



Relationships and Sex Education Lesson 4: Unhealthy Relationships

Learning Objectives

- Understand what an unhealthy relationship is and know how to deal with relationship issues
- PW64 Identify how to find information and advice through help lines
- PW66 Reflect on the many different types of relationships that exist
- PW67 Judge what kind of physical contact is acceptable or unacceptable in relationships
- PW68 Manage changing emotions and recognise how they can impact on relationships

Introduction

- Re-cap on the features of a healthy relationship.
- It is important to try and form strong relationships with both family and friends in order to feel supported during adolescence.

Main Activity

- Introduce pupils to Harry Smile, a fictitious talk show host, who deals with unhealthy relationships involving useless fathers, bullying brothers and lying friends.
- Watch the comic book show, entitled 'You're a Thief!' Pupils are to make notes on what they see and hear.

Resources

Harry Smile image
Harry Smile comic book animation

Main Activity cont.

- Ask the following questions:-
 - o Is this a healthy or an unhealthy relationship?
 - o How do you know?
 - o What elements of a healthy relationship are missing?
 - o What can Jessie and Silas do to turn the relationship into a healthy one?
 - o Why do you think Jessie told Silas he would have to go and live with his dad
- Ask the pupils if they think it's easy or hard to mend an unhealthy relationship?
- Is there a relationship they have with someone which they think is unhealthy?
- What can they do to try and turn it into a healthier relationship?
- Why do they think some adults stay in unhealthy relationships with their partners / husbands / wives?

Plenary

- 'Abuse' is the word often used to describe unhealthy behaviour in a relationship. Abuse can be physical, emotional or sexual. Ensure pupils are aware of the forms that abuse takes and know where they can find help.

Harry Smile