

Making Sense of Relationships

16/07/2026

Instructions for Every Lesson:

1. Get your equipment out and write the title and date
2. Underline both with a ruler
3. Silently start working on the task below without having to be asked
4. If you have completed all of the above to a good standard, you deserve a house point for self-regulated learning



Instructions:

On your whiteboard list three qualities (NOT physical attributes) that you would want in a romantic partner



Making sense of relationships



Explain when it is appropriate to negotiate in a relationship and when it is necessary to assert your values



Describe how you would recognise when someone needs help managing unhealthy relationships



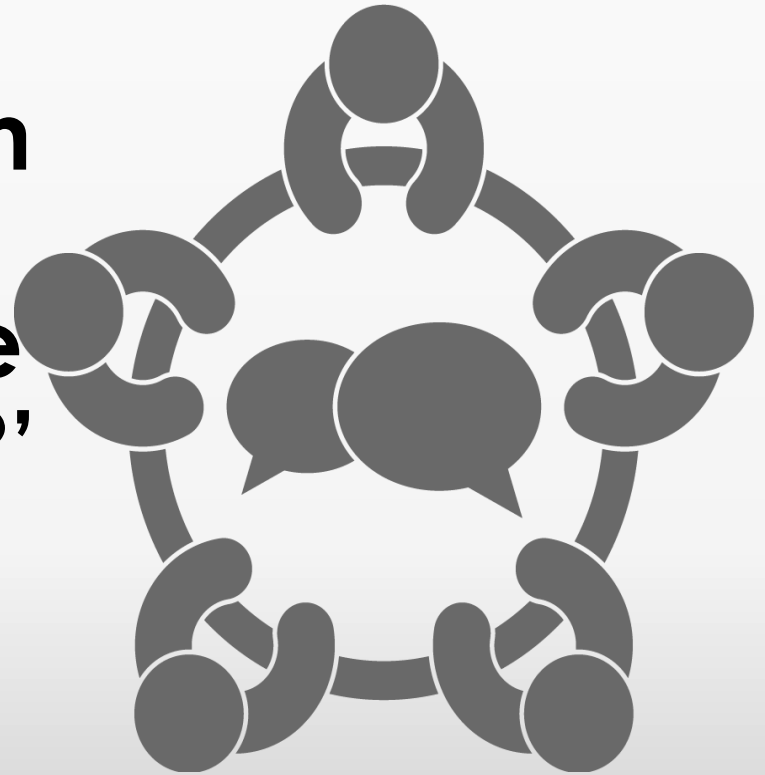
Describe features of an unhealthy relationship and name one source of support

- 1) Write the title and date and underline with a ruler.
- 2) Read through the progress questions
- 3) In your exercise book write the word **start** then **just write B, or S or G** for which you think you could answer



‘When should people negotiate in a relationship, and when should people stand up for what they value and see as important?’

At the end of the lesson this will be our main written task



Structured Talk Instructions:

1. Read and consider the above question so that you can participate.
2. Discuss on your table, ensuring everyone contributes and can answer.
3. No hands for feeding back (if you can't answer it's an 'Off Task' negative).



What types of relationships do we have and with whom?

Instructions: In your book list all the relationships types you have. Use the images for inspiration.





**What types of relationships do we have?
With whom?**

Instructions: Now in **green pen** add **at least TWO more** that others have written.





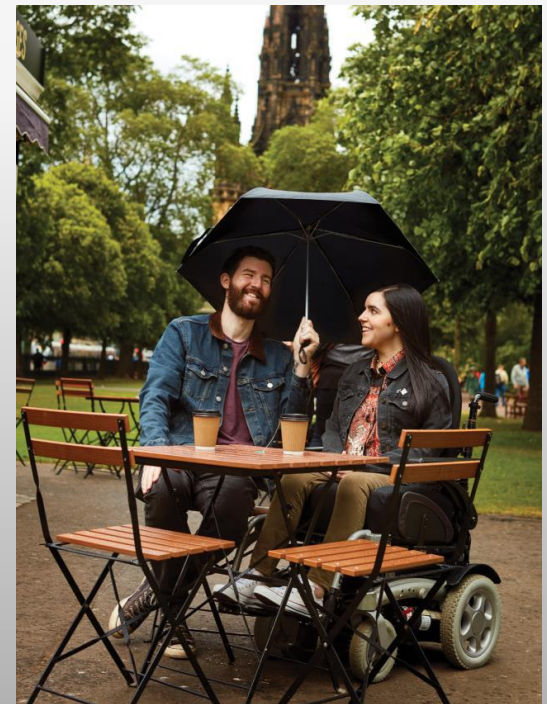
CLOSE
YOUR
EYES





So, what did you say your ideal partner's qualities would be? Share now and also write them on your book:

My ideal partner would be.....



Exploring features of relationships:

Spending time together
Knowing each others family and friends
Having lots in common
Being open and honest
Humour
Never having an argument

Instructions: Put the sub-heading shown on this slide and then read through the list of features below. With a partner discuss if you feel they are **healthy or unhealthy features** in a relationship and sort these ideas into two lists : *Healthy features and Unhealthy features*.

Be ready to feedback to the class when your teacher asks you to

Further Challenge: Can you explain how each feature may be both healthy and unhealthy features? Remember to justify your response

Why are some features both healthy and unhealthy?

1. Spending time together: Making time for each other is a good thing as it helps to strengthen relationship bonds. However, spending almost every moment together can be unhealthy because it reduces contact with friendship and family networks. Someone making their partner feel guilty for spending time with others could be controlling the relationship.

2. Knowing each other's family and friends: Connecting the people you care about can deepen and strengthen relationships. But rather than assuming introductions should take place early on, it is important that this is done at a pace both parties agree with. If family or friends find out about a relationship before both parties are ready, there can be a lot of pressure. Or if a breakup occurs in a friendship group then it can be particularly difficult, since managing this requires both parties to be mature and thoughtful.



Why are some features both healthy and unhealthy?

3. Having lots in common: Common interests can be what initially sparks a connection with someone, and maintains that connection over time. When couples spend quality time together, it helps to strengthen relationship bonds. However, if the couple spend almost every moment together then this can be unhealthy. Healthy couples maintain a balance between time spent together and with others.

4. Being open and honest: Honest communication is healthy. However, being brutally honest is often disrespectful and can damage the receiver's self-esteem. For example: rather than telling someone that you hate their cooking and will never eat anything they make again, it is more loving to offer to cook because you feel you are quite good in the kitchen.

Why are some features both healthy and unhealthy?

5. Humour: Finding things to laugh at together is healthy – it helps couples to connect. However, humour directed at a partner which goes too far can damage their self-esteem and is disrespectful.

6. Never having an argument: Getting on so well that you rarely argue can be a sign of a good relationship. However, it could also be a sign that one or both parties are not communicating their wants and needs or that they are being dominated by the other person. Good relationships involve negotiation so sometimes it is healthy to disagree. The way this is dealt with shows the health of the relationship and the qualities of the people in it.



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11-18 year olds

Where to seek relationship help



Help!

Where can you get help?

HOME

Try talking to your parents.
If you feel that you cannot
talk to them consider
talking to another family
member or a good friend.

MEDICAL

Ms Harman is trained to help
with a wide range of young
people's problems. You can talk
to Ms Harman in confidence.
Drop in to see her in Medical.

SCHOOL COUNSELLOR

If you feel you need to talk
to a counsellor, please see
your Head of Year.

SCHOOL

Friends, Form Tutors,
Subject Teachers, Pastoral
Support Assistants, Year
Tutors or any member of
staff who you feel
comfortable talking to.

DOCTOR

Make an
appointment
with your GP.



We're all here to help



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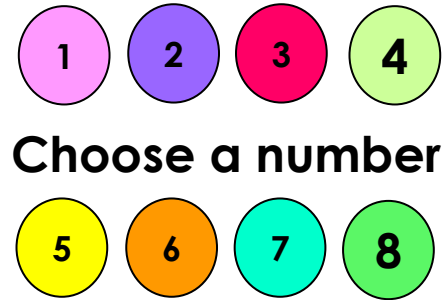


Everyone has a soulmate and dating is about trying to find "the one"

Being able to compromise is better than always getting your own way

It's too embarrassing to talk about being ready/not ready to have sex with your partner

The most important thing in a relationship is to make your partner happy, no matter what



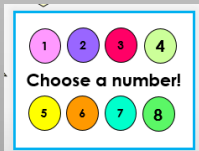
A partner's personality is more important than their looks

There is always likely to be one more dominant person in any relationship

If they really loved me, my partner would know what I wanted without having to be told

Which of these statements makes for a very risky relationship? Why?

Instructions: Discuss any TWO statements or question and decide if it is a risky opinion to have.



Team Read: Riley and Frankie case study

Riley and Frankie started dating six months ago and really enjoy each other's company. **They walk to and from school together, are in most of the same lessons and both go to drama club after school.** They have the same taste in music and spend loads of time online sharing videos and photos.

Riley is really keen to take the next step in their relationship and wants Frankie to stay overnight, but every time Riley suggests it, Frankie changes the subject and won't give a definite answer. Riley is getting more and more frustrated about it and has started teasing Frankie about little things, like choice of clothes or silly comments. **Frankie isn't really sure what's wrong with Riley so is becoming more withdrawn and quiet when they're together.**

On the way home from school yesterday, Frankie wanted to go over to Samira's instead of coming back to Riley's. **This led to a huge argument in the street and Riley ended up grabbing Frankie's wrist and saying Frankie shouldn't go to Samira's house.** Now neither of them are speaking.

Case Study Response

1. Head: What is the character **thinking about**?

1. Heart: How does the character **feel** in this relationship?

2. Hands: What should the character **do** next?

3. Mouth: Who can the character **talk to** for help and advice? What might they say?

4. Boot: What does the character need to give the boot? This might be a belief, behaviour or worry that the character will be better off without.

Challenge: What advice could you give this couple?

Instructions: Choose **one** of the characters in the case study (Frankie OR Riley) and work in pairs to discuss and then respond in your books to the case study using the **head, heart, hands, mouth and boot** approach as shown below.

Progress Questions



Explain when it is appropriate to negotiate in a relationship and when it is necessary to assert your values



Describe how you would recognise when someone needs help managing unhealthy relationships



Describe features of an unhealthy relationship and name one source of support

Instructions: answer the most challenging progress question you can, don't forget to write B, S or G so you know which level of challenge you have tackled today.

