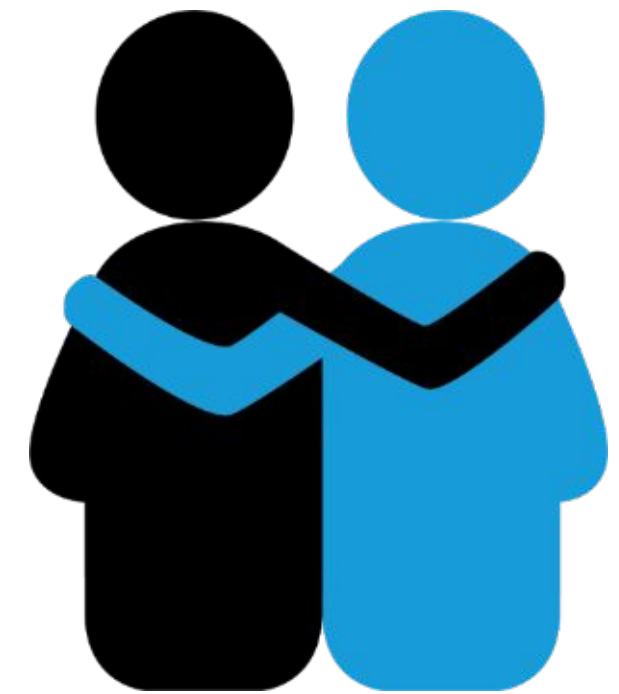




Lealands
High School

Relationships and Sex Education programme

**YEAR 8 LESSON 3:
Different types of committed and
stable relationships**



Do Now: On whiteboards:

What is the difference between sex and gender? Explain.



Different types of committed, stable relationships

DO NOW
On sheet
No voice

1: Do you have to have a romantic relationship with someone?

- Of course you do!
- No way, thats disgusting!
- It's up to you

3: How old do you have to be to legally get married in the UK (without parental permission)?

- 16
- 17
- 18
- 19

2: If you are in a committed and stable relationship, that means you are married

- True
- False

4: Can someone force you to be in marriage with someone?

- Yes
- No

1: Do you have to have a romantic relationship with someone?

Correct answer(s): It's up to you

2: If you are in a committed and stable relationship, that means you are married

Correct answer(s): False

3: How old do you have to be to legally get married in the UK (without parental permission)?

Correct answer(s): 18

4: Can someone force you to be in marriage with someone?

Correct answer(s): No



Keywords

Relationships - the way in which two or more people are connected, or the state of being connected.

Committed relationship - a serious and lasting romantic relationship with someone.



If two people are in a committed relationship, they have to marry each other.

True

False

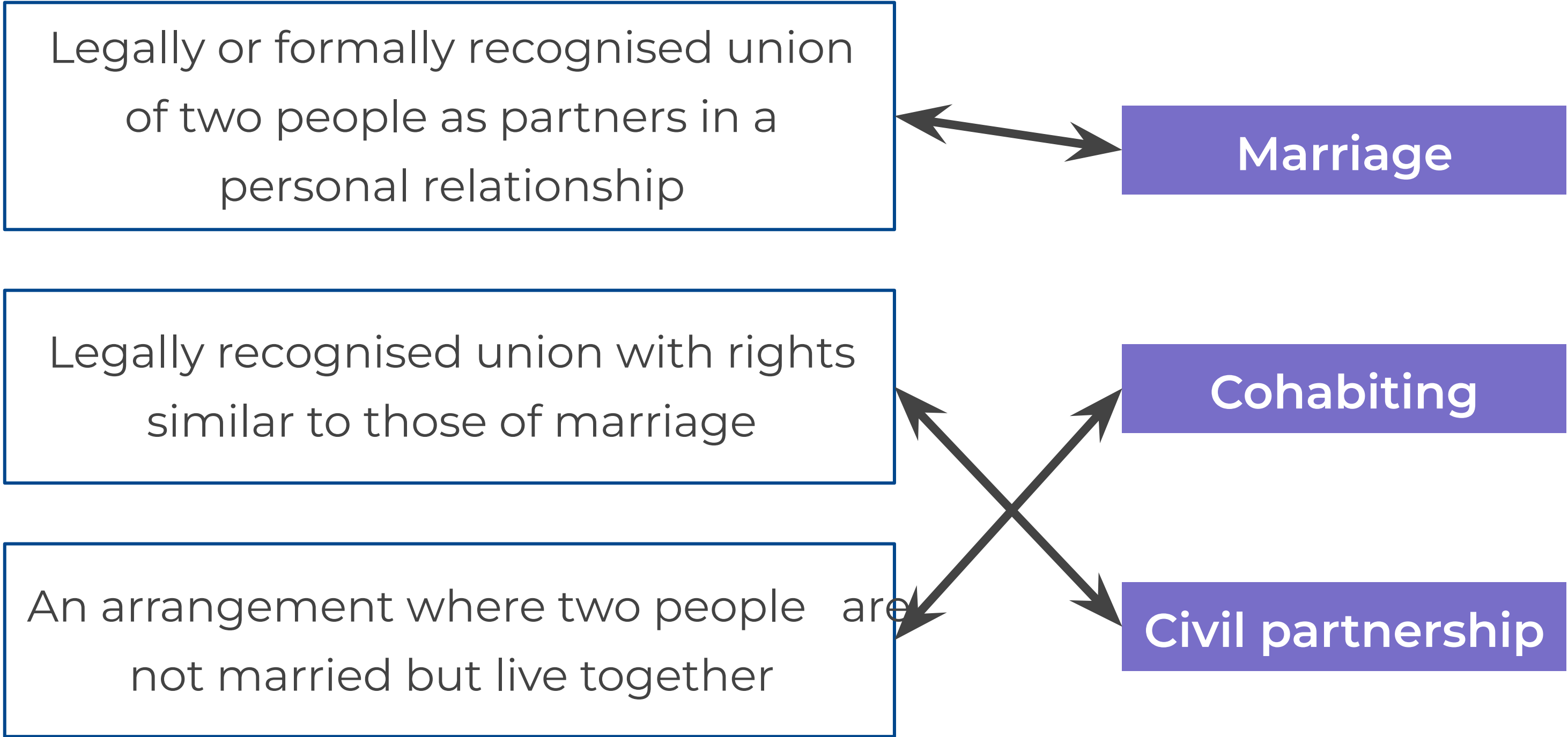
There are a range of stable, committed relationships as well as marriage. People are free to make relationship choices that are right for them.



Committed relationships



Match these types of relationship to their definitions



Marriage and civil partnerships are the same thing.

True

False

Although both same sex couples and opposite sex couples can now choose either a civil partnership or a marriage, there are some key differences in what each term means. In marriage, vows are taken, and it can only be ended by divorce. With civil partnerships, a civil partnership document is signed instead of vows, and it can only be ended with a dissolution.



What is the minimum age for marriage in the UK (with parental permission)?

18

17

16

15

This law was changed last year. Up until this change, the answer would have been 16! It will come into effect 27th February.



Any relationships should be freely entered into.

This means each person has the right to:

- **Choose when and who they are with (if they decide they want to be with someone).**
- **Be able to end the relationship at any point, not being or feeling forced to stay together.**
- **Withdraw their consent if they change their mind about taking their relationship to a legal stage (e.g. getting married).**



But what if I'm single?

This is Nicky and he says the he has started feeling upset because everyone around him at school has started to get into relationships. He is starting to feel that being single is a bad thing.

What advice would you give to Nicky?



Answers may include...

- Remember that there is NOTHING wrong with being single.
- Don't rush into a relationship, make sure it's right for you and makes you happy.
- Make the most of the other relationships you do have with friends and family.
- There are lots of people that will enter your life, that you've not even met yet.
- Don't compare yourselves with those around you.



Types of families



I think...

Complete the ending to these sentences.

- I think the term 'blended families' means...
- I think the term 'step parent' means...



A blended family is formed when a couple moves in together, bringing children from previous relationships into one home.

By law, a step-parent only becomes a step-parent upon marriage to one of the biological parents.

However, step-parents are often viewed as anyone who has taken on the role of a parent whether through divorce, death or otherwise.





John lives with just his Dad



Chelsea has two Mums



Nicky lives with just his Mum



Joseph lives with his Mum and Dad



Foster and adoptive families

LGBT (lesbian, gay, bisexual or trans) partners / parents

Intergenerational families (e.g. families that include grandparents)

Single parents / carers



Relationships and happiness



Stable and committed relationships can contribute to human happiness.

True

False



But why?

Draw a mindmap that explores all the different reasons behind why you think a stable and committed relationship, contributes to human happiness.



**Support our
mental health.**

**Create a sense
of belonging.**

**Have someone
who has shared
interests with
you.**

**Stable and
committed
relationships**

**Support
through both
the good but
also
challenging
times.**

**Less likely to
experience
feelings of
isolation.**

**Shared
experiences /
memories.**



What are four new things have you learnt today about committed stable relationships?

1)

2)

4)

3)



Help and support

It can be hard to ask for help if we feel unsafe with someone in our family, e.g. because:

- **we care about the family member**
- **we are worried what other people will think or say**

We have a right to help and should trust our judgement if we believe we or anyone else is at risk.

Remember, you can speak to:

- **Trusted adults (e.g. in your family, teacher, GP)**
- **Childline (0800 111) anonymously**
- **NSPCC**
- **The police (emergency number 999) if you believe you or someone else is in danger.**



1: What is the definition of cohabiting?

Correct answer(s): Arrangement where two people are not married

3: What is the definition of a committed relationship?

Correct answer(s): A serious and lasting romantic relationship

5: Committed relationships can impact positively on your mental health

Correct answer(s): True

7: Stable and committed relationships can...

Correct answer(s): Help with feelings of isolation.

2: What is the definition of relationship?

Correct answer(s): Way in which two or more people are connected

4: What is the definition of a blended family?

Correct answer(s): Couple moves in together, bringing children from previous relationships

6: Legally recognised union with rights similar to those of marriage is

Correct answer(s): Civil partnership

