

# TITLE – FEATURES OF A HEALTHY RELATIONSHIP

DATE:



**In today's lesson we will:**

Identify and describe key features of a healthy relationship

Explain why communication, consent and shared boundaries are important for healthy friendships and relationships.

Demonstrate strategies for maintaining positive relationships and resolving conflict respectfully.



**TODAY'S  
BIG  
QUESTION**

**What does a good friend *do* that makes the friendship feel healthy?**

**3 Minutes**

# Today's lesson

In this activity, you will learn about healthy friendships and relationships. You will learn what makes a relationship healthy, like being respectful and kind. You will also learn how to talk to each other, set rules, and solve problems fairly. Get ready to build stronger, happier friendships!

Here are some important words we will use:

- **Consent:** Giving someone permission. For example, asking before you borrow something.
- **Boundaries:** Rules or limits you set for yourself and others. For example, not sharing personal information online.
- **Equality:** Treating everyone the same way. For example, letting everyone have a turn.





## DISCUSSION QUESTIONS FOR TODAY

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

What makes a healthy relationship?

Think about: friendships, family  
relationships, romantic relationships,  
formal relationships (teacher-pupil)



# Healthy friendships

... Relationships education



## Reading and comprehension task

- We are going to read a piece of text, I will read it out loud and you can follow in your booklets (page 30).
- Focus on each sentence and think about what they mean.
- Once we have read the text we will have some questions to answer and reflect on.

# Teacher text to read aloud.

Healthy relationships are important for everyone. They help us feel good and be happy. A healthy relationship is built on **respect**. This means you treat others kindly and value their thoughts and feelings. It also means listening to what they say.

**Trust** is another key part of healthy relationships. When you trust someone, you believe they will be honest and reliable. You feel safe sharing your thoughts and feelings with them. Being **kind** is also very important. This means showing you care by being nice and helpful. Small acts of kindness can make a big difference.

**Equality** means everyone in the relationship is treated the same way. No one is better or more important than anyone else. Everyone's voice matters. To keep a relationship healthy, you must communicate. This means talking to each other about your feelings and what you need. If you do not like something, it is ok to say so.

**Consent** is also very important. It means getting permission before doing something with someone. For example, asking before you hug a friend. Everyone has the right to say no. You must also set **boundaries**. These are like rules that keep everyone safe and comfortable. For example, you might say, "I don't like when people shout at me."

Sometimes, problems happen in relationships. It is important to solve them respectfully. This means listening to each other and trying to find a solution that works for everyone. If you disagree with someone, stay calm and talk it out. Remember, building healthy relationships takes time and effort. But it is worth it. Good relationships make our lives better.

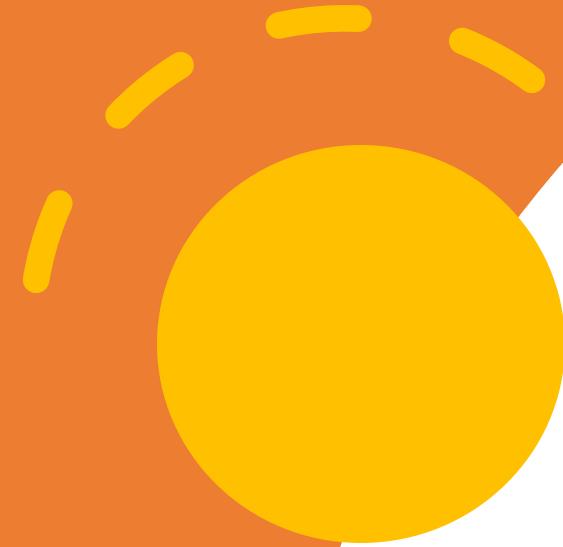
# What do the words mean and why are they important? (page 30)

Word	Meaning	Your Example
Respect	Treating others kindly and valuing their thoughts and feelings.	<i>How do you show respect to others?</i>
Trust	Believing someone is honest and reliable.	<i>Who do you trust and why?</i>
Consent	Getting permission before doing something with someone.	<i>Give an example of asking for consent.</i>
Boundaries	Rules that keep everyone safe and comfortable.	<i>What are some boundaries you have with friends?</i>
Equality	Treating everyone the same way.	<i>How can you show equality in your friendships?</i>

# Group discussions

1. Why is respect important in a healthy relationship?
2. Why is trust important in a friendship?
3. Why is kindness important in friendships?
4. Why is it important to have boundaries?
5. Why should everyone be treated equally?
6. Why is talking important in a good relationship?

Click to reveal the questions



# Feedback...

After a few rotations, get each table to pick the 2 most important things/ best points on the question they have in front of them to feedback to the class.



What if...

What if you disagree with a friend?  
How can you solve it?

Strategies to help  
Have a look on page 31

Read through the strategies, which one do you think would work the best for you?

## REFLECTION POINT

### The Situation

You are working in a group of four on a class project.

Everyone is meant to share ideas and take on a role.

One person in your group keeps talking over others and making decisions without asking. Another person starts rolling their eyes and whispering comments. The atmosphere becomes tense, and no one feels listened to anymore.

You start to feel frustrated and annoyed, but the project still needs to be finished.

WHICH CONFLICT RESOLUTION STRATEGY WOULD YOU USE IN THIS SITUATION AND WHY?



Complete your EXIT  
TICKET questions on  
page .....

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