a clear **title**.
- ☐ I use **subheadings**, bullet points, or boxes to organise information.
- ☐ I include **pictures or icons** that match the topic.
- ☐ My leaflet is neat and looks like something people would want to read.

★ Accuracy & Checking

- ☐ I check my spelling, punctuation, and grammar.
- ☐ I have read through my leaflet to make sure everything is clear.

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Who should you speak to if you are concerned somebody is being exploited?

If you would like further guidance or support:

- Speak to a trusted adult, parent/carer, tutor, head of year, teacher.
- Childline: www.childline.org.uk 0800 1111
- A Better Medway: www.abettermedway.co.uk
- Brook: www.brook.org.uk/help-advice
- Freedom Charity www.freedomcharity.org.uk 0845 607 0133
or text 4freedom to 8802