Suggested Year Group 9

SRE LESSON PLAN

Confidence in a Relationship

Unit Aims: To understand what qualities make up positive and negative relationships

Lesson duration: 1 hour

Organisation: Mixed Sex

Resources required: ✓ Relationship Scenarios

✓ Relationship Scenario Notes

√ Flipchart paper & pens

Intended Learning Outcomes:

• Consider responsibility and respect in relationships

• Recognise the need to be confident in establishing a relationship, sexual or not.

Introduction:	Time	Grouping
1. Establish/Recap Ground Rules In a circle, go through the ground rules that you have set for these lessons. Ensure you explain - don't ask personal questions, confidentiality and the right to pass.	5mins	Whole Group
2. Relationships Brainstorm In small groups ask the students to brainstorm on flip chart paper the positive qualities that make a good/healthy relationship.	10 mins	Whole Group to begin with then branch to smaller groups
Take feedback from the groups and display them on the flipchart or whiteboard.		
Qualities students might mention include: Trust Friendship Love Kindness Caring Respect Compromise Good sense of humour Communication Honest Supportive Openness Fairness Loyalty Truthful Things in common/similar interests 		

3. Relationship Scenarios Give each group a <i>Relationship Scenario</i> and ask them to discuss the questions in the scenario.	30 mins	Small Groups
(Ensure the group use the positive qualities in relationships identified in the introduction/brainstorm to help them discuss the positive and negative aspects/qualities of the relationship.)		
Ask each group to read out their scenario and feedback the main points of their discussion to the class, in particular the positive and negative qualities within their relationship scenario. The <i>Relationships Scenario Notes resource will help facilitate discussion</i> .		
4. Review & Closing Activity (plenary): Refer back to the brainstorm activity feedback. Ask the students to discuss if there are any other positive qualities they would like to now add to the list. Take any questions from the group.	10 mins	Whole Group