

TEACHER SLIDE

This is the final in a series of six lessons about relationships and includes learning about the qualities of a partner, expectations and reality, making relationships work, living together, parenting and now ending relationships.

Some relationships that young people form (e.g. with family and siblings) may last a lifetime, but an almost inevitable part of adolescence is ending relationships.

The emphasis on this lesson is about how to sustain enduring relationships and manage the ending of relationships with kindness and compassion.

Activity	Description	Timing
Introduction	Ask students to complete the 'do it now' task. Introduce learning objectives revisit class agreements and have considered the attributes skills and knowledge previously acquired.	10 minutes
Good relationships	Students reflect on what a good relationship involves and that some relationships endure a lifetime, including the relationship with themselves.	5 mins
Relationships rights	Students consider the rights that people have in a relationship, including the right to end a relationship. Some teachers may wish to print this slide in advance for students (to share one between two?).	10 mins
Traffic lights	Using the analogy of traffic lights, students consider different relationships and whether they should go ahead, take a pause or stop! There are eight scenarios which you can discuss as a whole class or some staff may wish to print and cut slides 13 and 14 to enable young people to work in small groups.	5 minutes
Ending a relationship	Having discussed the advice they might give a friend, students reflect on two case studies about ending a relationship and how this might be done with kindness and compassion, before an optional activity to rehearse ending a relationship	15 mins
Reflection and support	Please ensure that students leave the lesson knowing where they can get support if they are distressed about a relationship issue. Slides 21 and 22 are similar. Scam schools may wish to complete an end of unit reflection (slide 22). Others may wish just to reflect on the attribute skills and knowledge they have developed and acquired.	10 mins

DO IT NOW



Some relationships last a lifetime, but adolescence often involves forming, ending and reforming new relationships. How can this be managed with kindness and compassion? And why is this important?

ENDING RELATIONSHIPS

YEAR 9



Isle of Man
Government

Reiltys Ellan Vannin

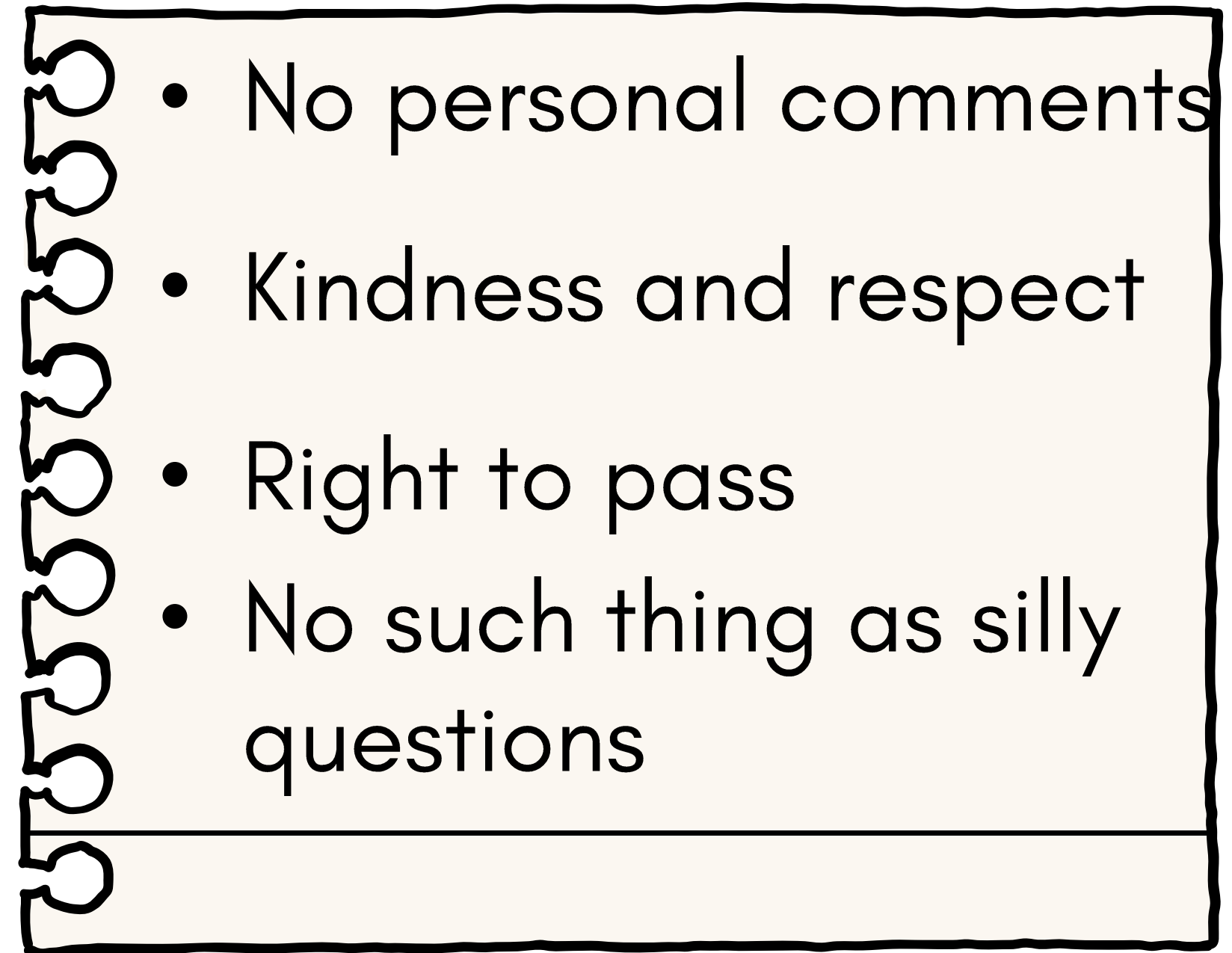
This presentation has been adapted for the Isle of Man from Scotland's national resource for relationships, sexual health, and parenthood (RSHP) education.

LEARNING OBJECTIVES

By the end of this lesson, students should:

- Understand the difference between enduring and ending relationships.
- Know that people have rights in relationships
- Have discussed ways to end a relationship with kindness and compassion – and understand why this is important

CLASS AGREEMENTS

- 
- A hand-drawn spiral notebook with a light beige cover and a black spiral binding on the left side. The notebook is open, showing a list of four class agreements written in black ink on the right page. The list is bulleted and includes: 'No personal comments', 'Kindness and respect', 'Right to pass', and 'No such thing as silly questions'.
- No personal comments
 - Kindness and respect
 - Right to pass
 - No such thing as silly questions

any others?

THINK, PAIR, SHARE...

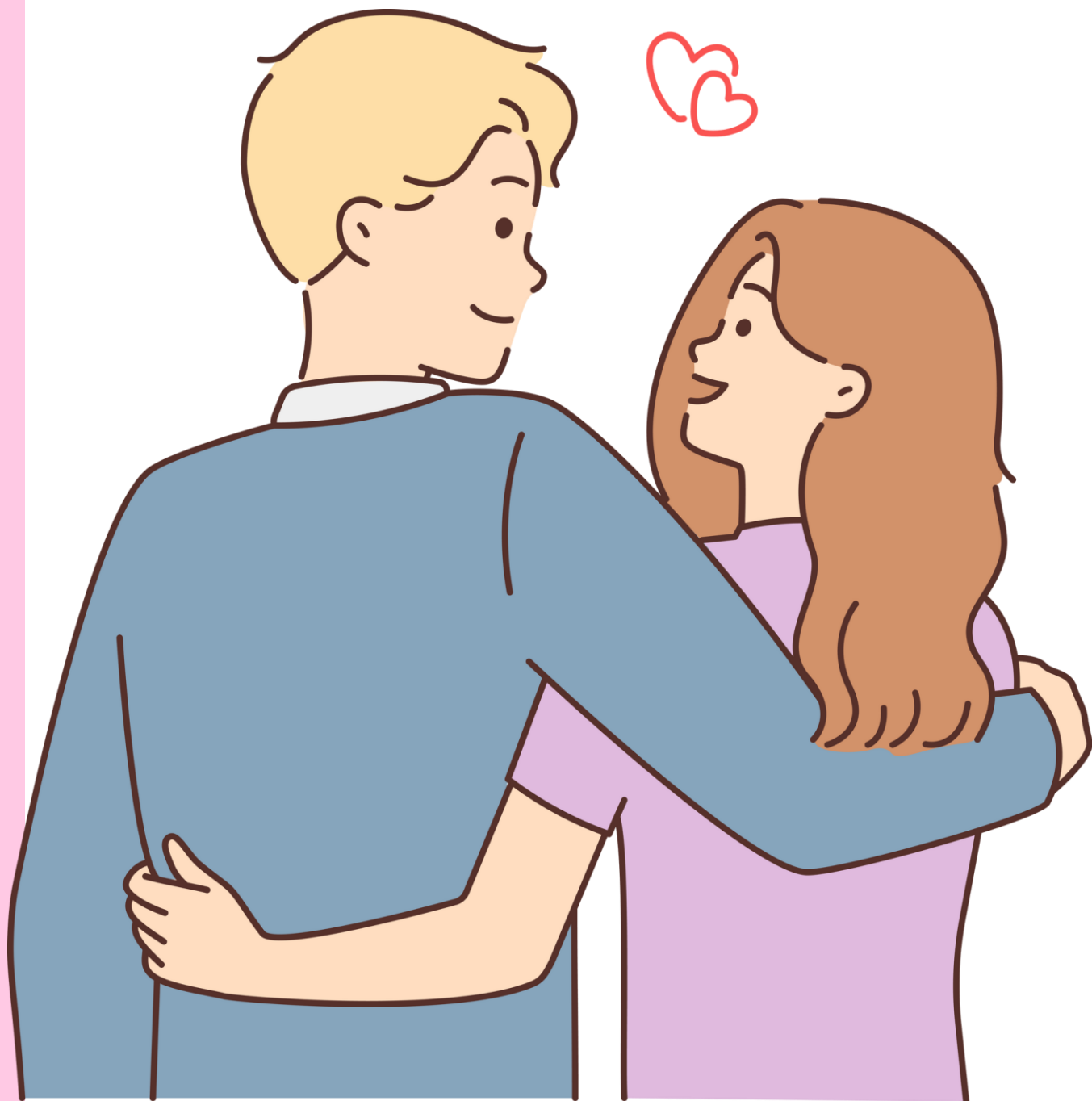
Let's **ASK** ourselves, from the previous lesson(s)

What are some of the **a**tttributes that you learnt or used?

What were some of the **s**kills you practised?

What was one piece of **k**nowledge you learned?

LET'S CHAT



What does a 'good relationship'
mean to you?

THINK, PAIR SHARE

Please make a list of the people that you are likely to be in a relationship with until you are very old.

What benefits do these relationships bring to your life?

Who are you going to be in a relationship with for every day of your life?

How should you treat this special person?

RELATIONSHIP RIGHTS

Know Your Relationship Rights

You have rights in your relationship. Everyone does, and those rights can help you set boundaries that should be respected by both partners in a healthy relationship.

- You have the right to privacy, both online and off
- You have the right to feel safe and respected
- You have the right to decide who you want to date or not date
- You have the right to choose when/if you have sex and who you have sex with
- You have the right to say no at any time (to sex, to drugs or alcohol, to a relationship), even if you've said yes before
- You have the right to hang out with your friends and family and do things you enjoy, without your partner getting jealous or controlling
- You have the right to end a relationship that isn't right or healthy for you
- You have the right to live free from violence and abuse



chat at loveisrespect.org | text loveis to 22522 | call 1.866.331.9474

love is respect org

LET'S CHAT

How might someone know when it is the right time to end a relationship?

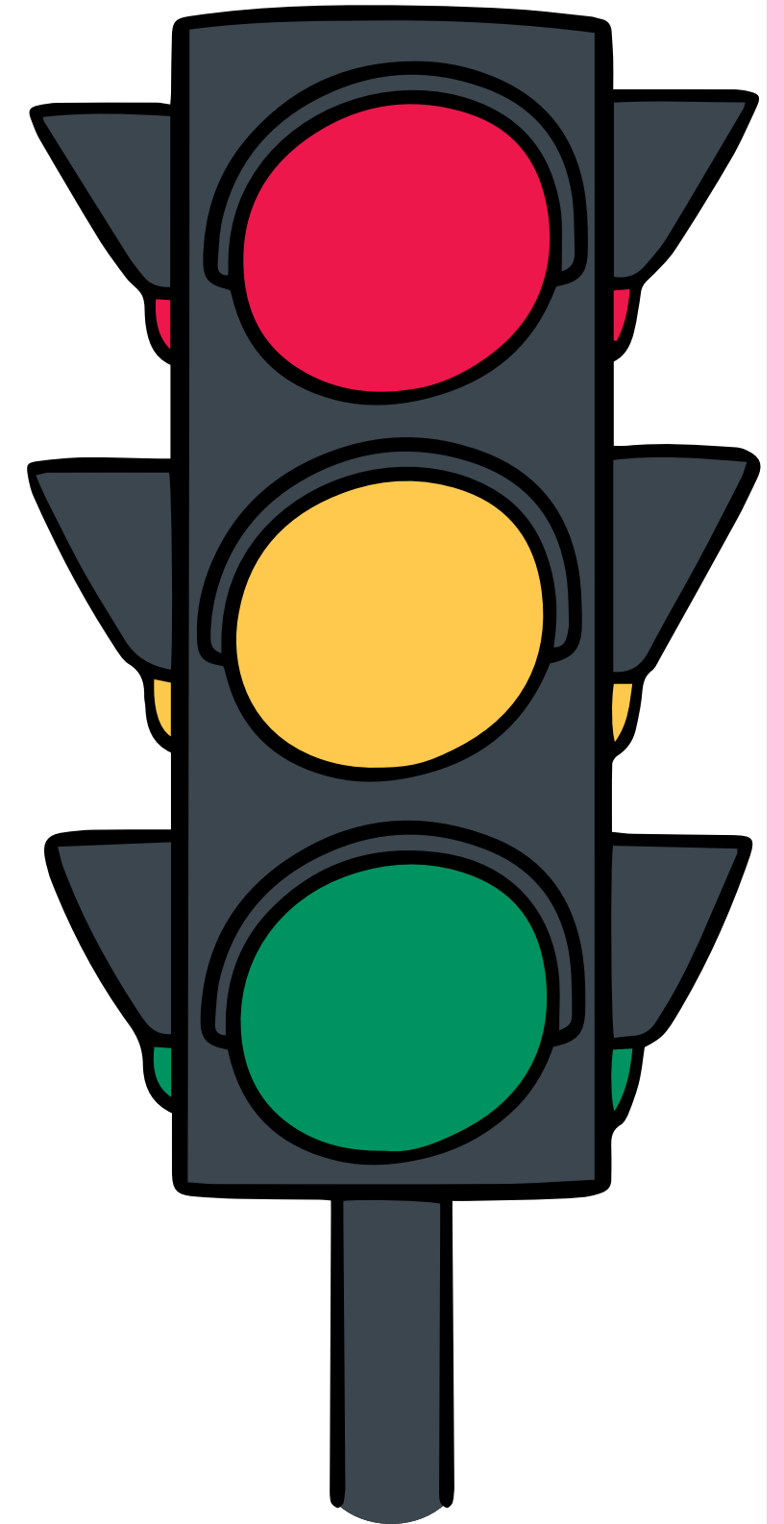


TRAFFIC LIGHTS ACTIVITY

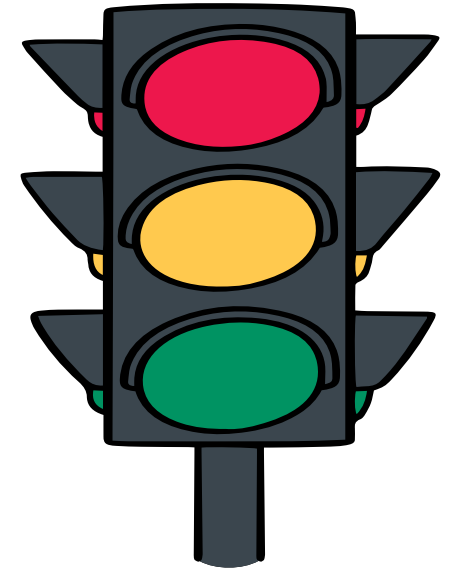
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Unsure

This is OK/good

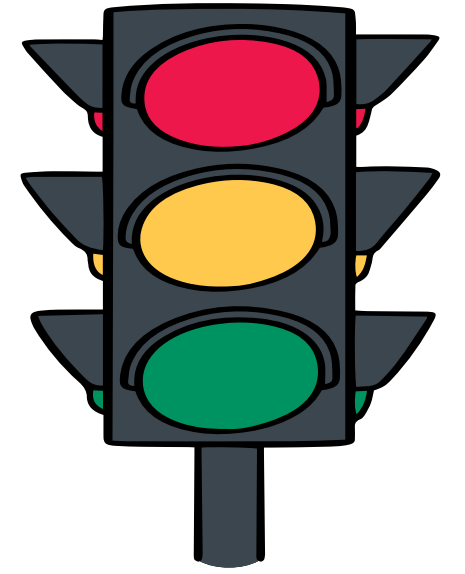


ENDING RELATIONSHIPS: SCENARIOS 1



1. Two of your friends who have known each other a long time have started dating.
2. Your best friend's family is really strict. They don't want her to have a boyfriend. She has started going out with someone and is telling her parents that she is with you.
3. Your friend is going out with a guy who seems great, everybody likes him, but in private, he's not so nice. Last weekend, he grabbed your friend by the arm so hard that it left a bruise.
4. Your friend split up with his boyfriend, but he has constantly checking his ex's social media and talking about it.

ENDING RELATIONSHIPS: SCENARIOS 2



5. It's your friend's birthday next week. Their partner wants to have a surprise party and ask you to help, but you have to keep it a total secret.

6. Your best friend has been going out with her boyfriend for over six months. She says she's happy, but she keeps worrying that he's cheating. She has started to check his phone without him knowing.

7. Your friend met her girlfriend a few months ago, and they've had a good time, but she now wants to finish it. She told her girlfriend she wants to split up and the girl was really upset. She says she can't leave her; if she does, she'll hurt herself.

8. Jamie's new boyfriend, Alex, seems great, but he's always questioning her about who she's with and what she's doing. He gets upset if she doesn't respond to his texts immediately, saying, "I just worry about you, that's all."

LET'S CHAT

If a friend wanted to end their relationship, what would you advise them to do?

If a friend were in an unhealthy or unsafe relationship, how could they end it safely?

THINK, PAIR SHARE

If someone wanted to break up with a boy/girlfriend, how should this be done as respectfully and kindly as possible?



THINK, PAIR SHARE: ENDING A RELATIONSHIP 1

Alex feels a growing distance from their partner, Sam. While they once shared everything, Alex now finds themselves making excuses to avoid meeting.

The spark has faded, replaced by an awkward silence. They dread the thought of hurting Sam, but they know it's not fair to either of them to pretend.

Alex decides to be honest and end the relationship, even though it's going to be tough. They realise they've both changed and grown apart. It's time to move on.

THINK, PAIR SHARE: ENDING A RELATIONSHIP 2

Jordan has been dating Taylor for a few months, but lately, they've realised their priorities don't align.

Taylor loves staying up late, playing video games; Jordan prefers early nights, focusing on schoolwork and art.

The constant pressure to go out is causing friction and making Jordan feel like they're losing themselves.

They've tried talking about it, but nothing has changed.

Jordan knows it's time to break up so they can both find happiness with people who share their values.

THINK, PAIR, SHARE



Let's practice!

Please work in pairs and label yourselves A and B.

You have been going out together for a while, but person A now wants to gently, respectfully end the relationship and go out with somebody else.

Discuss where you would have this conversation?

What are you actually going to say, how will you sound?

How are you going to manage the distress of person B?

SUPPORT

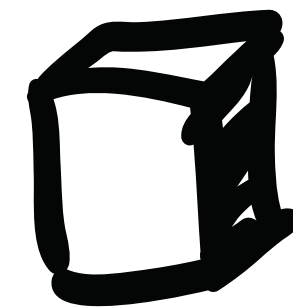
If you are worried about a relationship situation that you or a friend are in, you do not have to go through it alone.

Always talk to a trusted adult who can help.

REFLECTION

ASK what are you taking from today's lesson?

If anyone was concerned about anything from today's lesson, where could they get help?



END OF UNIT REFLECTION

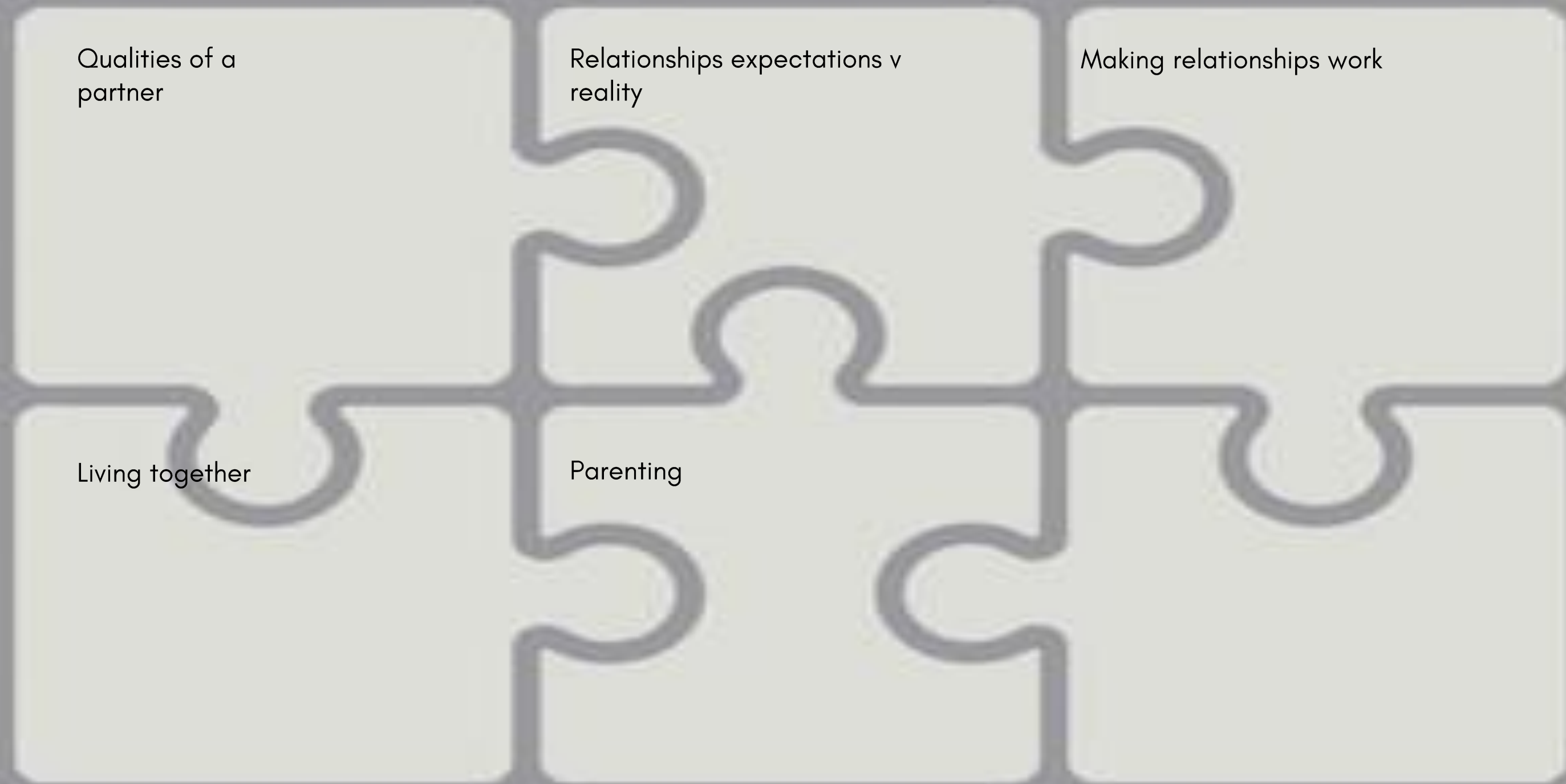
Qualities of a
partner

Relationships expectations v
reality

Making relationships work

Living together

Parenting



GET SUPPORT

To talk with someone confidentially about how you feel, you can:

Contact [Isle Listen](http://www.islelisten.im): 01624 679118 www.islelisten.im

Text SHOUT to [85258](https://www.85258.org/) to contact the [Shout textline](https://www.shouttextline.com/)

Call [HOPELINE247](https://www.hope247.org/) on [0800 068 4141](https://www.hope247.org/) or the NHS on [111](https://www.nhs.uk) and select option 2

Contact [Childline](https://www.childline.gov.uk) by using [1-2-1 chat](https://www.1-2-3-chat.org/) or calling [0800 1111](https://www.childline.gov.uk)