

## Lesson 3

## Healthy Relationships

**Learning Intention**

To explore respect in a range of relationships  
To discuss the characteristics of healthy relationships

**Learning Outcomes**

Know that respect is important in all relationships including online  
Explain how friendships can make people feel unhappy or uncomfortable

**Resources**

[Healthy Friendships cards](#)

[Relationship pictures](#)

Online Respect and Self-Respect video <https://www.youtube.com/watch?v=mZtXwLzllpk>

**Activities****1. Group Agreement and Re-cap**

In a circle, remind the class of the ground rules for these lessons. Make sure that you include respect for others.

**2. Introduction**

Introduce the learning outcomes for this lesson. Explain that the class will discuss a range of relationships that people might have during their lifetime. The lesson will also explore what makes us feel good in a relationship and what makes us feel unhappy or uncomfortable.

**3. What Makes a Good Friend?**

Write the word 'Friendship' on the board. Ask the class why they think people choose to have friendships? In pairs, ask them to write three qualities of a good friend; give a couple of examples e.g. trust, sense of humour, kindness. Make a list of their suggestions on the whiteboard noticing which words were common to several groups. Which words do the class think are the most important qualities in a friendship? Which qualities are linked to respect? Explain that all of the words on the board could be qualities in a 'positive' or 'healthy friendship'.

**4. Healthy Friendships Card Game**

In small groups, hand out sets of the [Healthy Friendships cards](#). Ask the children to take turns to read out a card. The whole group can then try to reach a consensus on whether the statement is part of a healthy friendship, an unhealthy friendship or depends and place the card in the appropriate pile. Circulate and support the groups to achieve the task. As a class discuss which statements were in which pile. Did they put any of the statements in the depends pile? Is it ok for friendships to have ups and downs? What might help someone if they were in a friendship that made them feel unhappy or uncomfortable?

**5. Respectful Relationships**

Give each group a [Relationship picture](#) or display them on the whiteboard. Explore the different relationships that people have at different ages and discuss how respect might be important in those relationships. Do any of the pictures show relationships where people look unhappy or uncomfortable? Ask the class to consider whether any of the qualities they thought were important in a friendship would also be important in an adult relationship; it should emerge that all the qualities are valid for both.

**6. Respect online**

Explain that it is just as important to respect people's feelings online as it is face to face. Show the clip "Online Respect and Self-Respect" <https://www.youtube.com/watch?v=mZtXwLzllpk>

**7. Go-round**

If a relationship is making us feel uncomfortable or unhappy it can be good to talk to someone we trust about how we are feeling. Remind the class of people in school who can support them and of Childline. Finish with a go-round: *One person I could talk to is...*