

## Year 6 Lesson 4:

# Healthy and Unhealthy Relationships

### **Success Criteria:**

- **To understand how important it is to know your own qualities.**
- **To be aware of and know how to and set your own boundaries and expectations.**
- **To reflect on the differences and similarities in different relationships.**
- **To know that there are qualities that are not conducive to positive relationships.**

### Key Vocabulary This Lesson:

- safe
- healthy
- unhealthy
- boundaries
- peer pressure

## What is a 'healthy' and 'unhealthy' relationship?

**Healthy or Unhealthy?**

Which of these words would you use when describing a good relationship?

- whispering
- loving
- kicking
- sharing
- honest
- yelling
- stealing
- fun
- joyful
- keeping secrets

Can you think of any more?

What type of characteristics do we expect to see in both?

Make a list together....

## Relationships:

What kind of relationship might people find themselves in as they grow up?

When we think of the word 'relationship', we may first think of couples. However, we all have relationships with many people throughout our lives: friends, family, work colleagues to name a few.

How might friendships change as young people go through puberty? What might make friendships change?

## Discussion

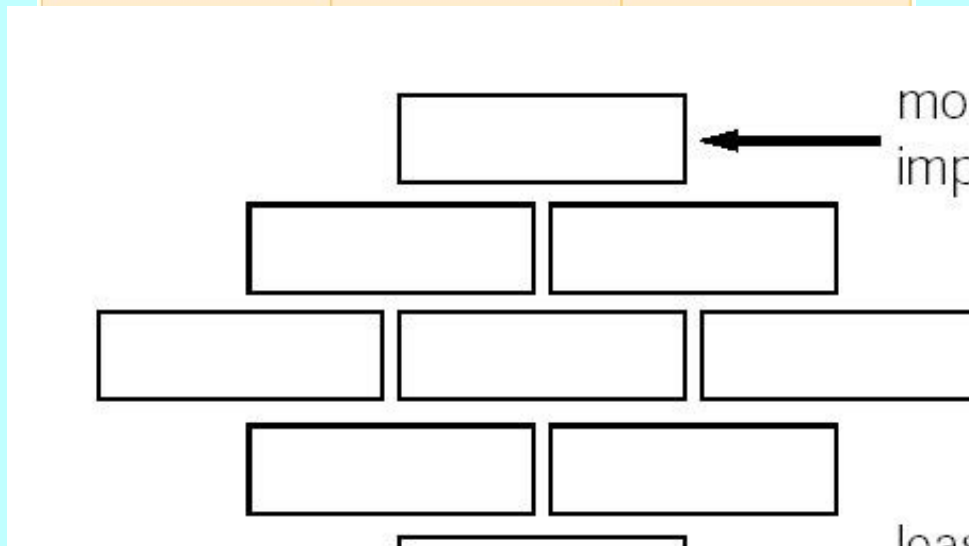
As young people move into new friendships...

- Why is it important to be clear about what you expect from the friendship/partnership?
- What are some of the qualities you would expect good relationships to have- are these the same in any type of relationship?
- What do you expect to give in a friendship?

**Group Activity:**

In groups, sort the qualities then put them into a diamond 9 in order of importance.

respect	honesty	helpful
loyalty	communication	friendly
truthful	good sense of humour	trustworthy



## Taking feedback

- Highlight that these qualities should be evident in friendships.
- Discuss the importance of valuing the contributions of others in friendships - different friends bring different qualities.
- Valuing the contributions of others.
- Also, there is an expectation that you give as good or better than you receive.

After considering what makes a healthy relationship, we also need to consider **unhealthy** relationships.

- How could a person prepare so that they do not get hurt, targeted or used?
- How can you implement personal boundaries in healthy relationships?
- What are personal boundaries? How might we define this?
- Why are personal boundaries important in **any** type of relationship?

## Paired Activities

Work together to create a list of healthy relationship boundaries.

Secondly, add WHY these healthy attributes benefit those in the relationship.

Healthy boundary:

Benefit:



Which types of relationships do not respect personal boundaries?

- Abuse in relationships
- Forced marriage
- Bullying in friendships

Why do these NOT respect a person's boundaries?

### **Personal Reflection Time**

What are your feelings and emotions about your friendships and challenging relationships?

**TASK:** Top Tip Guide to managing friendships.