



Relationships and Sex Education Lesson 1: Forming Relationships

Learning Objectives

- Know how and understand why close relationships are formed, especially during adolescence
 - Understand why friendship is important in the establishment of close relationships
- PW60 Understand the physical and emotional changes that take place during puberty, why they are taking place and the importance of personal hygiene
PW68 Manage changing emotions and recognise how they can impact on relationships

Introduction

- Ask pupils the following questions and ask for examples:-
 - Do some of the things you used to enjoy when you were younger now seem boring or babyish?
 - Do you ever feel angry for no reason?
 - Do you feel self-conscious about your body?
- Pupils will probably have noticed their bodies have started to change. They are changing from children to adults. Can they identify some of these changes e.g. hair growth in new places? As a class activity, indicate them on the blank naked body templates.
- Introduce the word 'adolescence', from the Latin word 'adolescere' meaning 'to grow up', used to indicate the stage between puberty and adulthood. Explain that, along with physical changes that are occurring, their minds are changing, too! Relationships often change, as a result of this.

Resources

Naked body templates
Listening Lucy Questions sheet

Main Activity cont.

- In pairs, pupils are to choose one relationship question that agony aunt, Listening Lucy, has been asked and write their own answer, based on their experiences.
- They should then share their ideas with the class. Make the following points about the problems if the pupils don't do so:-

I keep suddenly feeling really angry...

This is down to hormonal changes and is perfectly normal. Coping strategies might include exercise, creative expression e.g. music, even pummelling a pillow can help relieve tension and anger!

My ex-best friend is making my life a misery...

Try and talk to her. She may not realise how much her behaviour is hurting you. Also, ask your teacher or another trusted adult for advice.

Plenary

- Friendship is really important during puberty. Close friendships are often formed as children become more independent and spend more time together, sharing experiences. Ask pupils if they have a close friend they like to spend time with? What has brought them close together?

Changing Faces