

Year 7 - Summer 1

Building Relationships



Name _____

Lesson 1 - Healthy Relationships

- I can describe the features of a healthy relationship and recognise the signs of an unhealthy relationship
- I can explain when it is appropriate to negotiate in a relationship and when it is necessary to assert my values
- I can recognise when someone needs help managing unhealthy relationships or risky online behaviours
- I can describe ways to access support

Starter

In the box below, draw what you think a healthy relationship looks like.



My Values

Place the number of each statement on the continuum in your booklet from strongly disagree to strongly agree.

- 1) Everyone has a soulmate and dating is about trying to find "the one"
- 2) Being able to compromise is better than always getting your own way

- 3) A partner's personality is more important than their looks
- 4) The most important thing in a relationship is to make your partner happy, no matter what
- 5) There is always likely to be one more dominant person in any relationship
- 6) If they really loved me, my partner would know what I wanted without having to be told

STRONGLY
DISAGREE

STRONGLY
AGREE



Features of Relationships

Feature	Healthy Example	Unhealthy Example
Spending time together		
Knowing each other's family and friends		
Having lots in common		
Being open and honest		
Humour		
Never having an argument		

Head, hearts, hands, mouth, boot

Riley and Frankie started being friends six months ago and really enjoy each other's company. They walk to and from school together, are in most of the same lessons and both go to drama club after school. They have the same taste in music and spend loads of time online sharing videos and photos.

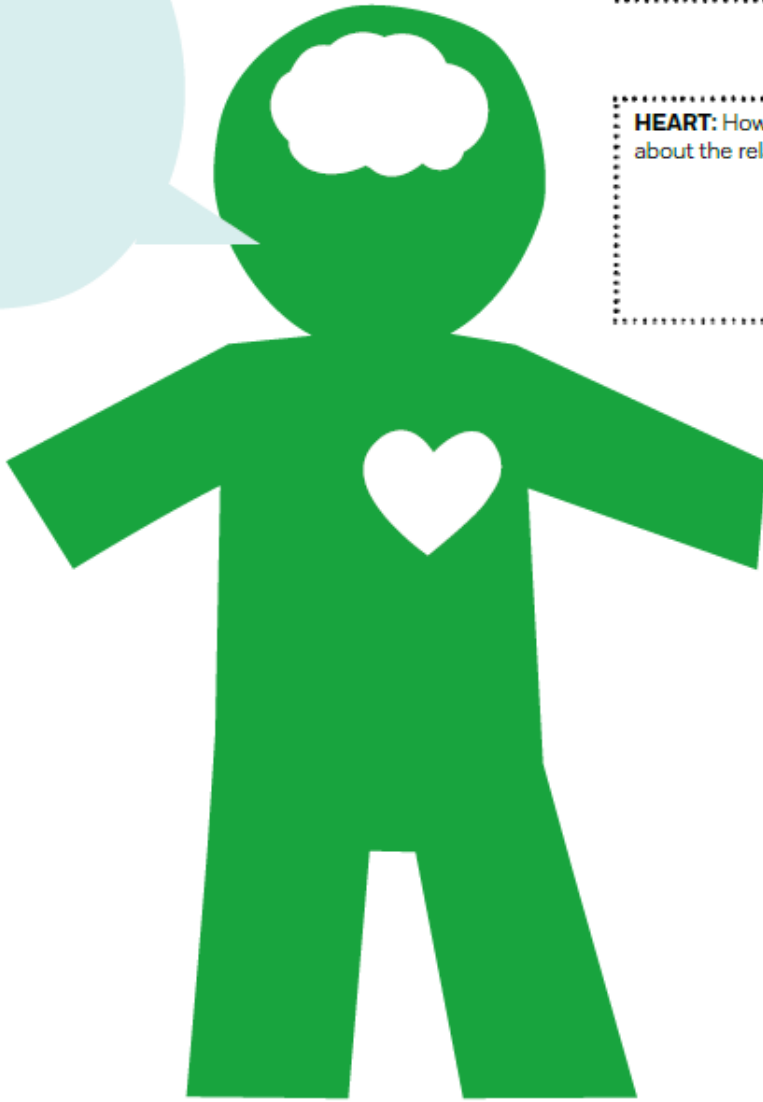
Riley is really keen to take the next step in their friendship and wants Frankie to stay overnight for a sleepover, but every time Riley suggests it, Frankie changes the subject and won't give a definite answer. Riley is getting more and more frustrated about it and has started teasing Frankie about little things, like choice of clothes or silly comments. Frankie isn't really sure what's wrong with Riley so is becoming more withdrawn and quiet when they're together.

On the way home from school yesterday, Frankie wanted to go over to Samira's instead of coming back to Riley's. This led to a huge argument in the street and Riley ended up grabbing Frankie's wrist and saying Frankie shouldn't go to Samira's house. Now neither of them are speaking.

My Character is _____



MOUTH:
What might they say?



HEAD: What are they thinking about?

HEART: How are they feeling about the relationship?

HAND: What should they do next?

BOOT: What do they need to give the boot to?

Plenary

Using EXACTLY ten words, describe what a healthy relationship looks like;

Lesson 2 - Safer Online Relationships

- I can evaluate the benefits and challenges of using social media
- I can explain the risks and benefits of meeting people online and how those relationships differ to those established offline
- I can identify safe and unsafe online relationship behaviours
- I can explain how to minimise and respond to risks online
- I can seek help for myself or others if I am concerned

Starter

How confident are you? Give each statement a rating of 1 - 10. 1 if you are not at all confident, 10 if you are very confident.

I can explain the benefits and challenges of using social media.

I can explain the risks and benefits of meeting people online and how those relationships differ to those established offline.

I can explain how to minimise and respond to risks online.

I can identify safe and unsafe online relationship behaviours.

Positives and Negatives of Social Media

Positives	Negatives

Talking Heads

Look at the different people's experiences of using social media below.

I mostly use social media to get to know new people. I get friend requests all the time and I never reject a request. I have almost 1,000 friends online. I think if you take a good selfie people like you more. Boys definitely like girls who post more selfies.

There's pressure to like and comment on each other's posts. If your best friend posts something on a social network, you have to comment or like it within the first 5 minutes, then they will do it back to you.

I take at least four or five pictures before I post one to social media. I usually use filters so the light and colour are right, and so any spots or imperfections I have are blurred. You need to take it from a high angle and to get your good side.

I use social media only to talk to my friends. I have really high privacy settings so that people I didn't know couldn't find me or make friends with me. I hate the thought that strangers would pry into my life. I try to avoid posting too much about my personal life and just stick to uploading stuff about my favourite bands and films.

It makes me feel awful if I don't get likes or if people leave nasty comments. I have taken down my posts before, if they don't get enough likes. Sometimes I feel jealous that other people get way more attention than I do on social media. Also, I hate it if someone posts a picture of me without checking first. I just feel so embarrassed if I don't like the way I look. I've fallen out with people about that before, definitely.

When I used to feel down or bad about myself I would go online and look at my friend's pages. But after a while I realised it made me feel worse, to see them all having fun and looking amazing when I felt rubbish. I recognised I get serious FOMO (fear of missing out). So now I go on social media less and I never go on when I'm feeling upset, stressed or angry, because I know it makes me feel worse.

I don't post selfies hardly at all anymore because I can't be bothered with nasty comments. I once posted one wearing my school uniform and my mum freaked out, so I stopped uploading them. I really like social media, but I mostly use it when I'm in gaming communities. Personally, I think posting selfies is really attention seeking and vain.

Discuss the following questions with your partner and be ready to feedback to the rest of the class:

- How do people use social media differently?
- Have these people identified positives and negatives of social media?
- Why do people take and post selfies?
- How might using social media affect someone's self-esteem?
- Are any of these people's opinions concerning? Why?

Recognising and Responding to Risk

Your teacher will give you one of the stories to look at. Your task is to finish the story as a storyboard, which should include;

- how you think the young person should respond to the situation
- why this would be the best thing to do
- what the consequences would be
- where they might go to seek further help.

Story Stem 1

Cyberbullying

George has joined a new anonymous social networking site which allows people to post things without others knowing who it really comes from. He likes it because it means he can explore his interests without being judged by others for his views or what he posts. But recently, he has started receiving lots of really negative comments and questions, some of which are quite personal. He thinks the messages are coming from someone at school, because they know so much about him, but doesn't know who it could be or what to do next...

Story Stem 2

Grooming

Mariam recently had a friend request from a boy she didn't know. He seemed nice and kept asking her lots of jokey questions and before she knew it, they got into a really long conversation about their favourite books and music and films. They spoke a few more times before she accepted him as a friend, and he has commented on lots of her photos since and gives her loads of compliments. Yesterday, he saw a photo of her in school uniform and sent a private message saying he attends the school down the road. He added 'Do you want to chat on cam later? What time do your parents go to bed?' ...

My Storyboard for the story about

Lesson 3 - Sharing Sexual Images

- I can identify the ways young people feel pressure to share explicit images
- I can demonstrate or explain techniques to avoid sharing sexual images
- I can explain the consequences of sharing explicit images, including the legal, emotional and social effects
- I can describe or demonstrate how to manage the risks and how to reject unwanted requests to share sexual images

Starter

- Brian takes a half-naked photo of his girlfriend and posts it online without her permission
- After Sally breaks up with her boyfriend, she uses his password to open his social media profile and changes his details, including editing lots of his pictures
- Mustafa takes a picture of his genitals and posts it online to entertain his friends
- Marla always uses a webcam when she is talking to people she has met in chatrooms
- John accepts all friend requests, he currently has 950 friends
- Georgia kissed Duncan when he was passed out at a party. She has a photo on her phone to prove it and shares it with her friends in a group chat
- A couple decide to take naked photos of themselves and send them to each other. Both of them have promised they will never show the photos to anyone else
- Shahima shares a tablet with her older brother, they both use it to check social media every evening

Our scenario	Risks	Consequences

Listen to Your Selfie

Watch the film then answer the questions below;

What do you think Paul (the main character) is thinking at the moment the film ends?

What concerns does Paul have?

What do you think JJ's motives are?

How do you think Paul and JJ know each other?

Why might Paul feel he has to do what JJ is asking him to do?

What might make Paul less likely to send the picture?

Project Forwards

Decision;			
In one hour....	In two days....	In one week....	In three months....

Decision;			
In one hour....	In two days....	In one week....	In three months....

Plenary

What is the website address for Childnet? _____

What is the phone number for Child Line? _____

Where can you get information about safer gaming? _____