

TITLE – HEALTHY RELATIONSHIPS AND CONFLICT RESOLUTION (PAGE 7)

DATE:



In today's lesson we will:

- Compare and contrast characteristics that make a healthy and unhealthy relationship
- Consider how factors such as age or status can impact a relationship
- To understand how conflict can occur within a relationship and methods of how to resolve them.



TODAY'S
BIG
QUESTION

Are disagreements okay within a healthy relationship?



DISCUSSION QUESTIONS FOR TODAY

USE THE SPACE AT
THE BOTTOM
OF PAGE 7 TO WRITE
DOWN YOUR IDEAS

Think of a couple in your lives – it could be family members, friends, siblings, whoever you think is in a healthy relationship

What makes that relationship healthy?



BATTLE POINTS ACTIVITY

TIME TO TALK (talking point
hints on page 7)

- IN PAIRS NUMBER YOURSELVES 1 AND 2
- A TOPIC WILL COME UP ON THE SCREEN, YOU HAVE TO DEBATE THE TOPIC.
- NUMBER 1 WILL GO FIRST MAKING THEIR POINT, THEN NUMBER 2 HAS TO GIVE THE COUNTER ARGUMENT.
- IN THE SECOND TOPIC NUMBER 2 GOES FIRST
- KEEP GOING BACK AND FOURTH UNTIL ONE OF YOU TAKES TOO LONG TO MAKE A POINT (COUNT UP HOW MANY DIFFERENT POINTS EACH OF YOU MADE)

Set a 1-minute timer for each debate battle

TOPIC NUMBER 1

CLICK TO REVEAL

TOPIC NUMBER 2

CLICK TO REVEAL

TOPIC NUMBER 3

CLICK TO REVEAL

TOPIC NUMBER 4

CLICK TO REVEAL





WHATS YOUR OPINION?

(WRITE DOWN YOUR THOUGHTS ON PAGE 8)

“A year 8 student cannot fall in love with someone and be in a healthy loving relationship”

Talking points

I think that ...

I don't think... is right
because...

My opinion is...

I would argue the same
because...

I disagree with... because
Building on what

An alternate way of looking
at this is...

I sort of agree, however....

In my view...

I would challenge what... said
because ...

WHAT MAKES
A RELATIONSHIP

HEALTHY?



amaze

OVER TO YOU... BOOKLET TASK

- ON **PAGE 8** YOU HAVE A LIST OF 18 DIFFERENT FACTORS
- CAN YOU INDICATE IF YOU THINK THEY ARE FACTORS OF A HEALTHY OR UNHEALTHY RELATIONSHIP (OR CAN THEY BE IN BOTH)
- CHALLENGE: CAN YOU COME UP WITH 3 OTHER CHARACTERISTICS?

Spending lots of time together	One person constantly paying for everything	Saying "I love you" all of the time
Making plans for the future	Buying each other lots of gifts	An imbalance in power
Arguments over small things	Going on holiday together	Having enjoyable sex
Constant communication via social media apps and "checking in" all of the time with you	Never spending time apart	Keeping small secrets from each other
Being able to be yourself	Talking over each other	Wanting to keep the relationship private
Being a shoulder to cry on	Being able to be open and honest when things are upsetting you	Compromise

THINK, PAIR, SHARE



WHAT CAN CAUSE
CONFLICT WITHIN A
RELATIONSHIP?

WRITE DOWN ALL THE
DIFFERENT IDEAS ON THE
BOARD.

IMPORTANT TO REMEMBER:
KEEP THINGS ANONYMOUS
WHEN WRITING IT DOWN.

LET'S SEE HOW CONFLICT CAN COME INTO THIS

Conflict exists in all relationships. By conflict, we specifically mean verbal disagreements and arguments. People disagree sometimes, and that isn't necessarily a bad thing — you have the right to have a different opinion from your partner(s).

What's important is that you communicate openly, honestly and effectively and in a healthy way that allows you to understand each other better and make your relationship stronger.



“ Conflict arises, but we should know how to resolve it. You cannot avoid conflict because there are intelligent people with differences. ”



ACTIVITY – LET'S LOOK AT SOME POSSIBLE CONFLICTS THAT MAY OCCUR (PAGE 9)



1. Your sibling is getting more pocket money than you.
2. You find out your parents are going to ground you unfairly.
3. Your family moves to a new house and you get the small bedroom.
4. Your curfew is earlier than you want.
5. You have a disagreement with a classmate over something you believe they have said about you.
6. You have a disagreement with a teacher over being accused of doing something you really didn't do!

- Pick a statement and explain the cause of the conflict.
- Explain how you would feel/ what you would do.
- Explain how you could solve the conflict.

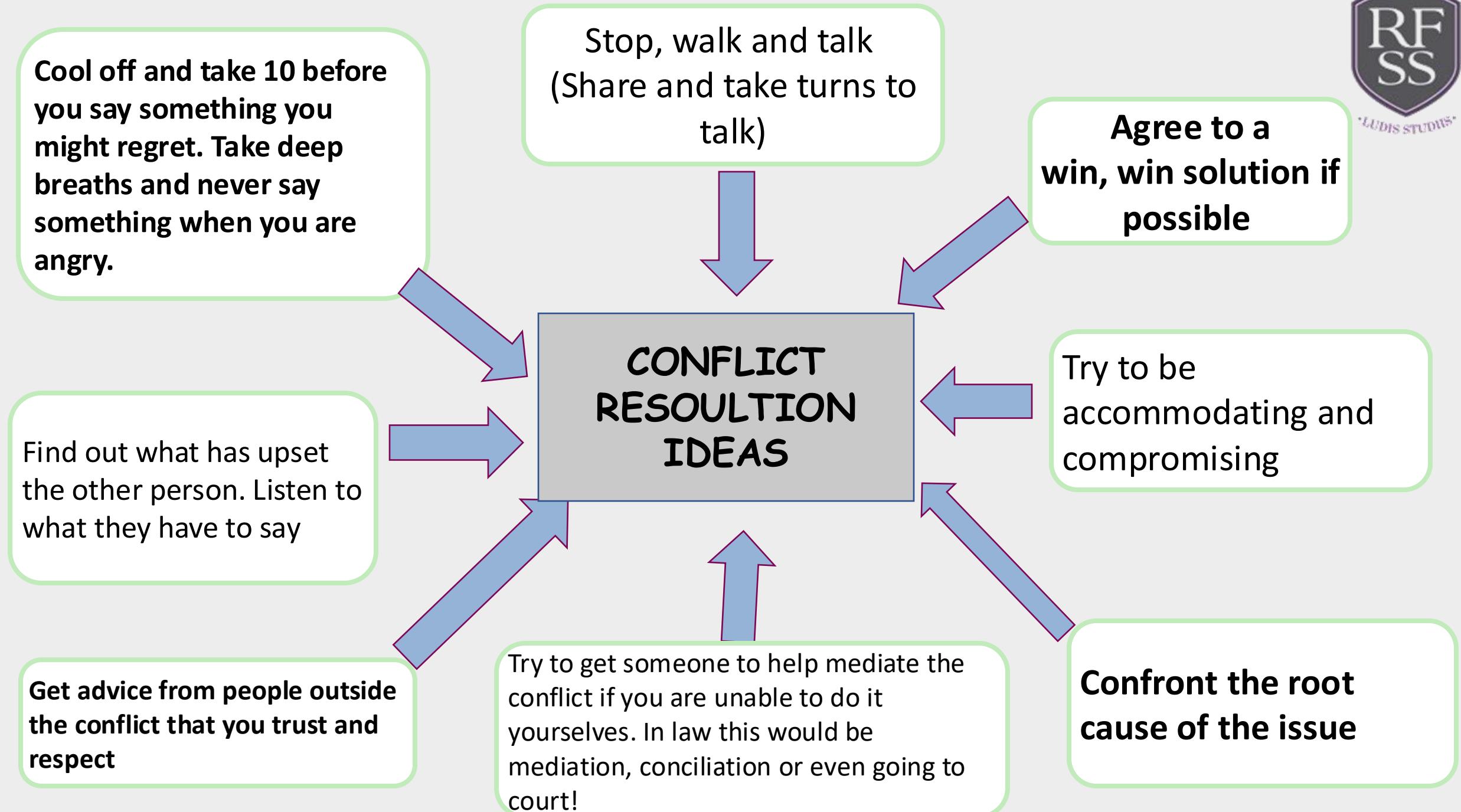
CHALLENGE - Describe the possible positive and negative outcomes/solutions

Extension- Repeat for another statement

Reminder: nobody can tell you how you **FEEL** your feelings are always valid, start with your feeling.

UDEAL strategy to being assertive in a conflict

- ✓ Use a reasonable voice
- ✓ Describe the problem
- ✓ Express how you feel
- ✓ Ask for a specific change
- ✓ List the improvements



HEALTHY RELATIONSHIPS AND CONFLICT



REMEMBER

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HEALTHY RELATIONSHIPS

- TRUST
- EFFECTIVE COMMUNICATION
- RESPECTING THE OTHER PERSONS OPINIONS
- NOT TRYING TO CHANGE THE OTHER PERSON – BUT LOVING WHO THEY ARE AND YOUR DIFFERENCES

REFLECTION POINT
PAGE 11

**“It is always better
to avoid conflict if
you can”**

Knowing what you
now know, what
would you say to this
statement?



Complete your EXIT
TICKET questions on
page

These link to the key
knowledge you need
to know for this block
of work