**SESSION PLAN**

**SESSION NINE: HEALTHY RELATIONSHIPS**

Key Stages 3 and 4

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| Aim of Session: | For young people to explore their personal views of a healthy relationship by examining the features of the relationships between Lee & Elisha and Harry and Beth. |
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| You will need: Time: 50 minutes | * Worksheet One (A3 size)
* Worksheet Two (A3 size)
* Film clip 9
* Flip chart/Whiteboard
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| Introduction Activity | What do you look for in an ideal partner? Give out worksheet 1 ask young people to write down 'inside the body' what they consider the **essential** qualities/characteristics they want in a partner. Around the 'outside of the body' write down the **desirable** qualities/characteristics they want in a partner.In the 'bin' at the side write any qualities/ characteristics they **wouldn't want** in a partner. |
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| Main Activity:filmreel2  | **Show film clip 9**. Ask the participants to think about Elisha’s relationship with Lee and Beth’s relationship with Harry. **As a whole group**: How does Lee make Elisha feel? How do we know? Record responses on flip chart/ white board.Put into groups, ask them to consider: How does Harry make Beth feel? How do we know?What are Beth’s choices now? Ask them to complete side one of worksheet 2 size A3 (the speech bubbles)Take feedback, compare and contrast with Elisha and Lee's relationship.(emphasise that Beth does have choices and does not need to see Harry)Is it only girls who are in unhealthy or controlling relationships with boys? Are boys in unhealthy relationships with girls? What about same sex relationships? |
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| Plenarypeople (5 minutes)  | Ask participants to complete side two of Worksheet 2 the sheet as Beth when she is looking for a new relationship. |