

Topic : Breaking up and Making up (Relationships)		Year: 9
What does the session explore? This lesson asks students to consider when it's appropriate to end a relationship, and lays out the building work for preparing a strategy for ending relationships safely and kindly on both sides of the equation.	Lesson at a glance Introduction Case study worksheet 1 Case study worksheet 2 Case study worksheet 3 Extension activity Resources needed: PowerPoint This lesson will work individually, in pairs or in small groups, so the teacher should make an assessment based on the students in the class. Groups will remain the same throughout the lesson. If in groups, students should be grouped with people they feel comfortable with.	
Learning outcomes: <ul style="list-style-type: none">Name 3-5 attachment styles and identify behaviours linked to eachIdentify 4 or more common needs that teenagers express through romantic relationshipsRecognise healthy and unhealthy patterns of conflict within relationshipsDevise effective and caring communication practices in the context of ending a relationship		
Activity details Introduction – 5 mins Refer back to the class constitution and highlight the relevant ground rules for the session. Explain the plan for the lesson and what you'd like the students to understand or have achieved by the end.		Key delivery information Ask the class to be considerate about others' feelings in the lesson as speaking about relationships can be difficult and personal. Suggest if students would like to give a real-world example that they don't use names.

Activity details	Key delivery information
<p>Case study worksheet 1 – 10 mins</p> <p>Hand out the first relationships case study worksheet. This worksheet introduces the students to three fictional relationships.</p> <p>In addition to this, it outlines three different relationship attachment styles. Students are asked to decide which relationship style might apply for each couple.</p>	
<p>Case study worksheet 2 -15 mins</p> <p>Hand out the second worksheet. Students will learn a bit more about each person in each relationship. They will be asked to consider what each person might be looking to get out of their relationship; what needs are being expressed.</p>	
<p>Case study worksheet 3 – 10 mins</p> <p>The case studies will develop in worksheet number 3, as new information comes to light.</p> <p>The students will be asked to make judgement about which couples should break up and which couples should stay together. They'll be asked to explain their reasoning.</p>	<p>The pairs don't necessarily have to agree, disagreements between students should be welcome.</p> <p>Ask students, for the couples they've selected as 'make up', what conditions would make this possible?</p>

Activity details	Key delivery information
<p>Case study worksheet 4 – 10 mins</p> <p>In the last worksheet, the students will be asked to devise a plan for how the couples should break up in a way that is both safe and kind.</p>	
<p>Extension activity- 10-15 mins</p> <p>In groups or pairs, students will be asked to imagine their own fictional relationship scenario, which they will be asked to write down.</p> <p>They then pass this to the group or pair to their left, who must follow and apply the previous four steps of the lesson to the new scenario.</p>	
<p>Conclude lesson, thank students for their participation and hard work.</p>	