NSPCC Talk relationships Ages 12-14

Lesson 1 - Resource 1: My Values

Everyone has a soulmate and needs to find "the one"	Compromising is better than someone always getting their own way	Talking to a partner about being ready for sex or not is embarrassing
Someone's personality is more important than their looks	People should make their partner happy, no matter what it takes	Couples should be honest with each other about everything
If people are in love, they know what each other wants without being told	Couples need to share the same interests and likes	Usually, one person in a relationship gets their way more often

NSPCC

Lesson 1 - Resource 2: Riley and Frankie's case study

Riley and Frankie

Case Study: 290322b
Riley and Frankie

Riley and Frankie started going out six months ago and really enjoy each other's company. They walk to and from school together, are in most of the same lessons and both go to drama club after school. They have the same taste in music and spend loads of time online sharing videos and photos.

Riley is really keen to take the next step in their relationship, but every time Riley suggests something while they're messaging or on a video chat, Frankie changes the subject and won't give a definite answer. Riley is getting more and more frustrated about it and has started teasing Frankie about little things, like choice of clothes or silly comments. Frankie isn't really sure what's wrong with Riley, so is becoming more withdrawn and quieter when they're together.

On the way home from school yesterday, Frankie wanted to go over to their friend Samira's house instead of coming back to Riley's. This led to a huge argument in the street and Riley ended up grabbing Frankie's wrist and saying Frankie shouldn't go to Samira's house. Now neither of them is speaking to the other.

PSHE Association Quality Assured Resource