

Healthy and Unhealthy Relationships

Warning: this lesson covers topics some students may find distressing.

If at any point you feel uncomfortable please let your teacher know.

Watch the video and be ready to answer some questions about it.

- <https://vimeo.com/63750726>

- What do you notice about how the main male character changes throughout the film?
- What does he do to get control over his girlfriend?
- What were the signs that things were changing?
- How does he make her feel?
- What does he do with her friends?
- What did she try to do?
- What was the issue?
- What could she do?
- What could her friends do?

Behaviours in Relationships

Positive

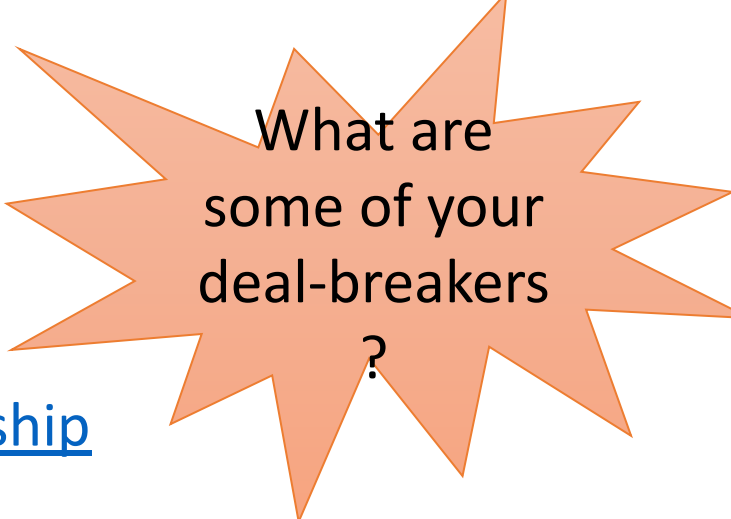
Negative



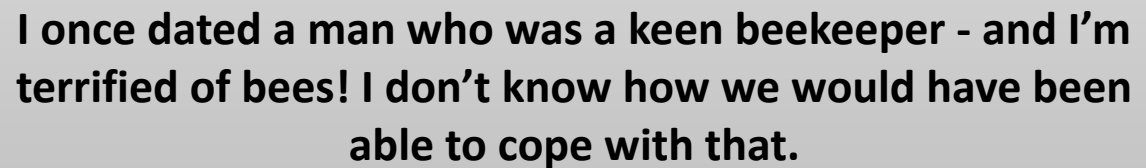
Deal-breakers

- We all have different needs in a relationship
- Some things can be negotiated
- Some things are non-negotiable

- We all have different deal-breakers: some are major and pretty much universal; others are more personal



What are
some of your
deal-breakers
?



I once dated a man who was a keen beekeeper - and I'm terrified of bees! I don't know how we would have been able to cope with that.

Recognising Abuse

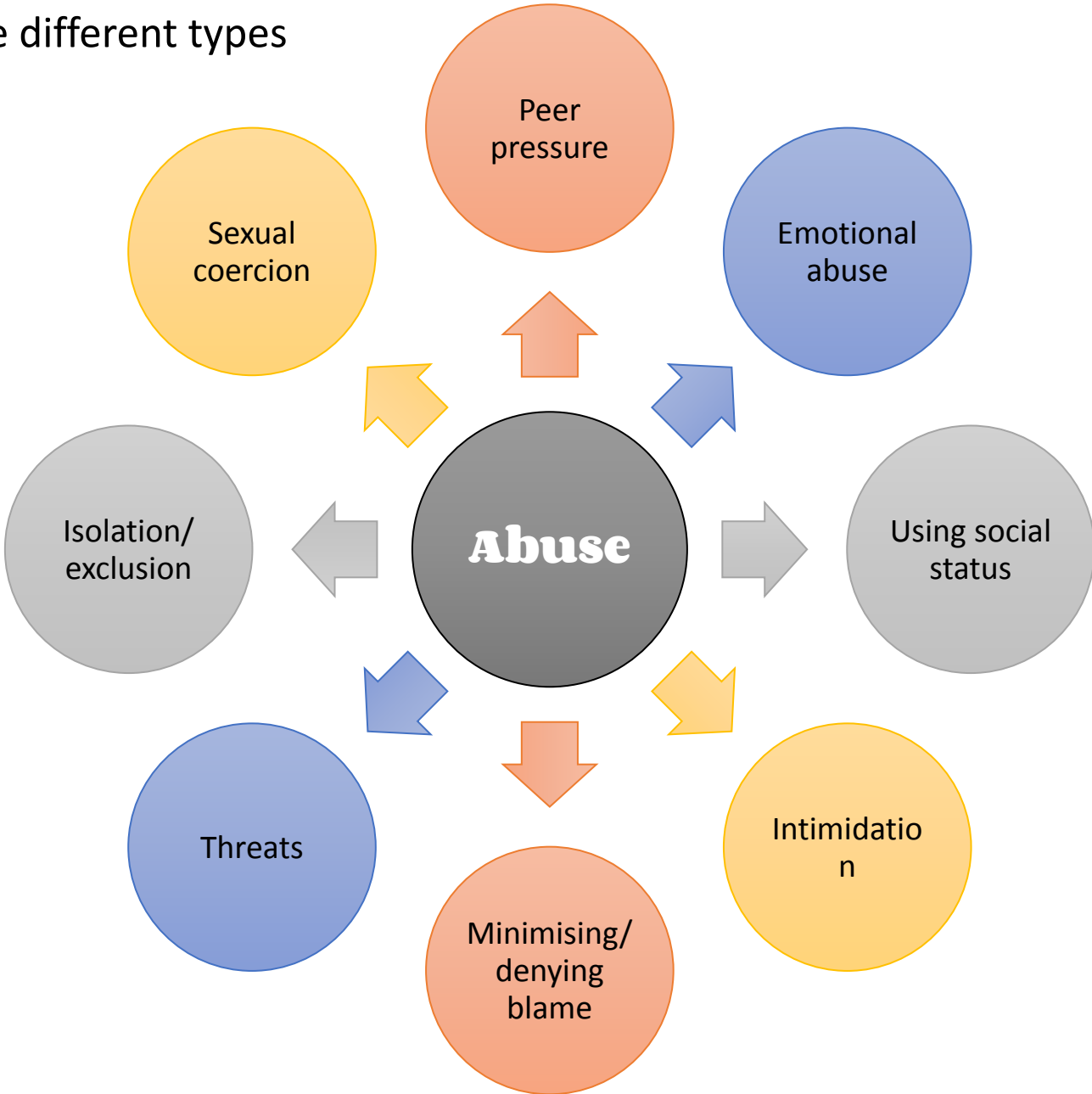
Warning:

This section covers topics some students may find distressing.
Please let me know at any time if you need a break and a safe space.

**What one word would
you use to sum up
relationship abuse?**

**Abuse isn't always
physical violence**

What are the different types of abuse?



Sam and Ali have been having a few arguments lately – and Sam's taken to shoving Ali, or throwing objects around the room. Sam always apologises afterwards.

Ali should forgive Sam- after all, they do say sorry!

Ali should avoid picking fights with Sam.

Ali should leave. If they stay, it's their own fault if the abuse continues.

Ali should ask Sam to go to relationship counselling to fix the problems.

What advice would you give?

**Whose behaviour needs to change?
Remember though- Ali might still need
*support***

Warning

Sam and Ali have been having a few arguments lately – and Sam’s taken to shoving Ali, or throwing objects around the room. Sam always apologises afterwards.

An apology does not fix violent behaviour.

- Sam needs to seek help to change their behaviour.
- Ali may wish to consider leaving the relationship, and may need support to do so.

What would you suggest?

Getting help

Contact 999 if you are in immediate danger

The National Domestic Violence Helpline
www.nationaldomesticviolencehelpline.org.uk
0808 2000 247

The **'This Is Abuse'** campaign has a detailed list of organisations you can contact for help

<http://thisisabuse.direct.gov.uk/need-help>

Broken Rainbow provides support to lesbian, gay, bisexual and transgender people in abusive relationships

www.brokenrainbow.org.uk/
0300 999 5428

Explore each situation

How could the scenarios alter depending on the behaviours of the people involved?

What extra information do we need to know?

What information do you think each person in the scenario needs to know?

Extension: write a scenario of your own.
Show how it can have a positive outcome or a negative outcome, depending on the behaviours of each person.

What advice would you give each couple?

Cam buys Taylor an expensive video game. Later that night, Cam asks for sex.

Taylor should not feel pressured to have sex.

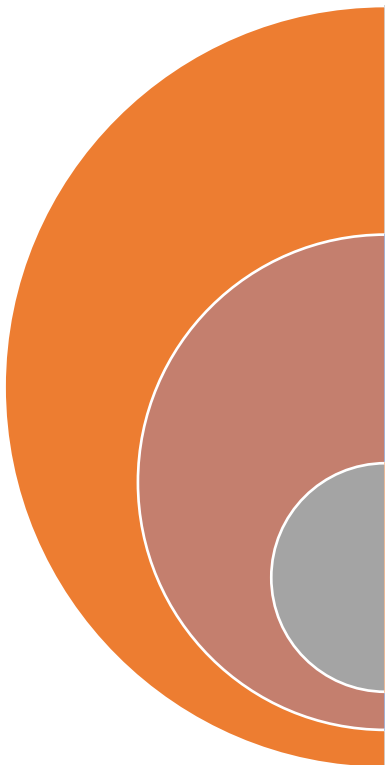
Ask or demand?

Are the two connected?



**What are some
valid reasons Kai
might not want
Jay to meet
their parents?**

**Jay and Kai have
been dating for
three months. Jay
wants to meet Kai's
parents, but Kai
says, "I'm just not
ready."**



Harper has sent Kel some nude photos – Kel’s friends know this, and have asked to see the pictures.

Kel should not show the photos to anyone, under any circumstances and should tell their friends their request is wrong.

If Harper is under 18 and Kel sends the photos, Kel could be charged with distributing child pornography.

```
graph LR; A((Nic and Lou go to a party, where Nic gets drunk. They end up in a situation where sex seems likely.)) --> B((Consent cannot be fully given if one party is not sober.)); B --> C((They should wait to discuss this when they are both sober.));
```

Nic and Lou go to a party, where Nic gets drunk. They end up in a situation where sex seems likely.

Consent cannot be fully given if one party is not sober.

They should wait to discuss this when they are both sober.

One minute advice

You have one minute
to write, speak, or
sketch advice to
someone about to
start dating

Let's share
our ideas