

PSHE RELATIONSHIPS

Thursday 30th March 2023

Sex and Relationship Education

Learning Objectives:

- List three qualities of good parents or carers and explain why each is important
- Outline two factors which can help relationships to thrive and develop
- Identify three causes of breakdowns in relationships

Qualities of good parents or carers

F

FORGIVING

Only a good father will throw a prodigal son a party when he returns. From the squanderer of wealth, to the little rebellion fueled through disobedience, a Father forgives all. Nothing truly taints the love of a Father for his child.

A

ATTENTIVE

Through spoken words or words unspoken, only a good Father listens closely to the heartbeat of his children. Just like his heavenly Father, before his children ask, he knows what they want.

T

TEACHER

He is the one his kids look up to. He is a role model and an example to his kids. The good Father will happily tell his kids to do as he does and not just what he says. He models and practices what he teaches the kids.

H

HOPEFUL

Good Fathers are a source of hope for their families. When the times are tough, the family draws strength from a good Father. The source of his strength is his trust in God. He inspires the family. He is hopeful about his children's future.

E

ENCOURAGER

Only a father will cheer on the little man who just puts the ball in his own team's net! Like our Father in heaven, a good Father is a persistent cheerleader, he never gives up on a child. His children can always count on him for that tap on the shoulder. I still count on mine for that.

R

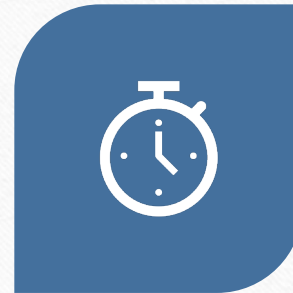
RELIABLE

A good Father may not always show up as a superhero, but he is always there and his kid can count on that. He may not be the richest dad, but he never holds back spending time with his children.

Factors to help relationships thrive and develop



WHAT ARE
FRESHSTEPS
SCHOOL VALUES:



5 MINUTES TO
WRITE THEM
DOWN...

Will these factors help
relationships?

Why?

Breakdown in relationships

1. Poor communication skills

Communication issues are often the root causes of breakups in relationships.

Healthy communication creates an amazing cycle. Couples who are happy tend to communicate more, and couples who regularly communicate boost relationship satisfaction.

Breakdown in relationships

2. Long-distance

Why do relationships end? Couples in long-distance relationships may be less likely to last, say studies.

One of the more common reasons why couples break up in long-distance relationships is due to partner's not trying to meet in person or make plans for their future.

Research shows that long-distance couples who do not make plans to live in the same city as their spouse experienced higher levels of distress, poor communication, and felt less satisfied in their relationship.

Breakdown in relationships

3. No emotional connection

One of the most common reasons couples break up is a lack of an emotional connection.

Emotional intimacy is a bond that goes beyond physical lust and chemistry. It's a bond built over time through shared experiences and getting to know one another.

When an emotional connection is missing, a relationship can start to feel shallow and boring.

Breakdown in relationships

4. You aren't friends

What are good reasons to break up? For some couples, a lack of marital friendship can contribute to a mutual breakup.

Being friends is just as important as being romantic partners with your spouse.

The Journal of Happiness Studies found that couples who are best friends experience twice the level of well-being and life satisfaction.

Why do people break up? Couples who lack this special bond may feel disconnected from their spouse and will have difficulties navigating their relationship once the thrill of physical intimacy has worn off.

Breakdown in relationships

5. Money troubles

Why do people break up with people they love? Sometimes, money is at the root of their relationship distress.

This could be due to differences of opinion on spending or saving money, hiding money, sharing or withholding money, or misusing finances.

Relationship breakup statistics show that money is one of the most common sources of conflict for married couples. Financial tension is a common predictor of marital distress and dissolution.

Breakdown in relationships

6. Infidelity

Reasons to end a relationship often center around infidelity and broken trust.

Relationship breakup statistics in the Journal of Marriage and Divorce report that 70% of Americans will engage in some form of infidelity at some point during their marriage.

Further studies reveal that infidelity is one of the most common reasons people break up.

Breakdown in relationships

7. Excessive jealousy

Is your partner jealous? Are you constantly proving your whereabouts to your spouse or giving your partner access to your private apps and conversations to appease their insecurities?

Excessive jealousy can be overwhelming and can be a contributing factor in why couples break up.

Breakdown in relationships

8. Toxic or abusive behavior

One of the biggest reasons you should break up with your partner is if they are displaying physically or emotionally abusive behavior.

Statistics show that more than 10 million men and women will experience intimate partner violence each year in the United States. This often involves physical violence, stalking, threats, and other forms of victimisation.

Breakdown in relationships

9. You're always arguing

Another answer for “why do people break up?” has to do with the inability to deal with conflict. Relationship breakup statistics show that conflict and arguing were some of the most reported contributors to divorce.

And who wants to be in a relationship where you always feel the need to defend yourself? Walking on eggshells is not a comfortable environment for love to grow.

Breakdown in relationships

13. No forgiveness

One of the most common reasons people break up is the inability to move on and put the past behind them.

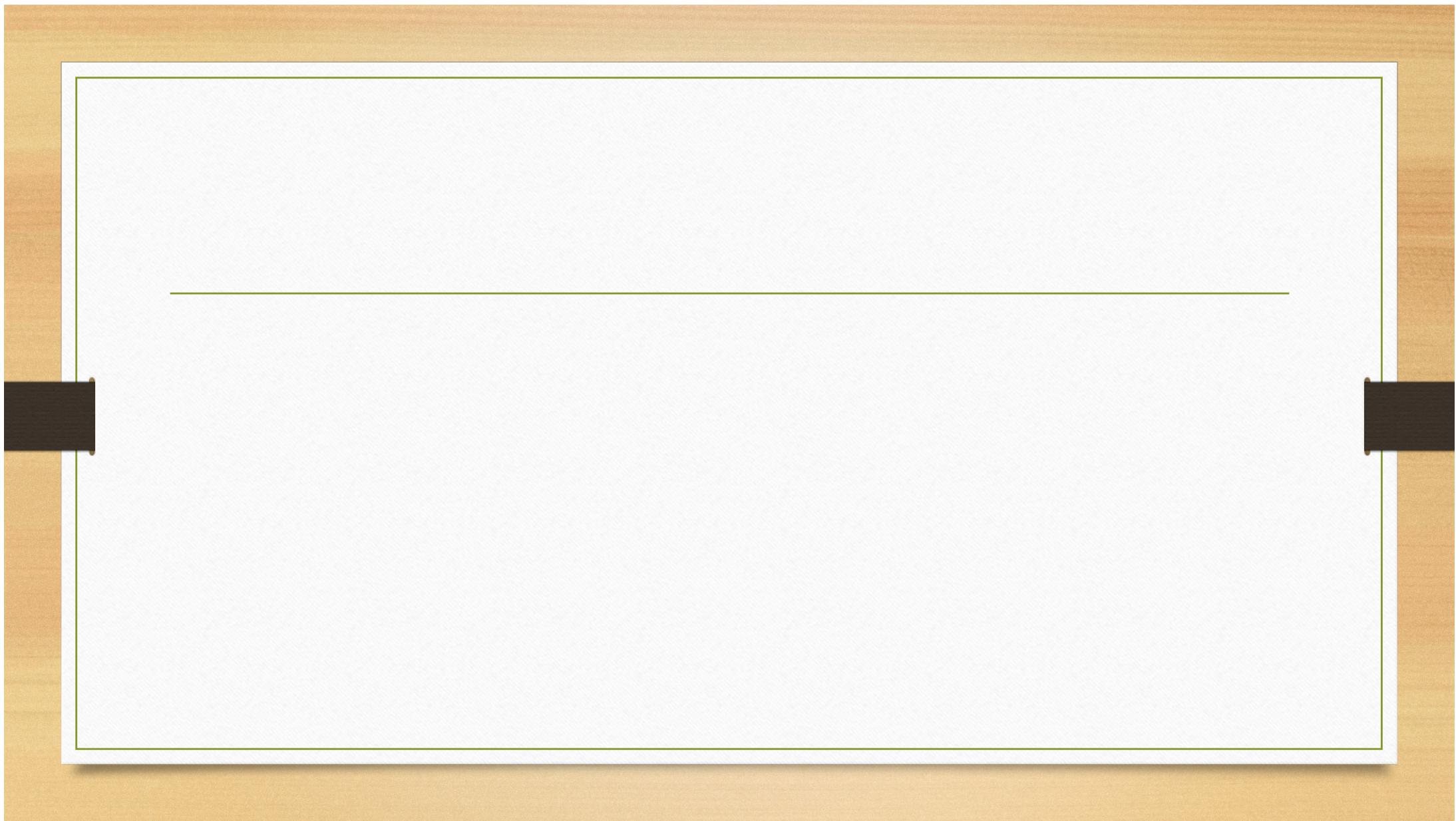
Nobody is perfect. No matter how much you love your spouse, they will still do things that drive you crazy or hurt your feelings.

You must learn how to forgive wrongs, big and small, so long as your partner is truly sorry.

Breakdown in relationships

There are more factors, can you think of any more....





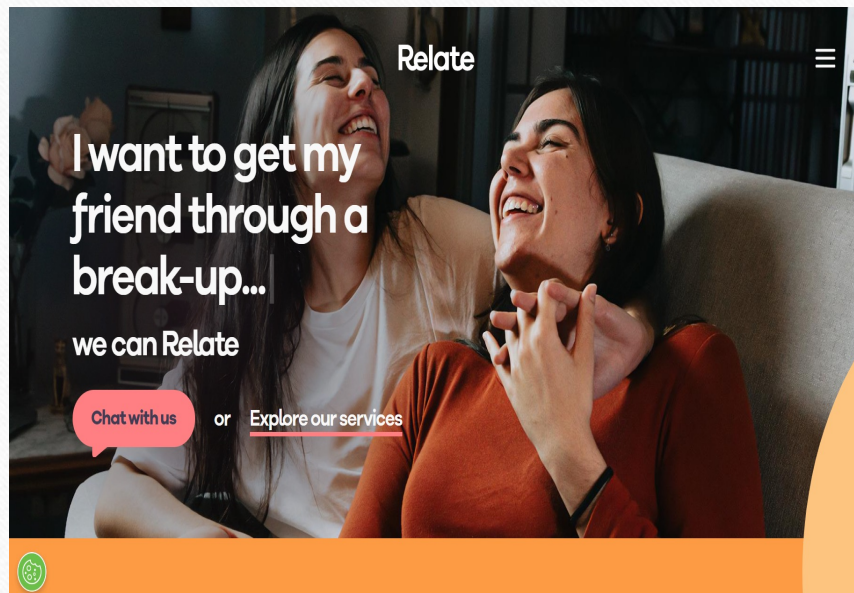
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Sex and Relationship Education

Learning Objectives:

- Name an organisation that supports relationships in crisis
- Outline consequences of separation or divorce for a family
- Identify three causes of breakdowns in relationships

Organisations to support relationships



Relate.org.uk is an online organisation that offer support to couples, families, friends who need help in their relationships or when they feel their relationship is in a crisis.

Potential consequences of separation or divorce for a family

1. They feel angry

Kids may feel angry about divorce. If you think about it, it makes sense. Their whole world is changing — and they don't necessarily have much input.

Anger can strike at any age, but it's particularly present with school-aged kids and teens. These emotions may arise from feelings of abandonment or loss of control. Anger may even be directed inward, as some children blame themselves for their parents' divorce.

Potential consequences of separation or divorce for a family

2. They may withdraw socially

You may also notice that your social butterfly child has become quite shy or anxious. They're likely thinking about and feeling a lot right now. They may seem uninterested or even fearful of social situations, like hanging out with friends or attending school events.

Low self-image is associated with both divorce and social withdrawal, so boosting your child's confidence and inner dialogue may help them come out of their shell again.

Potential consequences of separation or divorce for a family

3. Their grades might suffer

Academically, kids going through divorce may earn lower grades and even face a higher dropout rate Trusted Source compared to their peers. These effects may be seen as early as age 6 but may be more noticeable as kids reach the ages of 13 to 18 years old.

There are several possible reasons for this link, including that children may feel neglected, depressed, or distracted by increased conflict between their parents. With time, less interest in academics at the high school level may trickle over to less interest with furthering their education overall.

Potential consequences of separation or divorce for a family

4. They feel separation anxiety

Younger children may show signs of separation anxiety, such as increased crying or clinginess. Of course, this is also a developmental milestone that tends to begin between the ages of 6 to 9 months and resolve by 18 months.

Still, older toddlers and kids may show signs of separation anxiety or may ask for the other parent when they're not around.

Some kids may respond well to a consistent routine as well as visual tools, such as a calendar, with visitations clearly labeled on it.

Potential consequences of separation or divorce for a family

10. They face their own relationship struggles

Finally, studies[Trusted Source](#) show that when parents divorce, there's a good chance that their kids could wind up in the same position as adults. The idea here is that a split between parents may change a child's attitude toward relationships in general. They may be less enthused to enter long-term, committed relationships.

And living through divorce shows kids that there are many alternatives to family models. The research also suggests that children may choose cohabitation (living together without being married) over marriage. However, it's worth noting that this is fairly normalized in our current culture, regardless of family history.

PSHE

TOPIC: Sexual Relationship

LO: Understanding sexual relationships

SC :

I can give reasons for sexual relationships

I can name advantages and disadvantage of contraception

I can name and organisations that give information on contraception

SEXUAL RELATIONSHIPS

- Name three reasons for having a sexual relationship

<https://www.bbc.co.uk/teach/class-clips-video/pshe-ks3--ks4-dealing-with-pressures-to-have-sex/zbwd7nb>

- Name three reasons for delaying a sexual relationship
- Name three reasons why people get married <https://youtu.be/kp4FLeY6F9g>

CONTRACEPTION

<https://youtu.be/5l2Di9dkcp4>

- What is contraception?
- Name three methods of contraception
- Name the advantage of each method
- Name the disadvantage of each method
- Name the contact details of three UK organisations that give information and advice on contraception

PSHE RELATIONSHIPS:STIs

LO: Understanding STIs

SC :

I know what an STI is

I can identify the cause and effects of three STIs

I know how to prevent three STIs

I know how to prevent three STIs

Sexually transmitted infections

<https://youtu.be/7Sbgg8icODY>

<https://youtu.be/gVH1gY05MsA>

- What are STIs?
- Name three STIs
- Name the causes of these three STIs
- Name the effects of these three STIs
- Name three ways that these STIs can be prevented
- Name the treatment for each of these STIs