

NSPCC

Unhealthy relationships

Talk Relationships

EVERY CHILDHOOD IS WORTH FIGHTING FOR

PSHE Association
Quality Assured
Resource

PSHE
Association

Unhealthy relationships

Learning objective:

To learn how to recognise abusive behaviours in intimate relationships, and how people can seek support for themselves or others.

Learning outcomes:

- Identify unhealthy and abusive behaviours, and explain why these are wrong.
- Explain how people who experience abuse may be affected.
- Describe how people of any gender who perpetrate or experience harmful behaviour can access support.

Silent debate

Silently, respond to the questions around the room by writing your ideas around them. You can:

Respond to the question and explain your answer.

Respond to someone else's idea or viewpoint.

Ask a question or respond to someone else's question.



Diary entries

Answer the questions below about the diary entries you have been given. Keep your answers safe, you will need them later in the lesson.

1 What do you think happened?
How can you tell?

3 How is Alina feeling about her relationship?

5 How is Bradley feeling about his relationship?

7 Should either person be feeling this way if this were a healthy relationship?

9 What do you think might happen when the characters see each other tomorrow?

2 What types of abuse have been referred to?

4 Why is she feeling this way?

6 Why is he feeling this way?

8 How is Jamie feeling?

10 Does abuse always look like this?

Circles of support

Label each circle with the following groups:

Friends

Family

School

Other

How might they know the character needs help?

What might they do to help?



Challenging perceptions

Answer the questions below about the two sets of diary entries:

1 How did Group A feel about Alina's situation?

2 How did Group B feel about Bradley's situation?

3 Was there a difference in the levels of concern between groups?

4 Which sex is more likely to experience abuse in relationships?

5 Why might Bradley find it challenging to seek help?

6 What more could be done to support men who experience abuse in relationships?

7 Is this scenario and the points discussed only applicable to mixed sex couples?

Reflection and endpoint assessment

Focusing on Jamie:

Are the statements about Jamie below true, false or are you unsure?

1

Jamie thinks Alina and Bradley's relationship is going really well.

2

Jamie is worried about losing their friendship.

3

Jamie wants to help their friend.

4

Jamie doesn't think it's their place to get involved.

5

Jamie is scared of Bradley or Alina.

6

Jamie doesn't know where or how to seek help.

7

Jamie is not a good friend.

8

Jamie has a responsibility to help even if it will upset someone.

Signposting support

If you need support or advice, or have concerns, seek help:



In school

- Teacher
- Tutor
- Head of Year



At home

- Parents or carers
- Other family members



Childline

If you need support or advice, or have concerns, seek help:

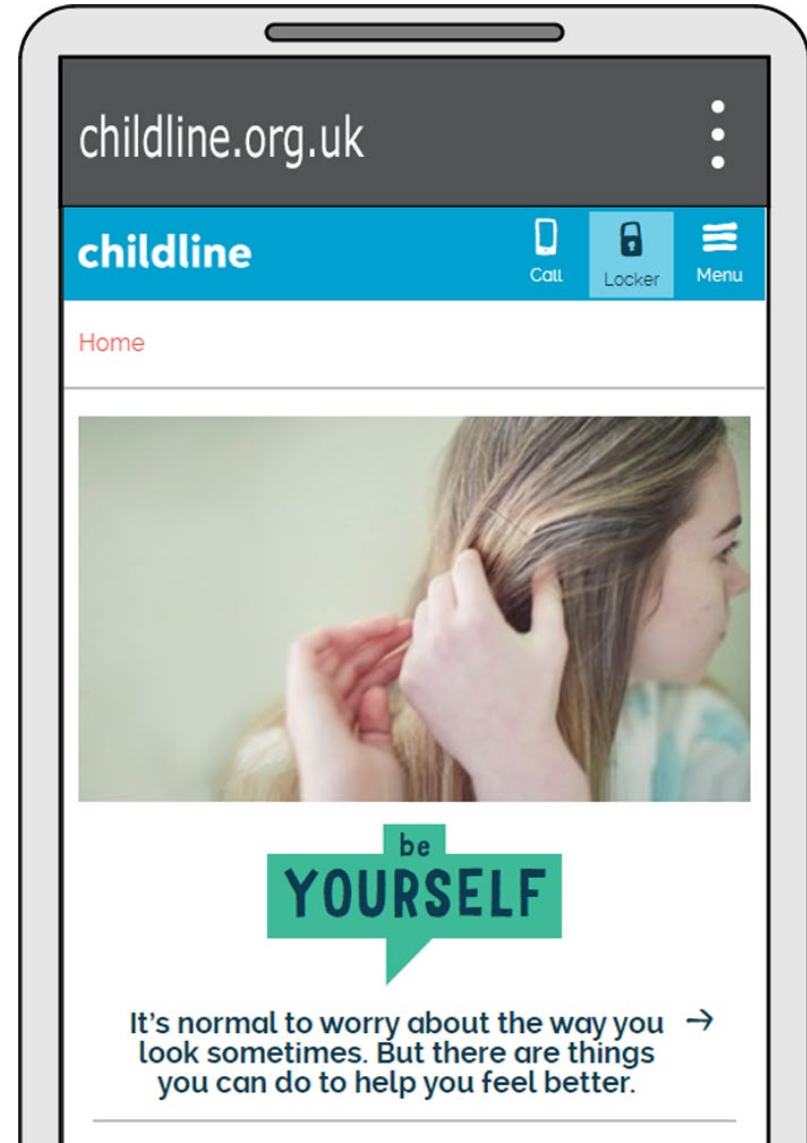


childline.org.uk



0800 1111

Childline is a free 24/7 service for children and young people.



Signposting support

If you need support or advice, or have concerns, seek help:

Additional support services:

- **Refuge** [refuge.org.uk](https://www.refuge.org.uk)
 - support services for women and children
- **Women's Aid** [womensaid.org.uk](https://www.womensaid.org.uk)
 - support services for women
- **Standing Together** [standingtogether.org.uk](https://www.standingtogether.org.uk)
 - support for both men and women
- **Mankind** [mankind.org.uk](https://www.mankind.org.uk)
 - support for men
- **Galop** [galop.org.uk](https://www.galop.org.uk)
 - support for LGBT+ people
- **Respect** [respect.uk.net](https://www.respect.uk.net)
 - support for people displaying harmful behaviours

Extension activity

Choose one of the charities below and create a fact file on this charity.

- **Refuge**
- **Women's Aid**
- **Standing Together**
- **Mankind**
- **Galop**
- **Respect**

The fact file should include:

- What services are offered.
- Who the charity provides services for.
- Why someone should contact the charity.
- How the charity can be contacted.

Questions?