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### Learning objective

- We are learning about the qualities of healthy and unhealthy relationships

### Learning outcomes

- I can describe the features of committed, stable, healthy relationships
- I can identify healthy and unhealthy relationship behaviours
- I can explain appropriate online relationship behaviours

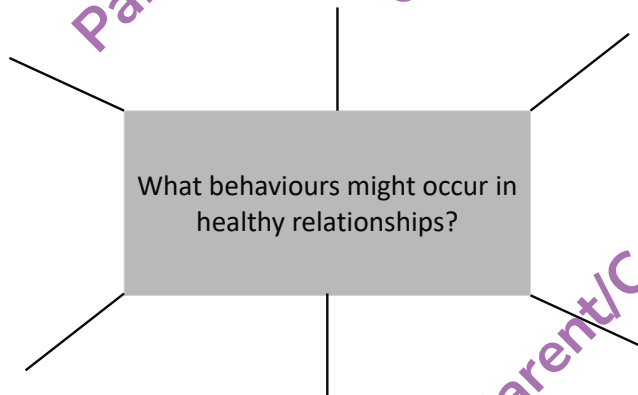
## Healthy and unhealthy relationships

KS3 Year 7 Lesson 3

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## Class mind-map

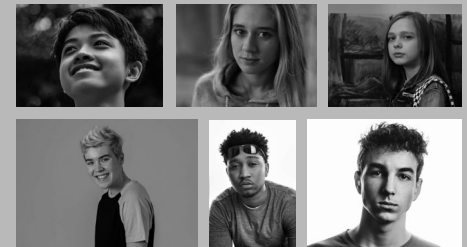


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## Challenging gendered expectations

Annotate the statements to:

- share your views about the stereotypes and behaviours mentioned
- explain ways to challenge these behaviours and promote better relationships



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## Qualities of healthy relationships

### Respect

Freedom, individuality, respecting boundaries, equality

### Communication

Active listening, forgiveness, empathy, affection, gratitude, kind disagreement, clear communication, understanding

### Safety

Support, responsibility, commitment, trust, honesty, consistency

Which qualities are most important?

Are there any potential tensions between these qualities?

How can people deal with these tensions?

Are there any qualities missing?

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## Identifying unhealthy and healthy relationship behaviours

Read the scenarios and use two different colours to highlight examples of:

- healthy relationship behaviours
- unhealthy relationship behaviours

What suggestions can your group think of to address the problems raised in the scenarios?



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## Demonstrating learning

Collate a set of five top tips on identifying and maintaining healthy relationships.



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## Signposting support

If you would like further guidance or support:

- speak to a parent/carer, tutor, head of year, school nurse/counsellor or other trusted member of staff in the school

Visit:

- A Better Medway: [www.abettermedway.co.uk](http://www.abettermedway.co.uk)
- Brook: [www.brook.org.uk](http://www.brook.org.uk) 0808 802 1234
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## More activities

### Home learning

Identify two relationships in a television show that illustrate healthy or unhealthy relationships and explain the key reasons why you think this is.



### Top tips for healthy relationships

Create a leaflet on top tips for healthy relationships.



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