



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!