

HEALTHY RELATIONSHIPS

PSHE / YEAR 9 / BLOCK 1

Block Overview

This block of lessons explores the qualities of healthy romantic relationships and the importance of love, commitment, honesty, and communication.

These lessons have been adapted for the Isle of Man from Scotland's national resource for relationships, sexual health and parenthood (RSHP).

Lesson 1

Romantic Relationships

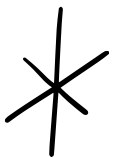
Learning Intentions

Students will learn about the importance of being cared for, and caring for others, in romantic relationships. Students will explore the concept of 'love' and what this means to them.

Success Criteria

By the end of the lesson, students will be able to:

- describe their understanding of what 'love' is
- identify the 'ingredients' of a loving relationship



Lesson 2

Living Together, Marriage, and Civil Partnerships

Learning Intentions

Students will learn that adult relationships can take the form of marriages, civil partnerships, and living together.

Success Criteria

By the end of the lesson, students will be able to:

- understand that adult relationships may take different forms
- explain the legal difference between a marriage and civil partnership
- understand their own views about these unions



Lesson 3

Making Relationships Work

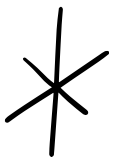
Learning Intentions

Students will learn about the importance of honesty, communication, and trust in a relationship. They will also consider important topics to discuss prior to entering into a committed relationship.

Success Criteria

By the end of the lesson, students will be able to:

- Explain the importance of honesty, communication, and trust in relationships
- Describe the different ways in which people communicate their feelings
- Identify important topics to discuss with potential partners



Lesson 4

Qualities of a Partner

Learning Intentions

Students will discuss the personal qualities and characteristics of a partner in a romantic relationship, and reflect on their own personal qualities and what they would bring to a healthy relationship.

Success Criteria

By the end of the lesson, students will be able to:

- reflect on the kind of partner they would like to be, and have, in a relationship
- begin developing the confidence to make decisions about their relationships



Lesson 5

Relationship Expectations vs Reality

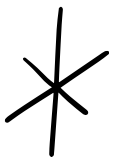
Learning Intentions

Students will explore how popular media can influence their views on relationships and intimacy, and how these portrayals can create expectations that may not align with what healthy, real-life relationships look like.

Success Criteria

By the end of the lesson, students will be able to:

- describe the components of a healthy relationship
- discuss how depictions of relationships in popular media, such as 'reality TV programmes,' differ from real-life relationships
- understand that healthy, enjoyable relationships do not need to include physical intimacy



Lesson 6

Ending Relationships

Learning Intentions

Young people consider what would characterise a good relationship, and what experiences might cause them concern or make them want to end a relationship.

Success Criteria

By the end of the lesson, students will be able to:

- describe what a good relationship means to them
- identify reasons they may wish to end a relationship
- understand the need to safely and responsibly manage changes in personal relationships, including endings

