

# SRE LESSON PLAN

## Confidence in a Relationship

**Suggested  
Year Group 9**

**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.

<b>Introduction:</b>	<b>Time</b>	<b>Grouping</b>
<p><b>1. Establish/Recap Ground Rules</b> 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.</p>	<b>5mins</b>	<b>Whole Group</b>
<p><b>2. Relationships Brainstorm</b> In small groups ask the students to brainstorm on flip chart paper the positive qualities that make a good/healthy relationship.</p> <p>Take feedback from the groups and display them on the flipchart or whiteboard.</p> <p>Qualities students might mention include:</p> <ul style="list-style-type: none"> <li>✓ Trust</li> <li>✓ Friendship</li> <li>✓ Love</li> <li>✓ Kindness</li> <li>✓ Caring</li> <li>✓ Respect</li> <li>✓ Compromise</li> <li>✓ Good sense of humour</li> <li>✓ Communication</li> <li>✓ Honest</li> <li>✓ Supportive</li> <li>✓ Openness</li> <li>✓ Fairness</li> <li>✓ Loyalty</li> <li>✓ Truthful</li> <li>✓ Things in common/similar interests</li> <li>✓ Faithfulness</li> </ul>	<b>10 mins</b>	<b>Whole Group to begin with then branch to smaller groups</b>

