



# Relationship Education In Schools

## Relate

Relationship Education helps children understand the importance of healthy relationships and the impact that their choices will make on their lives

### **What Can Relate do for your Children?**

We can deliver a learning programme in a fun and exciting format for key stages 1-2 on how to be a buddy

Our Key stage 3-4 programmes deal with more in-depth relationship issues relevant to the age group and are delivered in ready made lesson plans based on the curriculum modules

For further information please contact Relate on 0800 093 5711 or e-mail [lifeskills@relate.org.uk](mailto:lifeskills@relate.org.uk)

### **Relate**

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**relate**  
the relationship people



**We are born into relationships – they shape our world beyond measure and without a full understanding of the meaning and context of the relationships we live within, we cannot make informed choices about the direction of life ahead**

### **Now and the Future**

Relationship skills can be learnt and are fundamental in securing healthy and happy future relationships in the family and within the wider community.

### **Informed Choices**

Relate believes that sex education is an important part of learning about yourself and your body and that *relationship* education is a key part in helping young people make informed choices about how they want to conduct their lives.

### **Myths Explored**

Relates' schools programmes provides a range of PSHE lessons on relationships subjects. Sessions examine sexual and relationship myths, allowing the students to explore their own opinions and other peoples, enabling them to take more responsibility for the relationships they develop in the future.

### **Expectations, Assumptions and Choices**

Relate encourages young people to explore what they look for in a relationship and how their expectations, assumptions and choices may differ from others. The sessions are fun as well as informative and students are encouraged to think positively and proactively about their relationship choices.

### **In Partnership with Schools**

Relate training is experiential and is participative in nature. Facilitators encourage open discussion, give students the opportunity to challenge and allow group members the chance to discuss issues that concern them. Relate trainers work in partnership with the school to deliver lessons and other sessions which are appropriate to the age groups and fit within the School Curriculum.

### **In Addition**

Alongside educational work, Relate provides counselling services for young people and family counselling to meet the needs of students where family issues are affecting their lives at school.

**It is a fundamental educational right of children to learn how to maintain healthy and strong relationships for the life ahead of them**



# Key Stages One & Two

These key stages look at fostering a sense of friendship and caring for others within the school and for peer mentoring/buddying to become, in the long run, second nature in the school.

To teach older pupils how to be a buddy to younger pupils, in particular children coming to the school from the reception class in the new academic year.

A training course delivered over 6 one-hour sessions with the first four being classroom teaching of theory and practice. In the fifth and six sessions the pupils will meet their buddy and start the buddying process.

## Programme for Day 1 - New to Me

### Objectives of the lesson

To understand and practice Listening Skills in communicating with others and to understand the importance of language in communicating well with younger pupils.

### Section Titles

- Story Time – Story is provided or the school can choose a different one that fits the theme of change
- Listening skills
- Language as pilot

## **Programme for Day 2 - Difference is Good**

### **Objectives of the lesson**

To understand our differences and look for things that are common with our buddy. To look for ways to help us with our disagreements so that they can be resolved quickly or learn to stop them from happening in the first place.

### **Section Titles**

- Story Time – Story is provided or the school can choose a different one that fits the theme of being different.
- Why differences make people uncomfortable
- Disagreeing with others

## **Programme for Day 3 - Respect**

### **Objectives of the lesson**

The pupils will recognise and describe their own importance, identify strengths, talents and special abilities in themselves and others and practice methods of positive self-talk. They will also learn why we all need friends to live, grow and help us.

### **Section Title**

- Story Time – Story is provided or the school can choose a different one that fits the theme of showing respect for others
- What makes us special
- Important to have friends/famous friends

## **Programme for Day 4 - Be a Friend**

### **Objectives of the lesson**

The pupils will identify positive and negative ways in which friends behave and identify ways to decrease negative friendship behaviours and increase positive ones.

### **Section Title**

- Story Time is provided or the school can choose a different one that fits the theme of being a friend, being a buddy
- Be a friend, be a buddy
- Passport to our school/playtime in our school

# Key Stage Three

To give a basic introduction to what healthy relationships are; how to form and maintain healthy relationships and how to manage relationship breakdowns.

## KEY STAGE 3 Year Groups 7 - 9 Ages 11-14 years

Module	Lesson Plan Option 1	Lesson Plan Option 2	Lesson Plan Option 3	Lesson Plan Option 4
<b>Module 1: Basics of Relationships</b>	What is a Healthy Relationship?	My Rights and Responsibilities	Feeling the Pressure?	Problem Solving
<b>Module 2: Getting Together</b>	One Step Further	Celebrity Couples	When 'Me' Becomes 'We'	My Ideal Date
<b>Module 3: Breaking Up</b>	Effective Endings	Making Decisions	Time to Say Goodbye?	When Parents Split up

### Module 1 - The Basics of Relationships

#### **Option 1: What is a Healthy Relationship? (60 minutes)**

This session aims to encourage students to think about different types of relationships and what constitutes healthy and unhealthy relationships.

#### **Option 2: My Rights and Responsibilities (60 minutes)**

During adolescence, relationships provide opportunities for nurturing self-esteem and personal growth. This session encourages students to think about how they develop and maintain healthy relationships and how they can build, maintain and enhance relationships through effective communication.

#### **Option 3: Feeling the Pressure? (60 minutes)**

The aim of this session is to help students think about the role peer pressure plays in relationships. They will have the opportunity to explore 'differences' in relationships in order to increase respect and appreciation of others and to understand that is okay to say no.

#### **Option 4: Problem Solving (60 minutes)**

To explore what behaviours are considered 'acceptable' and 'unacceptable' in different types of relationships and to help young people learn how to problem solve.

## **Module 2 - Getting Together**

### **Option 1: One Step Further (60 minutes)**

This session encourages students to think about the important qualities of relationships by first identifying what qualities make a good friend and then transferring these qualities to 'dating relationships'.

### **Option 2: Celebrity Couples (60 minutes)**

This session aims to examine the factors that draw us to another person and explore the term 'love' and the role it plays in relationships by looking at celebrity relationships.

### **Option 3: When 'Me' Becomes 'We' (60 minutes)**

This lesson encourages students to consider how relationships progress from the first meeting, through to safe dating.

### **Option 4: My Ideal Date (60 minutes)**

The aim of this session is to help students understand attraction and to identify which types of individuals are attractive to them. At the end of the lesson students will describe in writing the ideal person they would like to date.

## **Module 3 - Breaking Up**

### **Option 1: Effective Endings (60 minutes)**

This lesson encourages students to identify some of the signs of an unhealthy relationship and to develop skills to help deal with the problems and strategies for ending relationships.

### **Option 2: Making decisions (60 minutes)**

This session aims to help students understand why sometimes relationships need to come to an end. It will also provide the decision-making skills needed by students to help them make choices around the issue of ending relationships

### **Option 3: Time to Say Goodbye? (60 minutes)**

This session encourages students to identify some of the signs of an unhealthy relationship and to provide the necessary skills to leave an unhealthy relationship.

### **Option 4: When Parents Split up (60minutes)**

Growing up is hard enough as it is, but for teens whose parents have separated or divorced life brings a whole new set of challenges. This session aims to inform and empower teenagers by exploring the experience of divorce and stepfamilies and offering coping strategies.

# Key Stage 4

To give a basic introduction to what healthy relationships are, how to form and maintain healthy relationships and how to manage relationship breakdown.

## Key Stage 4 Ages 14-16 years Year Groups 10 - 11

Module	Lesson Plan Option 1	Lesson Plan Option 2	Lesson Plan Option 3
<b>Module 1: The Basics of Relationships</b>	Understanding One Another	What Kind of Friend am I?	Listen to Me!
<b>Module 2: Getting Together</b>	What Are We Looking For?	Why Do Couples Get Together?	Sex and Relationships: Fact and Fantasy
<b>Module 3: Breaking Up</b>	Make or Break?	Understanding Break-up, Loss and Change	Family Breakdown, Divorce and Separation

### Module 1 - The Basics of Relationships

#### Option 1: Understanding One Another (60 minutes)

This session aims to encourage students to examine personal constructs; exploring issues of difference and inclusion.

#### Option 2: What Kind of Friend am I? (60 minutes)

To explore the effect of peer pressure and to encourage and build supportive and empathic friendships

#### Option 3: Listen to Me! (60 minutes)

The aim of this session is to help students understand the importance of communication and listening skills in building friendships and relationships.



## **Module 2 - Getting Together**

### **Option 1: What Are We Looking For? (60 minutes)**

This session will allow students to gain an awareness of the issues surrounding the developing of relationships.

### **Option 2: Why Do Couples Get Together? (60 minutes)**

This session aims to examine the factors that draw us to another person and to allow students to gain awareness of the issues when developing relationships.

### **Option 3: Sex and Relationships: Fact and Fantasy (60 minutes)**

The aim of this session is to allow students to gain awareness of the issues when developing relationships and to investigate and discuss some sexual 'myths'.

## **Module 3 - Breaking up**

### **Option 1: Make or Break? (60 minutes)**

This lesson encourages students to explore some of the dilemmas and problems in forming relationships and to encourage and build supportive and empathic friendships.

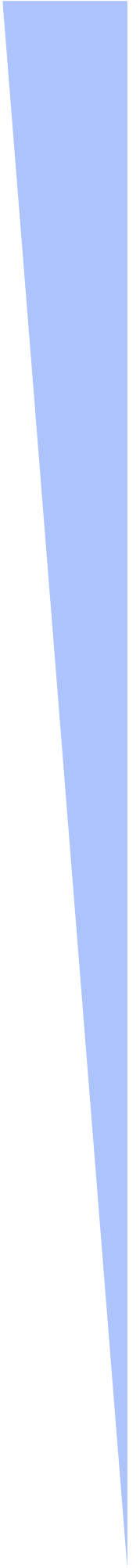
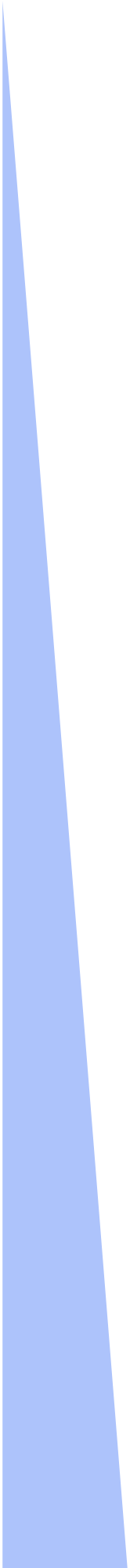
### **Option 2: Understanding Break-up, Loss and Change (60 minutes)**

To discuss and illustrate the feelings associated with attachment, change and loss in order to give students an understanding of the possible impact of a relationship break up.

### **Option 3: Telling the Story: Family Breakdown, Divorce & Separation (60 minutes)**

To explore the groups' experience of divorce, separation and family breakdown in a safe environment. To understand some of the issues involved, and to learn some effective coping strategies. This session aims to help students understand why sometimes relationships need to come to an end and provides the decision-making skills needed by students to help them make choices around the issue of ending Relationships.





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