

Relationship well-being- how to recognise negative behaviours

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



What is meant by a positive or negative behaviour?





**A happy
relationship**

=

**never arguing or
fighting**

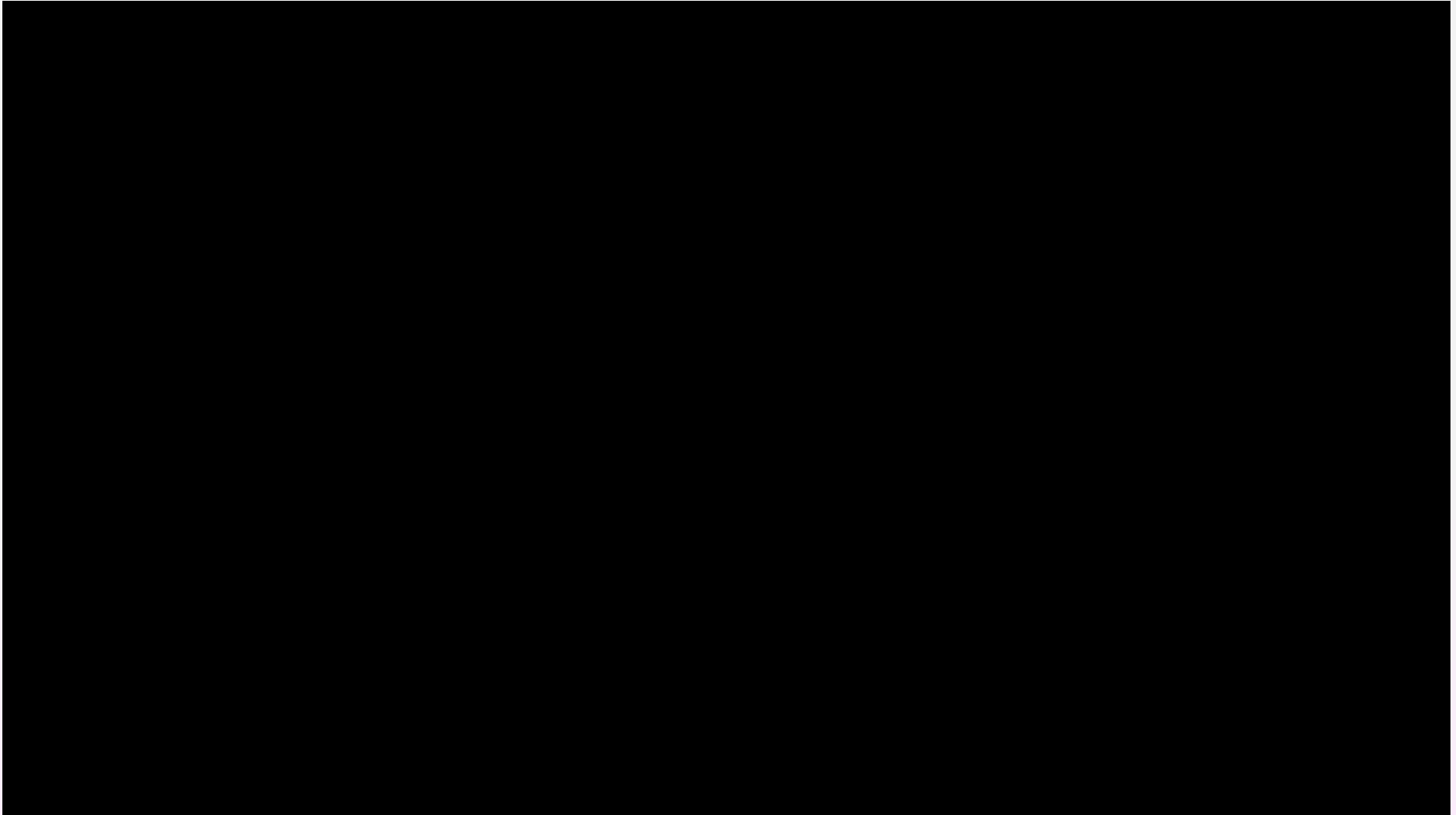


True or false?

Structured Talk Instructions:

1. Read and consider the above.
2. Discuss with a neighbour, ensuring you both participate.
3. No hands for feeding back, random name picker will choose you.

How do you deal with conflict in a relationship?



Independent writing task: Answer the question above after you have watched. Make bullet point notes whilst you watch & listen, then write an answer.

MADtime

Conflict occurs when someone has a **need** and it isn't being met; to resolve conflict in a relationship we need to know that:

- The resolution of conflict starts with the first step being to be able to **express the need**
- The second step is to find out if the need can or cannot be met
- If the need can be met, then we have resolution. If it's a no, then we negotiate to resolve the conflict or we go into the management of conflict, which is a cycle of blame and accusations.





**When isn't it conflict?
Make notes the second time we watch the
video**



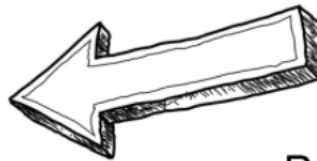
Signs of an abusive relationship

Working in pairs, under the subheading above, make a list of as many signs that a relationship is not a healthy one



What are the warning signs of dating abuse?

Look out for:

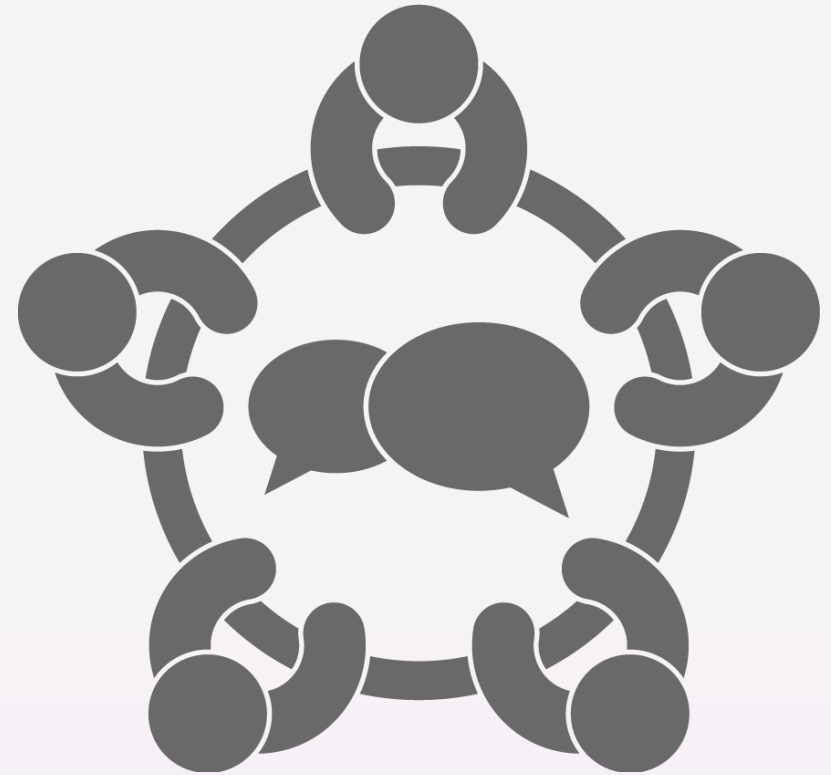


- Extreme jealousy or insecurity
- Constant put-downs
- Possessiveness or treating you like property
- Telling you what to do
- Constantly checking in on you
- Explosive temper
- Making false accusations
- Isolating you from your friends and family
- Preventing you from doing things you want to do
- Repeated crossing of boundaries
- Taking away your ability to make choices
- Coercion OR pressuring you to do things you don't want to do
- Monitoring who you talk to or what you post on social media



**‘Just because it’s
explainable, doesn’t
mean it’s excusable!’**

**How would your table
define the term
abuse?**



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).



Definition- copy in
to your exercise
books



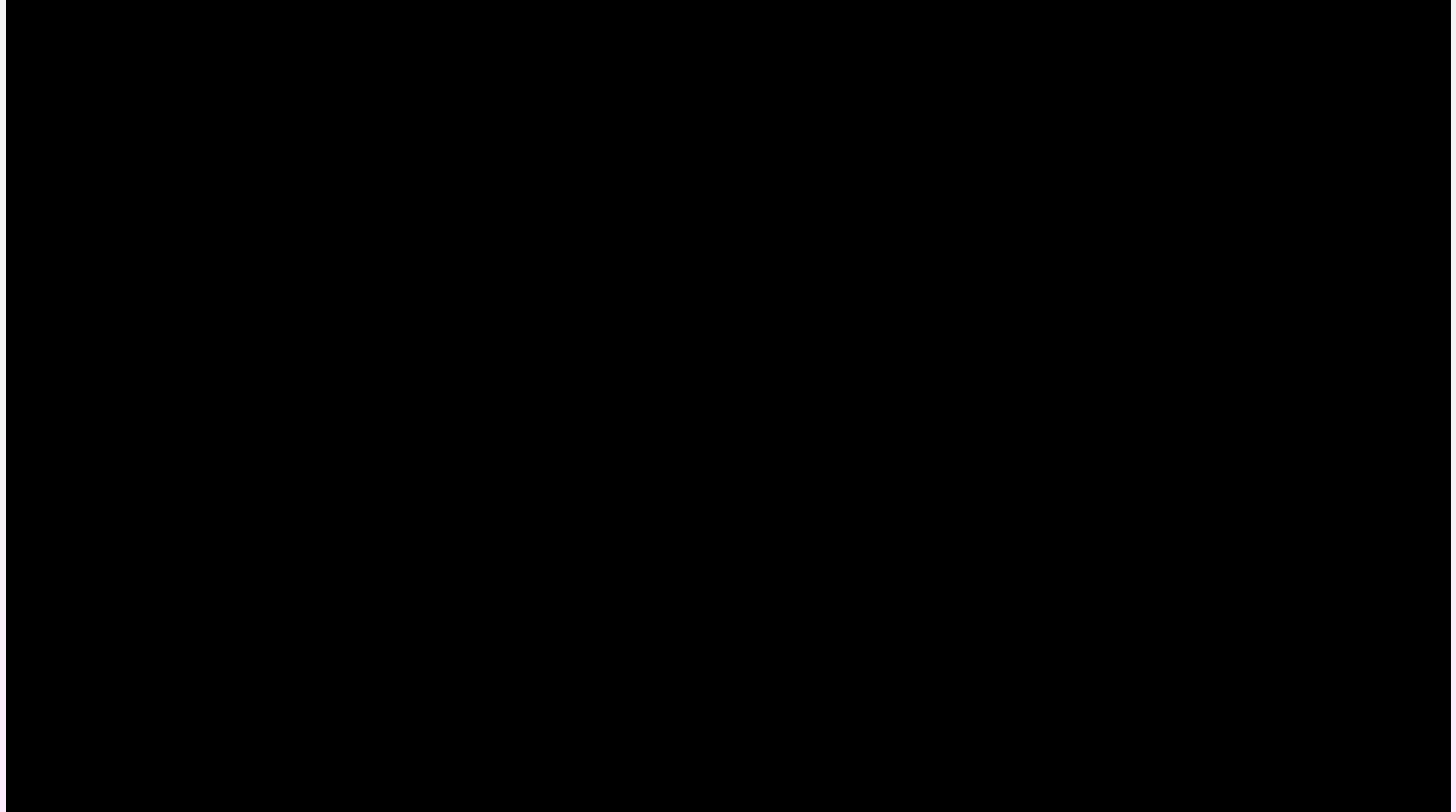
Abuse means treating someone with violence, disrespect, cruelty, harm, or force.

When someone treats their partner in any of these ways, it's called an abusive relationship.

Abuse in a relationship can be physical, sexual, emotional, financial. Or it could be all of these.



What would you do? How could you help?



Instructions: Write full-sentence notes in response to the questions above.

Where could you seek help and advice if this was how your friend's relationship looked like

Dedicated helplines

We run dedicated helplines for anyone worried about a child and provide advice on child protection.

Report abuse

Contact our trained helpline counsellors. Call us from **8am – 10pm or 9am – 6pm at the weekends**. You can also get in touch 24 hours a day by email or our online reporting form.

[Find out how to report abuse](#)

**NSPCC-RUN HELPLINE FOR
VICTIMS OF SEXUAL ABUSE
IN SCHOOLS**

0800 136 663


Department
for Education



NSPCC Apr 1

Our new [@educationgovuk](#) helpline is now here for both children and adults who are victims of recent or historic sexual harassment and abuse in schools or education.

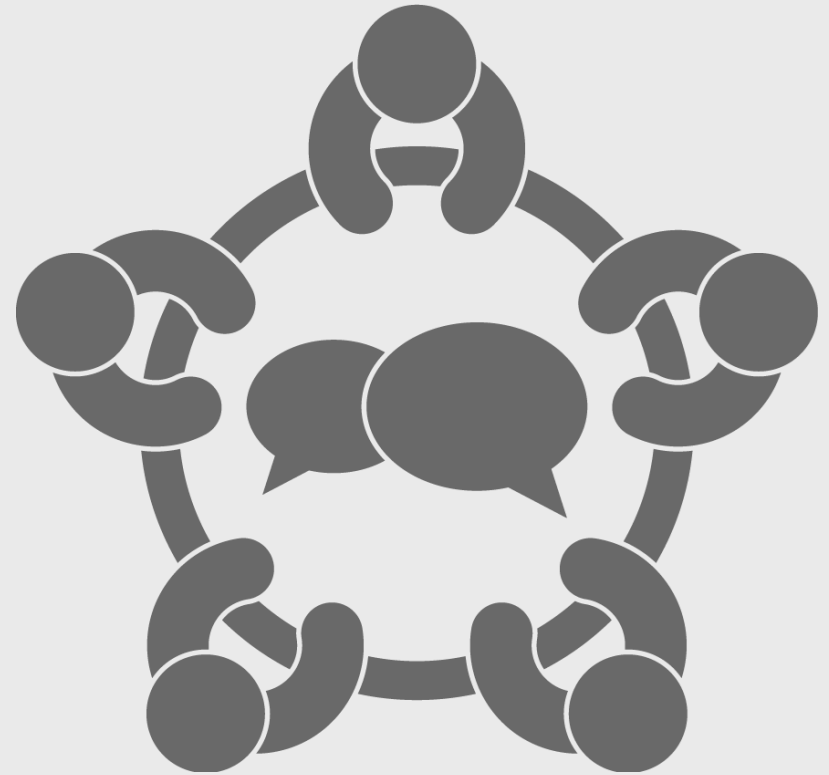
Report Abuse in Education

-  **Call 0800 136 663**
-  **Email help@nspcc.org.uk**
-  **In an emergency, call 999**



What is sexual bullying?

How does a perpetrator force their victim into sexual acts?



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).

Review your knowledge at the end of the lesson

How confident are you that you...? Rate yourself 0-10 (0= 😞 10= 😊)	Before	After
... can identify and know strategies to deal with conflict within relationships		8
... understand and can recognise different types of relationship abuse, including coercive control		
...can identify sexual bullying behaviour		
... know where to seek information or advice about sexual bullying		
... understand what honour-based violence is, laws around it		

Instructions:

1. Review your self score for the **before** section; did you actually know as much as you said you did? If not, lower your before score
2. Then complete the **after** section of the chart.
3. Finally, if you have any questions message your class teacher on Class Charts



Upcoming topics:

- Domestic abuse
- What honour-based violence- the forms of abuse- how it is illegal- Forced marriage- FGM & Breast ironing- Coercion
- Image based sexual abuse & rape culture

