

Families1

Y10 RHSE [PD] Extraction 2026+

Types of Committed and Stable Relationships

Even healthy relationships experience difficulties.

Common challenges include:

- Stress
- Money problems
- Poor communication
- Jealousy
- Different expectations
- Parenting pressures

Healthy couples try to manage these problems respectfully and may seek support when needed.



A committed and stable relationship is a relationship where two people choose to care for, support, and stay loyal to each other over time.

These relationships are usually based on:

- Trust
- Respect
- Honesty
- Communication
- Support
- Responsibility
- Care and affection

Committed relationships can exist in different forms, including:

- Marriage
- Civil partnerships
- Long-term partnerships
- Co-parenting relationships
- Some long-term dating relationships

Healthy committed relationships are important because they can improve emotional wellbeing, mental health, physical health, and family stability.

Types of Committed and Stable Relationships

Trust means believing that the other person is honest, reliable, and loyal.

When trust exists, people usually feel more secure and less anxious.

Communication is the ability to talk openly and listen carefully.

Good communication helps relationships survive difficult times.

Emotional and Practical Support. In stable relationships, people help each other emotionally and practically.

Supportive relationships can improve confidence and reduce loneliness.

Can we think of examples for all these features?

Respect means valuing the other person's feelings, opinions, choices, and boundaries.

Without respect, relationships can become unhealthy or harmful.

Commitment means choosing to support the relationship even when life becomes difficult.

Commitment helps relationships become more stable and dependable.

**Key Features
of Healthy,
Stable
Relationships**

Choral Practice: The most important feature of a healthy family relationship is...



Choral Practice: The most important feature of a healthy family relationship is...

And this is because...



Types of Committed and Stable Relationships

Emotional Wellbeing.

Healthy relationships can:

Reduce stress and anxiety

Increase feelings of safety and belonging

Improve self-esteem

Help people cope with challenges

People often feel happier and more confident when they have strong supportive relationships

How Stable Relationships Contribute to Wellbeing



Mental Health Benefits

Research shows that supportive relationships may:

Lower feelings of depression

Reduce loneliness

Improve resilience during difficult times

Encourage healthy coping strategies

Having someone trustworthy to talk to can greatly improve mental health.

Types of Committed and Stable Relationships

How Stable Relationships Contribute to Wellbeing



Social Wellbeing.

Stable relationships help people build:

Strong family connections

Friendships

Community support

A sense of belonging

Humans are social beings, and positive relationships are an important part of life satisfaction.



Physical Health Benefits.

Stable relationships are also linked to:

Better sleep

Lower stress levels

Healthier lifestyles

Longer life expectancy

People in supportive relationships may encourage each other to eat well, exercise, and seek medical help when needed.

Types of Committed and Stable Relationships

Emotional Security for Children.

Children need to feel:

- Safe
- Loved
- Protected
- Supported

Children who feel emotionally secure are often better able to:

- Build friendships
- Manage emotions
- Develop confidence

Why Stable Relationships Matter for Raising Children

it is important to remember that loving single parents and other family structures can also provide excellent care and stability.

Positive Role Models.

Healthy relationships teach:

- Respect
- Kindness
- Cooperation
- Conflict resolution
- Responsibility

Adults who communicate calmly and respectfully provide strong examples for young people.



Consistency and Routine.

Stable relationships create:

- Regular routines
- Clear boundaries
- Reliable support

Consistency helps children feel safe and supports healthy development.

Financial and Practical Stability.

Committed caregivers may be able to share responsibilities such as:

- Earning income
- Childcare
- Household tasks
- Emotional support

This can reduce stress within the household and improve family wellbeing.

Create a Window task: Fold the sheet of paper as instructed. Label each box with a number, 1 to 4.

Create a Window task: Fold the sheet of paper as instructed. Label each box with a number, 1 to 4.

Box 1: Add one thing that healthy relationships teach, create or enable.

Marriage is a legally recognised relationship that can take place in a civil or religious ceremony.

Civil partnership is also legally recognised but is formed by signing legal documents rather than making vows.

Couples who simply live together are called **cohabiting couples**.

A religious ceremony that is not officially registered with the government may not count as a legal marriage in the UK

Legal recognition

When a couple marries or forms a civil partnership, the law officially recognises them as partners. This gives them rights and responsibilities toward each other.

For example, they become:

- each other's next of kin
- legally responsible for certain financial matters
- recognised as family by hospitals, banks and government organisations

Cohabiting couples do not automatically receive these rights.

Marriage and Civil Partnership





Marriage and Civil Partnership

The myth of “common-law marriage”

Many people wrongly believe that couples who live together for a long time become “common-law married”.

In England and Wales, this is a myth. Living together does not automatically give couples the same rights as marriage or civil partnership.

Rights if a partner dies

Married couples and civil partners have stronger legal protection if one partner dies.

They usually have:

- automatic inheritance rights if there is no will
- inheritance tax benefits
- possible rights to pensions and property

A cohabiting partner may receive nothing automatically, even after living together for many years.

Financial protection if the relationship ends

If a marriage or civil partnership breaks down, the law helps divide:

- Money
- Property
- Pensions
- childcare responsibilities

Courts can help make fair arrangements.

Cohabiting couples have fewer protections. A partner may not have rights to the home or savings unless their name is legally included.



Marriage and Civil Partnership



Protection for children and families

Marriage and civil partnerships can help provide stability and legal clarity for children and parents.

They may help with:

- parental responsibility
- financial support
- legal decision-making for children

Legal proof of the relationship

A marriage certificate or civil partnership certificate is official proof of the relationship.

This can be important for:

visas and immigration
changing names
Insurance
medical decisions
pensions and benefits

CERTIFIED COPY OF AN ENTRY OF MARRIAGE

GIVEN AT THE GENERAL REGISTER OFFICE

Application Number: 6305774-1

Column	1	2	3	4	5	6	7	8
No.	When Married	Name and Surname	Age	Condition	Rank or Profession	Residence at the time of Marriage	Father's Name and Surname	Rank or Profession of Father
19.22.		Marriage solemnized at <u>the Register Office</u> in the District of <u>Croydon</u> in the County of <u>Croydon Surrey Kent</u>						
33	September	Henry William Jackson	26 years	Bachelor	Showman	13 Anerley Grove Upper Norwood	Watson Jackson	Chief (Trick Reader)
19.22.		May Louisa Gillies	26 years	Spinster		11 St. Hugh's Road Anerley	Richard Gillies	House Decorator
Married in the <u>Register Office</u> according to the rites and ceremonies of the <u>Anglican</u> by Certificate before								
This Marriage was solemnized between us,		<u>H. W. Jackson</u>		In the Presence of us,		<u>F. E. Lovelock</u> <u>Thomas Driver</u> Registrar		
		<u>M. L. Gillies</u>				<u>Edward Odum</u> <u>A. Thorne</u> Deputy Sub-Registrar		

CERTIFIED to be a true copy of an entry in the certified copy of a register of Marriages in the Registration District of Croydon
Given at the GENERAL REGISTER OFFICE, under the Seal of the said Office, the 25th day of February 2015

MXG 469567

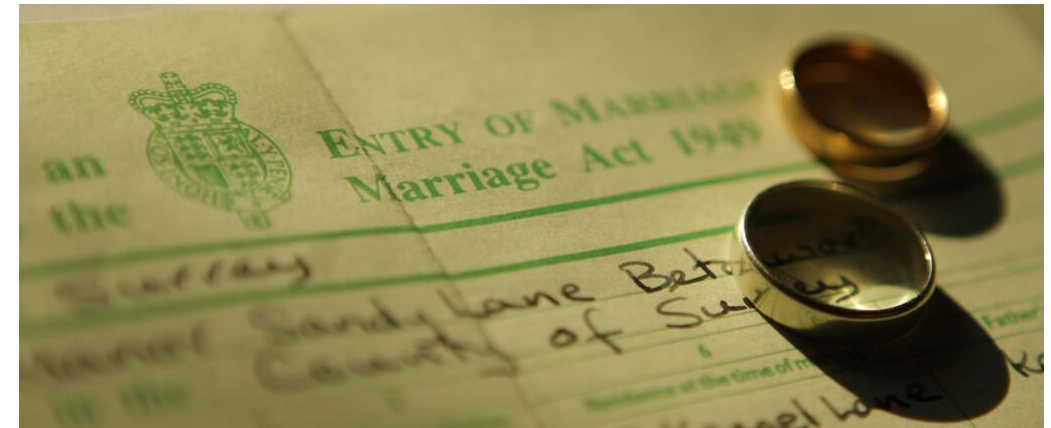
CAUTION: THERE ARE OFFENCES RELATING TO FALSIFYING OR ALTERING A CERTIFICATE AND USING OR POSSESSING A FALSE CERTIFICATE. © CROWN COPYRIGHT

WARNING: A CERTIFICATE IS NOT EVIDENCE OF IDENTITY

DAW

Marriage and Civil Partnership

A non-binding religious ceremony alone may not provide this legal proof.



Religious ceremonies that are not legally registered

Some couples choose a religious ceremony without registering it legally.

In this situation:

- the ceremony may be meaningful personally or spiritually
- but the government may not recognise the couple as legally married

Create a Window task: Fold the sheet of paper as instructed. Label each box with a number, 1 to 4.

Box 1: Add one thing that healthy relationships teach, create or enable.

Box 2: Add one thing that you think might be a benefit of marriage or a civil partnership.

Forced Marriage and Under-18s

A forced marriage happens when someone is pressured, threatened or abused into getting married without freely agreeing to it.

The pressure can include:

- emotional pressure
- Threats
- physical violence
- controlling behaviour
- financial pressure
- family or community pressure

In a healthy marriage or civil partnership, both people must freely choose to marry and fully agree to it.

Forced marriage is different from an arranged marriage. In an arranged marriage, families may help introduce the couple, but both people still have the right to say yes or no.



In the UK, forcing someone to marry is a serious criminal offence.

It is against the law to:

- force someone into marriage
- take someone abroad to force them to marry
- trick someone into marriage if they cannot properly consent

People who commit forced marriage offences can face prison sentences.

The law protects everyone, including:

- Children
- Teenagers
- Adults
- people with disabilities or learning difficulties

Victims can ask courts for a **Forced Marriage Protection Order**, which is a legal order designed to stop the marriage or protect the person from harm.

Forced Marriage and Under-18s

In England and Wales, the law changed in 2022 so that **people must be at least 18 years old to marry or enter a civil partnership.**

This applies even if:

- parents give permission
- the marriage is part of cultural or religious traditions

Before the law changed, some 16- and 17-year-olds could marry with parental consent. This is no longer allowed.

The new law was introduced to help protect young people from:

- pressure from adults
- abuse and control
- being forced into marriage
- losing educational opportunities
- emotional and physical harm

The law recognises that young people under 18 may not be fully ready for the responsibilities and pressures of marriage.

Research showed that child marriage can increase risks of:

- domestic abuse
- mental health problems
- social isolation
- interrupted education
- financial dependence

By making under-18 marriage illegal, the government aims to protect children's rights, safety and future opportunities

A religious or cultural ceremony involving someone under 18 may still be illegal if it is treated as a marriage, even if it is not officially registered.

The law is designed to prevent adults from avoiding the rules by using unofficial ceremonies.



Changing Relationships

Relationships often change as people grow older and experience different stages of life. Feelings, priorities and responsibilities can develop over time, which can affect how people interact with each other.

Relationships may change because of:

growing up and becoming more mature

changes in school, work or family life

having children

stress, money problems or health issues

improved communication and trust

disagreements or different goals

Some relationships become stronger through support, respect and good communication. Others may weaken if there is conflict, lack of trust or poor communication.

Healthy relationships need effort, understanding and compromise to adapt to changes over time.

Evaluating Our Impact on Others

We can evaluate our impact on others by reflecting on how our words, actions and behaviour affect people's feelings, wellbeing and relationships.

This can be done by:

- listening to feedback from others**
- noticing how people respond to us**
- thinking about whether our behaviour is respectful, supportive and fair**
- considering the emotional effects of our actions**
- recognising when we may need to apologise or improve**

Evaluating our impact helps build healthier relationships, improves communication and encourages empathy and responsibility.

How a Positive Relationship With Ourselves Can Impact Others

Having a positive relationship with ourselves means having self-respect, confidence and good emotional wellbeing. This can affect how we treat and interact with other people.

When people value themselves, they are more likely to:

- communicate calmly and respectfully**
- show kindness and empathy**
- build healthy friendships and relationships**
- manage stress and conflict more positively**
- encourage and support others**

A positive self-image can also make people more confident and trustworthy, which can improve teamwork, family relationships and social connections.

Taking care of our own wellbeing can therefore have a positive impact on the people around us.

Create a Window task: Fold the sheet of paper as instructed. Label each box with a number, 1 to 4.

Box 1: Add one thing that healthy relationships teach, create or enable.

Box 2: Add one thing that you think might be a benefit of marriage or a civil partnership.

Box 3: Add one reason relationships might change as you get older, make it clear whether this is a positive change, or negative.

Parental Responsibility

Providing basic physical needs

Parents are responsible for making sure children have:

food and clean water

suitable clothing

a safe home

healthcare and medical support

enough sleep and exercise

Meeting these needs helps children stay healthy and develop properly.



Teaching values and behaviour

Parents help children learn:

right from wrong

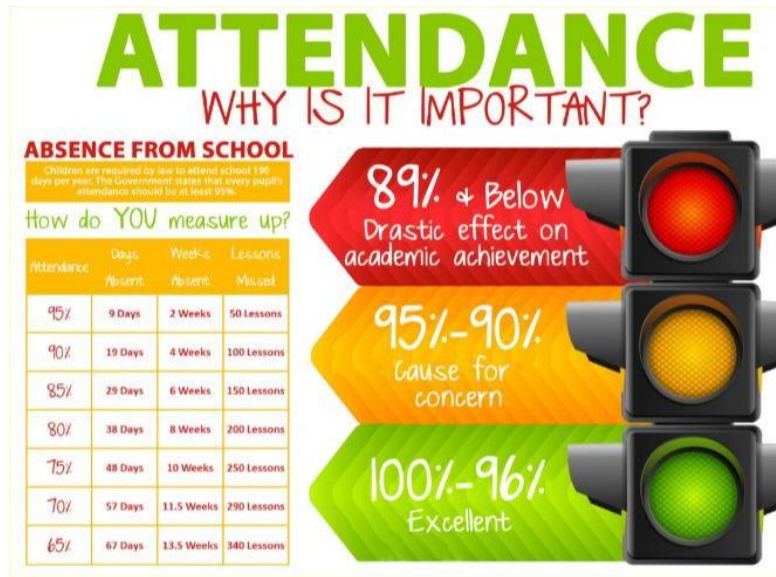
respect for others

honesty and responsibility

manners and social skills

They also teach children how to make safe and healthy choices.

Parental Responsibility



Education and learning

Parents are responsible for supporting education by:

- encouraging school attendance
- helping with homework and learning
- promoting reading and communication
- encouraging goals and ambitions

Children often achieve better outcomes when parents are involved in their education.

Supporting emotional development

Children need love, attention and emotional support to feel secure and confident.

Parents help children by:

- showing care and affection
- listening to them
- encouraging positive behaviour
- helping them manage emotions
- building self-esteem and confidence

Strong emotional support can improve a child's mental health and relationships later in life.



Parental Responsibility

Early years and brain development

The early years of life are extremely important for brain development. A child's brain grows rapidly from birth to around age five.

During this time, positive experiences help create strong brain connections.

Parents support healthy brain development by:

- talking and reading to children**
- playing with them**
- responding to their needs**
- providing routines and stability**
- encouraging learning and curiosity**



Love, safety and interaction help children develop language, memory, problem-solving and social skills.

Negative experiences such as neglect, abuse or constant stress can affect brain development and emotional wellbeing.

Parental Responsibility



Keeping children safe

Parents must protect children from harm by:

supervising them appropriately

teaching online and personal safety

protecting them from abuse, neglect and dangerous situations

making sure they are cared for by trusted adults

Keeping children safe is one of the most important parental responsibilities.

Encouraging independence

As children grow older, parents help them become more independent by teaching:

Decision-making skills

Responsibility

Confidence

Problem-solving

Life skills such as budgeting, cooking and organisation

This prepares young people for adulthood.



Create a Window task: Fold the sheet of paper as instructed. Label each box with a number, 1 to 4.

Box 1: Add one thing that healthy relationships teach, create or enable.

Box 2: Add one thing that you think might be a benefit of marriage or a civil partnership.

Box 1: Check what you put for Box 1 earlier. If you were a parent, or close family member / friend, how would you make sure this happens?

Box 3: Add one reason relationships might change as you get older, make it clear whether this is a positive change, or negative.

Ending Relationships Skilfully

Ending a relationship can be difficult and emotional, but using positive skills can help make the situation safer, calmer and more respectful for everyone involved.

Important skills for ending relationships include:

Honest communication

Listening skills

Empathy

Respect

Setting boundaries

Emotional control

Seeking support

Staying safe

Healthy relationship endings focus on safety, maturity and respect. Although breakups can be painful, using good communication and emotional skills can reduce conflict and help both people move forward positively.



Create a Window task: Fold the sheet of paper as instructed. Label each box with a number, 1 to 4.

Box 1: Add one thing that healthy relationships teach, create or enable.

Box 2: Add one thing that you think might be a benefit of marriage or a civil partnership.

Box 4: Add the skill you feel will most help you handle leaving difficult relationships. Explain to someone else why.

Box 1: Check what you put for Box 1 earlier. If you were a parent, or close family member / friend, how would you make sure this happens?

Box 3: Add one reason relationships might change as you get older, make it clear whether this is a positive change, or negative.

Faith-Based Views on These Areas

Many faiths see **marriage** as an important commitment built on trust, loyalty and support. In **Christianity**, marriage is often viewed as a lifelong promise:

“Be completely humble and gentle; be patient, bearing with one another in love.” The Bible, Ephesians 4:2

Christians believe marriage should involve love, faithfulness and mutual care.

In **Islam**, marriage is seen as a partnership based on peace and compassion:

“And We created you in pairs.” The Qur’an 78:8
Muslims believe husbands and wives should support and respect each other.

In **Hinduism**, marriage is often viewed as a sacred duty and spiritual partnership:

“Where there is love, there is life.” Mahatma Gandhi

Many religions teach that **parents** have a responsibility to protect, guide and care for children.

In **Christianity**:

“Train up a child in the way he should go.” The Bible, Proverbs 22:6

Faith traditions often encourage parents to teach kindness, honesty and responsibility.

Islam teaches compassion and care within families:

“The best among you are those who are best to their families.” Muhammad

Most religions promote kindness, forgiveness and respect in **relationships**.

The **Christian** teaching known as the Golden Rule says:
“Do to others as you would have them do to you.” The Bible, Luke 6:31

This encourages empathy and positive behaviour toward others.

Buddhism teaches compassion and avoiding harm:

“Hatred does not cease by hatred, but only by love.”
Dhammapada

Citizenship Views

Cohabiting couples are now the fastest-growing family type in the UK. Recent reports estimate there are around 3.5–3.6 million unmarried couples living together. However, surveys show many people wrongly believe cohabiting couples automatically gain the same legal rights as married couples.

A 2024 survey found:

- 92% of people believed cohabiting couples **should** have legal protection
- 66% believed they **should** have the same rights as married couples

Government statistics from the **UK Forced Marriage Unit** showed:

- 240 cases of forced marriage or related abuse received support in 2024
- 15% of victims were aged 15 or under
- 19% were aged 16–17
- 74% of victims were British nationals

A **UK survey** of 2,000 adults in 2024 found:

- 27% of people in long-term relationships admitted hiding savings or investments from their partner
- 23% suspected their partner was hiding finances from them

Research from the ONS in 2023 shows that **strong relationships** and social connections are closely linked to higher wellbeing and life satisfaction.