

What does a healthy relationship look like?

LI: What does a healthy relationship look like?



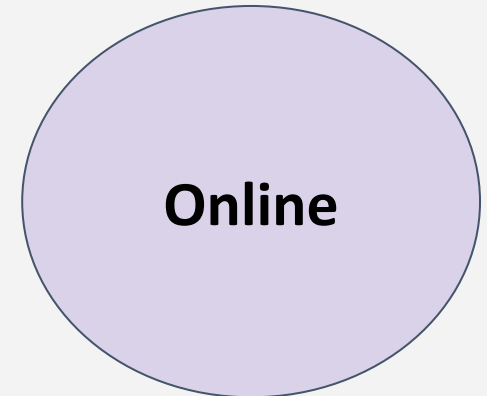
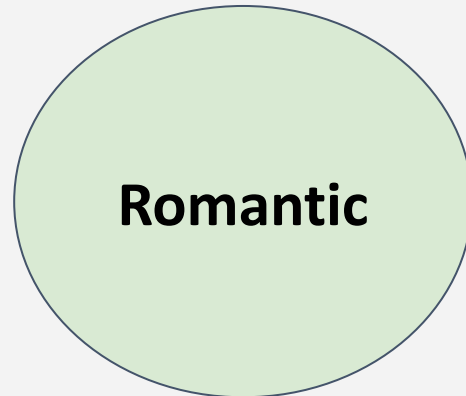
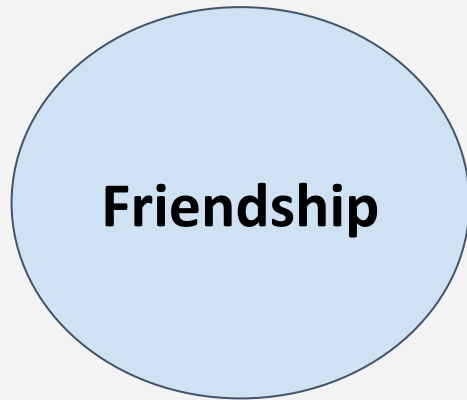
Think: What does this image represent?

Pair/share: “This image represents....” “I think this because...”

1:00

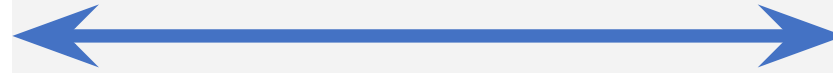
What is a relationship?

“The way in which two or more people or things are connected, or the state of being connected.”



Healthy or Unhealthy?

Signs of a
Negative
Relationship



Signs of a
Positive
Relationship

16 of you have been given a statement.

If you have a statement position yourself in the positive or negative area.

Be prepared to justify your choice.

Healthy relationship characteristics

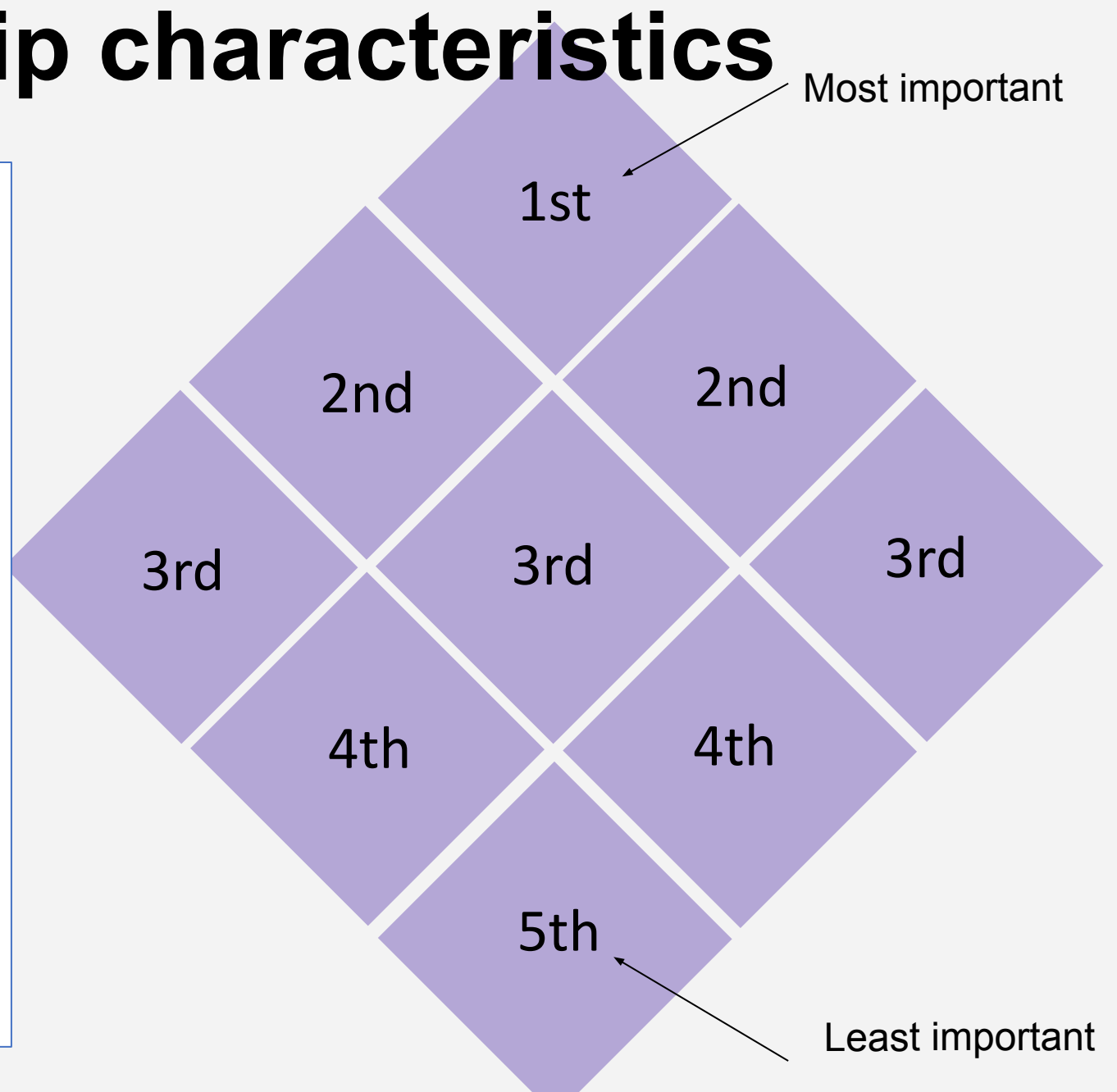
What are the characteristics of a healthy relationship?

Create a **Diamond 9** diagram to **assess** what you believe are the most important characteristics of a healthy relationship.

Place the **most important characteristic at the top** of the diamond, and the **least important at the bottom**. Arrange the remaining characteristics in order of importance in between.

Characteristics

Respect, Trust, Honesty, Kindness, Generosity,
Have boundaries, Privacy, Consent, Deal with
conflict well



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Knowledge check-point (T/F):

1. Trust is important in a relationship.
2. Verbal and non-verbal communication is part of a healthy relationship.
3. Kindness is not important in a healthy relationship.
4. Having, and sharing your, personal boundaries is important.
5. Privacy and secrets are always important in a relationship.

Knowledge check-point (T/F):

1. Trust is important in a relationship. **T**
2. Verbal and non-verbal communication is part of a healthy relationship. **T**
3. Kindness is not important in a healthy relationship. **F**
4. Having, and sharing your, personal boundaries is important. **T**
5. Privacy and secrets are always important in a relationship. **T/F (If someone is in danger, you may need to share their secret with a trusted adult)**

Managing conflict in a healthy way

Task: Read through the conflict scenarios on and discuss the following key questions in pairs...

Q1: Asha's mum is constantly nagging her to pick up her things in the lounge. She just is really busy with school work at the moment and forgets to sort things out when she is tired. Yesterday it turned into a big row and Asha told her mum she hates her then stormed out to hang out with a friend whilst things cooled down.

What is causing conflict in the relationship?

"The conflict is being caused by..."

Q2: Joe and Lara are part of a group of friends who laugh and joke around all the time, share lots of things in common, and do nice things for each other like sharing equipment in lessons and exchanging playlists. After a really fun day by the coast, Lara asks Joe out. Joe really likes Lara so says yes but is worried about things going too quickly and ruining the friendship group. He says this to one of their mutual friends and Lara found out; she seems really hurt.

What could be done to reduce the conflict and lead towards them making up. ?

"The strategies that could be taken are..."

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Managing conflict in a healthy way

Task: Read through the conflict scenarios on and discuss the following key questions in pairs...

Q3: Jess's brother is a few years older than her. He often brings his mates over to watch a film or play on the PC. But Jess has coursework to do – she left it till the last minute as usual – so Jess needs the PC but her brother has taken it over with his mates and initially ignores Jess when she asks to use the computer.

What is causing conflict in the relationship?

“The conflict is being caused by...”

Q4: Kev has never been out with anyone before. So when Dionne - a girl he really likes - spends lots of time with him on a school trip, he wonders whether she might want to go out with him. He's worried about making a mistake but friends say he should just go for it; she must really like him as she puts up with all his boring stories. So when she goes off on her own to get her bag, he goes after her and kisses her, like they do in the movies. Dionne looks really shocked then runs away, back to her friends.

What could be done to reduce the conflict and lead towards them making up. ?

“The strategies that could be taken are...”

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The management of conflict and reconciliation

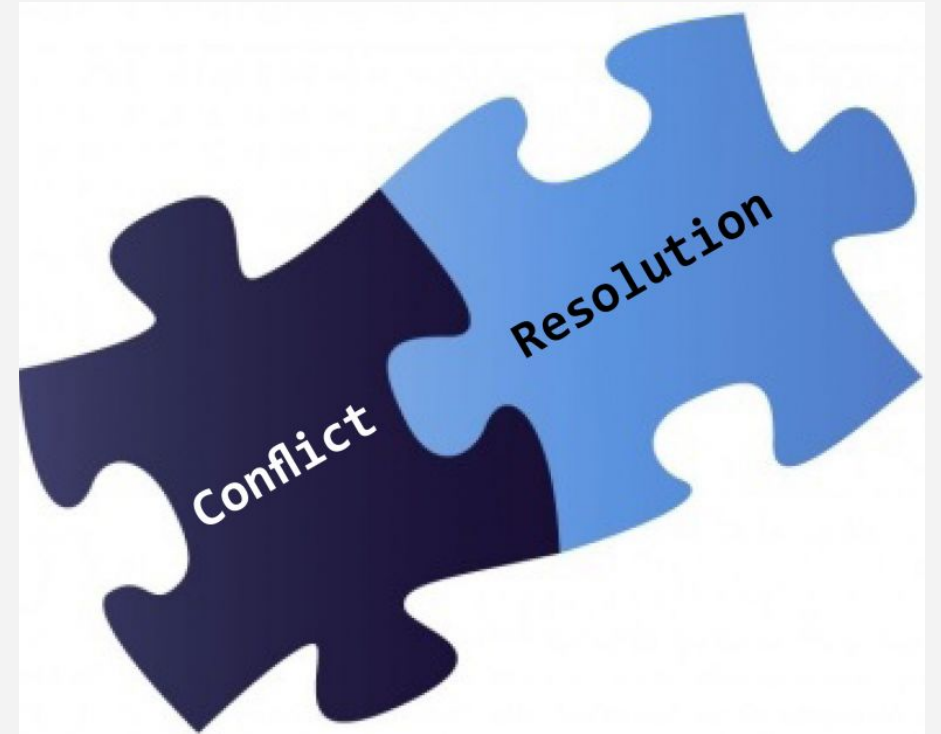
Jess

Asha

Then, click on each name to check the answers!

Kev

Joe and Laura



How to end a relationship?

- Be clear in your mind about why you want to end the relationship.
- Explain these reasons to the person/people in a calm and considerate manner.
- Be respectful towards that person/people and do it in private.
- Allow the other person/people to share how they feel about your decision.
- Don't be unkind about that person/people to other people you still have a positive relationship with as this may cause conflict.

Knowledge check-point (T/F):

1. It is important to take steps to try repair a relationship (if both people want to).
2. We sometimes needs to include other people, such as school or parents, to repair a relationship.
3. Relationship can always be repaired
4. Ending a relationship can be a difficult thing to do.
5. Is is not important to tell someone why you are ending a relationship.

Knowledge check-point (T/F):

1. It is important to take steps to try repair a relationship (if both people want to). **T**
2. We sometimes needs to include other people, such as school or parents, to repair a relationship. **T**
3. Relationship can always be repaired **F**
4. Ending a relationship can be a difficult thing to do. **T**
5. Is is not important to tell someone why you are ending a relationship. **F**

What have you learnt?

Complete the following three sentences:

Three characteristics of a healthy relationship

Two ways to deal with conflict are...

One way to end a relationship respectfully is...