



Lealands
High School

Relationships and Sex Education programme

YEAR 10 LESSON 3: **Safe family relationships**

Do Now: On whiteboards:

1. What is a family?
2. What is a positive relationship? Give an example.
3. What is a negative relationship? Give an example.



Keywords

- **Family** is a social group made up of relatives.
- **Positive relationships** are shared between any two people who love, support, encourage and help each other practically and emotionally.
- **Safe relationships** are authentic, comfortable and supportive, without fear of being abused or ridiculed.



In this section we will look into positive features of safe family relationships.



*Families should be strong,
positive relationships,
which help us build trust
and feel supported.*

*Why are good family
relationships important?*



Why are good family relationships important?

Choose the correct answers.

Help us build trust	Help us manage stress	They teach us how to behave badly
Let us learn about relationships	Allow us to feel supported	They boost our self-esteem
They make us feel valued	Cause us to feel anxious	Make us feel disrespected
They make us feel loved	They are our role models	They provide security



Did you get them all correct?

Help us build trust	Help us manage stress	
Let us learn about relationships	Allow us to feel supported	They boost our self-esteem
They make us feel valued		
They make us feel loved	They are our role models	They provide security



Children first learn about relationships from their own families...

True

False



Children first learn about relationships from their own families...

True

False

This is TRUE. Developing trust in the early years is important as trust and respect are essential to a positive parent-child relationship. Children feel secure when they learn they can trust their families.



In this section we will look into the different types of safe family units.



There are many different types of family.

Pause here to think what each of the following might be.

Nuclear

Childless

Single parent

Step / blended

Extended

Grandparent



How did you do...?

Nuclear

Traditional 'family' made up of parents and one or more children.

Single parent

One parent raising one or more children and/or in separate houses.

Extended

Many family members living together in one house.

Childless

Two partners living together without children.

Step / blended

Two separate families merging into one unit.

Grandparent

Grandparents raising children instead of the parents.



**What are positive
features of safe family
relationships?**

*Make a list of as many
as you can think of.*



How did your list compare with mine?

Common positive features of safe family relationships...

- Mutual respect.
- Constant encouragement.
- Time for fun.
- Protection.
- Provision for needs.
- Open communication.
- Clear boundaries.
- Communicated love.



Image credit - Pixabay



**In this section we will look into
how safe family units
overcome difficulties and
arguments.**



Scenario



At school John is the class clown and likes to show off, however his home life is a little strained. John lives with his dad but wants to know more about his mum's family background, and comes into conflict with his dad regularly over his Dad's refusal to talk about them. He often instigates arguments over nothing and then gets upset and storms off to his room. Dad gets annoyed easily by John's insolent attitude.

Task - Do you think this is a normal family situation or an unsafe relationship? Explain the reasoning behind your decision.



Scenario



Task - Do you think this is a normal family situation or an unsafe relationship? Explain the reasoning behind your decision.

Does your answer match mine?

This is a safe, and generally typical, family situation. It is completely normal for any number of people, with their own thoughts, feelings and opinions, who live together to disagree and fall out from time to time.

In safe relationships, people feel valued, loved and cared for without fear of abuse, ridicule or neglect.

The key is appreciating that people do fall out, and trying to find coping strategies to resolve the situation.



There may be disagreements and arguments which are common in family life, but that does not mean a family relationship is unsafe.

Paragraph 1

To what extent do you agree with this statement? Explain your reasons.

Paragraph 2

Explain how you think safe family relationships overcome disagreements, difficulties and strain.



How do safe family relationships overcome disagreements, difficulties and strain?

Take time out and calm down	Learn to compromise	Fighting physically
Being patient and calm	Force each other to listen	Talking about the problem with other family members
By being respectful	Ignore others' points of views	Screaming and yelling
Work together to resolve the situation	Appreciating other people's opinions	Talking rationally



Did you get them right?

Take time out and calm down	Learn to compromise	
Being patient and calm		Talking about the problem with other family members
By being respectful		
Work together to resolve the situation	Appreciating other people's opinions	Talking rationally



Create 2 mind maps, one for a positive family relationship, one for a negative family relationship.

Write features of what these relationships will be like around each mind map.

