

Go Task

Discuss - How do you think it will feel when you fall in love or have a boyfriend or girlfriend whom you really care about?

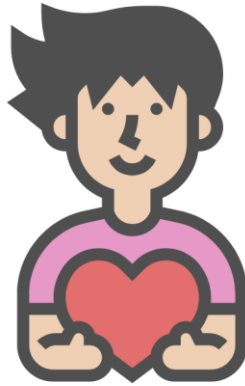
Go Task Feedback

When we meet a new romantic partner who we care about we can experience a range of emotions, these may include feeling -

- Happy
- Excited
- Proud
- Nervous
- Scared
- Embarrassed

Discuss - Why might someone feel the emotions above with a new romantic partner?

First Romantic Relationships



LO - To be able to consider how it might feel when we have our first romantic partners and how we can treat them respectfully.



Happy / Excited / Proud

When we have a new partner it can feel amazing, we may want to learn everything about each other and spend all our time together. We may feel proud and happy that someone has chosen us.

Our hormones also surge which can further add to the feelings of happiness and excitement.

Nervous / Scared / Embarrassed

As well as all of the positive emotions on the previous slide, we can also feel nervous or scared.

If we really like someone, we may worry about them not liking us as much or leaving us, we may be embarrassed and scared about opening up or trying new things such as kissing or holding hands or be worried about what other people will think and say. This is also a normal feeling.

Healthy Relationships

It is important that we don't let any of the range of happy and sometimes scary emotions we experience in a new relationship stop us from having a **healthy relationship**. We also need to remember that relationships we may have witnessed ourselves or things we may have been told might not always be 'healthy' when it comes to romantic relationships.

Task - Read the scenarios in the next slides and discuss what worries you might have in relation to the relationships and whether or not they are healthy.

Scenario 1

Mitch has started dating Karen, she's his first real girlfriend. He feels happy and excited, but he's also worried that she's out of his league. He's been buying her lots of gifts and sending messages saying he can't live without her because she's so special to him. But things don't seem to be going the way he hoped. The more effort he puts in, the more it seems like Karen wants to spend time with her friends instead of him. Now Mitch is thinking of telling her that if she really liked him, she wouldn't want to see her friends so much.

What advice would you give Mitch? What is he doing which is worrying?

Scenario 1 Feedback

Buying someone the occasional gift or sending a few kind messages is absolutely fine in a relationship. But if you start doing it constantly, expect immediate replies, demand something in return, or send messages that make your partner feel uncomfortable, it can be a sign of **love bombing** and that's not part of a healthy relationship. Saying things like "I can't live without you" very early on can put a lot of emotional pressure on your partner.

When a romantic relationship is new, it's tempting to want to spend all your time with that person. But this isn't healthy. It's important to keep spending time with your friends and family. Not only does this help you stay balanced, but it can also make your relationship stronger, you'll have more to talk about and more to look forward to when you're together. It's never okay to pressure someone to stop seeing their friends.

Scenario 2

Sharon has started going out with Keanu. She really likes him, but she sometimes finds him annoying. Last week, she got upset when she asked him to unfollow a girl on social media and he said no. She punched him on the arm, and when he told her it hurt, she laughed and said a punch from a girl could not hurt. Sharon does not like Keanu having anything to do with other girls. She is afraid he might meet someone prettier than her and dump her.

What advice would you give Sharon? What is she doing which is worrying?

Scenario 2 Feedback

If we start seeing someone and we really like them it can make us feel insecure. It is important to remember that our partner has chosen to be with us and not anyone else. It is not okay to dictate to a partner who they can and can't see, **trust** is an essential component of a healthy relationship. **Jealousy** won't stop someone cheating and is more likely to push them away.

It is also never okay to hit your partner, it does not matter who is doing the hitting or how much it hurts the other person. Using violence in a relationship is known as **domestic abuse** and is against the law. If you are the victim of domestic abuse you should always tell a trusted adult.

Task

Watch this [clip](#)

Discuss - What does it suggest people need to do to make a relationship happy?

Challenge - Why might acting poorly in a relationship impact the other person in the future?

Task Feedback

The most important parts of a healthy relationship are being able to communicate clearly and honestly, and being willing to compromise.

It might be tempting to always give someone everything they want, or to insist on getting your own way. But this is not healthy and will not help the relationship last. If you are unhappy with something in the relationship, it is important to speak up. Your partner cannot change something they do not know is a problem.

A great partner will care about your feelings and want to understand what matters to you.

Challenge Feedback

Acting poorly in a relationship might impact the other person in the future because you could impact their self esteem (how they feel about themselves) and it may make it difficult for them to trust a partner (trust is an essential part of a healthy relationship) in the future.

Task

Write a letter to either Mitch or Sharon explaining to them why their behaviour is wrong.

Try to -

Acknowledge how they might be feeling

I know you must be feeling -

Explain how their actions will make their partner feel

By doing _____ you will make your partner feel _____ because -

Suggest a different way to grow a healthy relationship

Instead you could _____ because _____.

What if we do break up?

Breaking up with someone can feel awful, and it might seem like you will never be happy again. It is completely normal to feel sad, and it is important to give yourself time to process those feelings. Remember that you will start to feel better, and in time you may meet someone new, but it is important to give yourself space to heal first and not rush into a new relationship.

After a break up, you might also feel angry, especially if the relationship ended badly. That is a natural emotion, but it is never okay to take your anger out on the other person. Hurting them in return will not make you feel better and could make the situation worse.

Task

Discuss with your partner and make a list of your ideas under the subtitle 'best ways to end a relationship'.

Task Feedback

- Where possible speak in person.
- Be honest but consider how your words will make the other person feel.
- Be prepared to listen to the other person's point of view but don't let them change your decision if you are sure it is what you want.
- Don't give false hope e.g. let them think you might change your mind if you know you won't.
- Keep conversations and details about your relationship private.

Ask an Expert

If you need support in relation to healthy relationships please speak with a trusted adult.

You could also find support at -

Childline [here](#)

Act on it now [here](#)



Careers Link

Today's lesson may link to the following careers. If you would like to find out more about these jobs please speak to your careers advisor or use the link below.

- Relationship Counsellor
- Social worker
- Relationship / Dating Coach

[LINK](#)



Plenary

R O M A N T I C

P A R T N E R S

Try to think of a word or phrase linking to healthy and unhealthy romantic relationships for each of the letters above.

E.g. **R** = **Reciprocate**: To give back or return

LO - To be able to consider how it might feel when we have our first romantic partners and how we can treat them respectfully.

Extra Task

Today we looked at scenarios where the relationships were unhealthy. Remembering the things we have discussed, write a scenario where two characters begin a healthy relationship.

