Healthy Relationships

Year 10



Session 1: Am I in a Healthy Relationship?



Healthy Relationships

Get thinking:

What makes a good relationship?



Acountability

Admits mistakes (or when wrong)

 Accepts responsibility for behaviors, attitudes, & values

Striving for Excellence

Safety

- Refusing to intimidate or manipulate
- Respecting physical space
- Expressing self non-violently

Cooperation

- · Asking not expecting
- · Accepting change
- · Making decisions together

Trust

· Accepting each

· Giving the benefit

others word

of the doubt

- · Willing to compromise
- Win win resolutions to conflict

RESPECT

Honesty

 Communicates openly and truthfully

Support

- Support each others choices
- · Being understanding
- · Offering encouragement
- · listening non-judgmentally
- Valuing opinions

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Reflection

- What does a good relationship look like?
- What are the warning signs Lottie should to look out for?
- What advice would you give Lottie about Jake?
- Who would you advise Lottie to talk to?
- What is a safety plan?