

# 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 FORTH 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 ANNONYMOUS  
WHEN WRITING IT DOWN.



# LET'S SEE HOW CONFLICT CAN COME INTO THIS

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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

- ✓ **U**se a reasonable voice
- ✓ **D**escribe the **problem**
- ✓ **E**xpress how you feel
- ✓ **A**sk for a **specific change**
- ✓ **L**ist the improvements

**Cool off and take 10 before you say something you might regret. Take deep breaths and never say something when you are angry.**

**Stop, walk and talk  
(Share and take turns to talk)**

**Agree to a win, win solution if possible**

**Try to be accommodating and compromising**

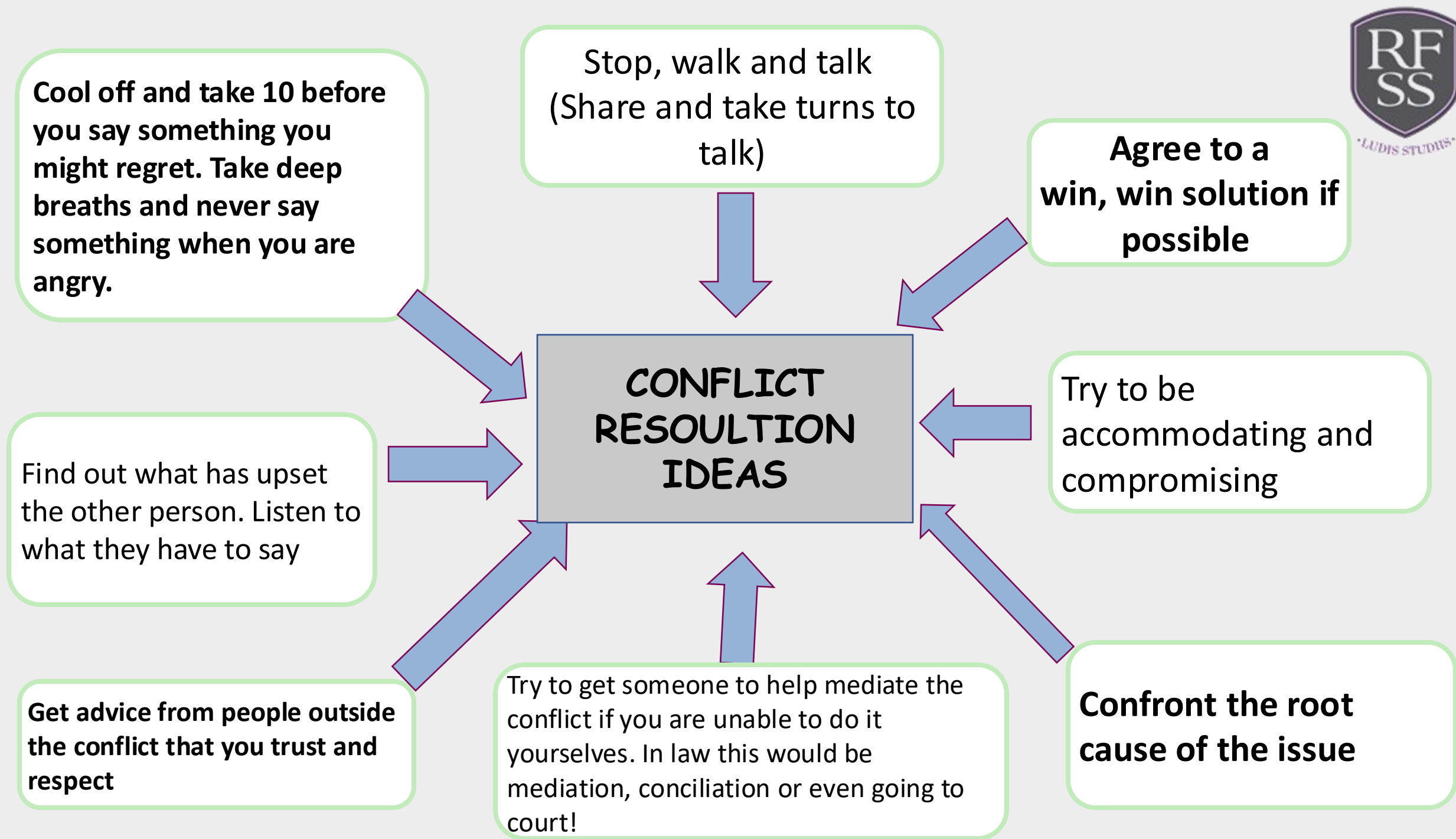
**Confront the root cause of the issue**

**Try to get someone to help mediate the conflict if you are unable to do it yourselves. In law this would be mediation, conciliation or even going to court!**

**Get advice from people outside the conflict that you trust and respect**

**Find out what has upset the other person. Listen to what they have to say**

## **CONFLICT RESOLUTION IDEAS**



# HEALTHY RELATIONSHIPS AND CONFLICT



## REMEMBER

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

## 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