

RSHE QUESTION POSTBOX

As we have now moved on to Relationship, sex and health education (RSHE) we will have a POSTBOX in our classroom.

There will be a stack of post-it notes next to it. If at any point you have a question or something you wanted to know about linking to RSHE then please take a post-it note write your question and pop it in. You don't have to put your name on them if you don't want to.

THE TOPICS WE WILL COVER OVER THE NEXT TERM ARE:

- ONLINE SAFETY – AI, SEXTORTION AND PORNOGRAPHY
- FREEDOM AND CAPACITY TO CONSENT
- MISOGYNY & INCEL CULTURE
- DELAYING SEXUAL ACTIVITY
- WHY HAVE SEX?
- MANAGING THE END OF RELATIONSHIPS IN A HEALTHY WAY
- REPRODUCTIVE HEALTH – MALE AND FEMALE SPECIFIC FOCUSES
- WHAT ARE STI'S

TITLE – MANAGING THE END OF RELATIONSHIPS

DATE:



In today's lesson we will look to:

- Identify the range of emotions associated with breakups
- Describe ways to manage a breakup safely and appropriately
- Suggest strategies to help manage emotions when a relationship ends
- Explain how and where to get help for managing difficult relationship breakups



3 Minutes

TODAY'S
BIG
QUESTION

Is it possible for a relationship to end and still be considered 'healthy'? Why or why not?

Emotions & Break-Ups

- Break-ups can happen in romantic relationships, friendships, or online connections
- There is no 'correct' way to feel after a break-up
- People often feel more than one emotion at the same time
- Discuss as a class – what emotions can people feel when they experience a breakup?
- Is it different between romantic/ intimate relationships and friendships?

Emotions & Break-Ups

- Break-ups can happen in romantic relationships, friendships, or online connections
- There is no 'correct' way to feel after a break-up
- People often feel more than one emotion at the same time

- Sadness
- Anger
- Relief
- Loneliness
- Embarrassment
- Confusion
- Jealousy
- Guilt
- Anxiety

Key message:

- Feeling strong or mixed emotions after a break-up is **normal**, but how we *respond* matters.

Breakup scenarios

Read the two break up scenarios and answer the questions



Questions for the first couple – Meg & Kaan

Questions to consider:

- Why did the couple break up?
- How does Meg feel? Why?
- How does Kaan feel? Why?
- How could each person have acted in a more respectful way?
- Are there any other people in this scenario who need to consider their behaviour? Why?
- What advice would you give Meg and Kaan?

Questions for the second couple – Jess & Lisa

Questions to consider:

- Lisa said the relationship was 'casual' – what does that mean? Do you think she was right?
- How does Jess feel? Why?
- How does Lisa feel? Why?
- How could each person have acted in a more respectful way?
- Are there any other people in this scenario who need to consider their behaviour? Why?

Managing a Break-Up Safely & Appropriately

Discuss safe and healthy responses:

Discuss unsafe or unhelpful responses (without judgement):

½ the room discuss safe and healthy responses to a breakup

½ the room discuss unsafe and unhealthy responses to a breakup

Choose a spokesperson to feedback

Managing a Break-Up Safely & Appropriately

Safe and healthy responses:

- Giving yourself time and space
- Talking to someone you trust
- Setting boundaries (including online)
- Looking after basic needs (sleep, food, routine)
- Expressing feelings safely (writing, music, exercise)

Unsafe or unhelpful responses (without judgement):

- Harassment, revenge, or spreading rumours
- Online arguments or public posts
- Isolating completely
- Using substances to cope
- Self-blame or self-harm

SMALL GROUP TALKING ACTIVITY (page 16)

Read your group's scenario.

What advice could you give to help the characters to manage the breakup?

All 5 scenarios are in your booklet and will be on the next slide.

Your teacher will tell each group which one to discuss.



1. Shana left Tina's place saying the relationship was over without any explanation - Shana refuses to have a conversation about why they are breaking up which is making Tina paranoid and damaging her trust in relationships.

2. Xander broke up with Yi by text. He just said "I've had fun but I'm not sure it's working out anymore so I'm going to see other people". Yi doesn't like confrontation and awkward situations, so thought this might have been easier than talking in person but is now feeling crushed and worthless.

3. Theo broke up with Zane in a really public way and now Zane wants revenge to get back his sense of pride.

4. After one date, Lita is ignoring Si's messages – they just weren't compatible.

5. Julie keeps contacting Liam months after they broke up. She keeps turning up at places she knows Liam will be, and sends really intense messages with gifts to his home. Liam is really worried Julie isn't going to stop pestering him.

Read your group's scenario.

What advice could you give to help the characters to manage the breakup?

Getting Help & Support

Asking for help is a **strength**, not a weakness

- Support can be:
- Friends
- Family
- School staff (form tutor, pastoral team, safeguarding lead)
- Trusted adults
- Helplines or online services

If a break-up is affecting mood, behaviour, learning, or safety — help should be sought early.



Reflection questions

- **Name one healthy strategy** someone could use to manage emotions after a break-up
- **Who is one trusted person or place** someone could go to for help, and why?



Reflection



Complete your EXIT
TICKET questions on
page

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