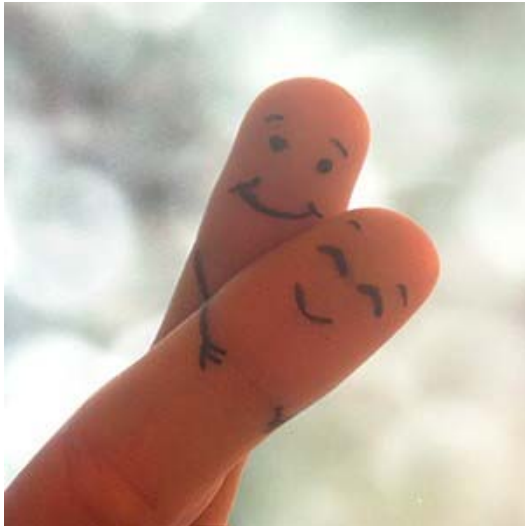




# Healthy Relationships



# Ground Rules

- Don't talk when someone else is talking
- Respect other's opinions
- Don't be personal about a topic
- Be mature
- Be kind

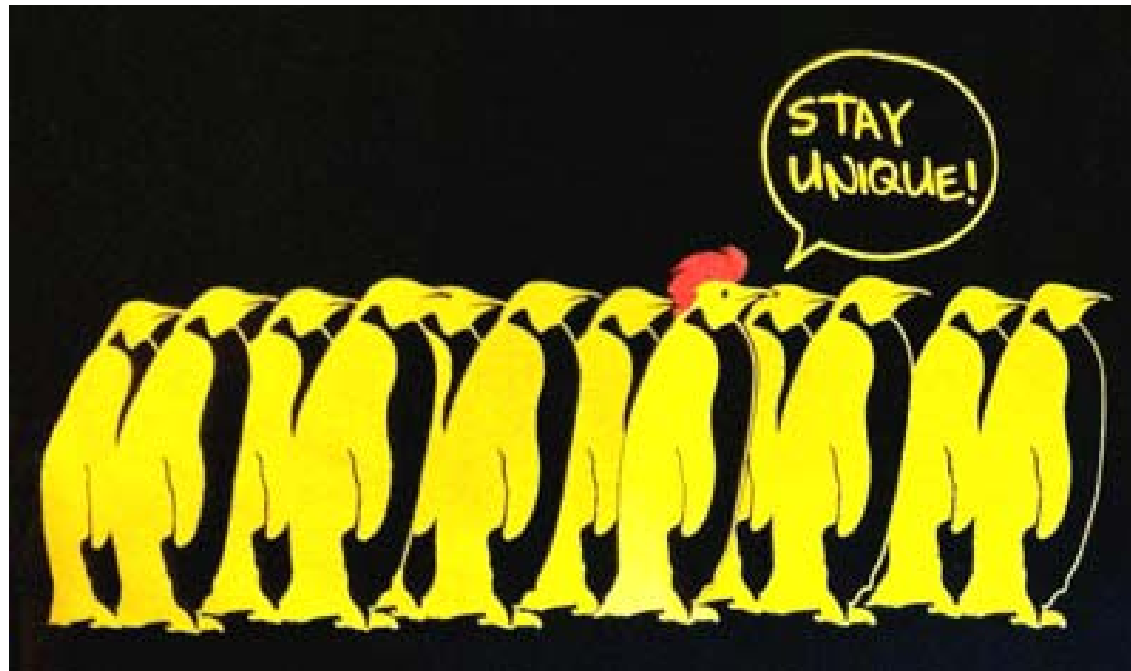


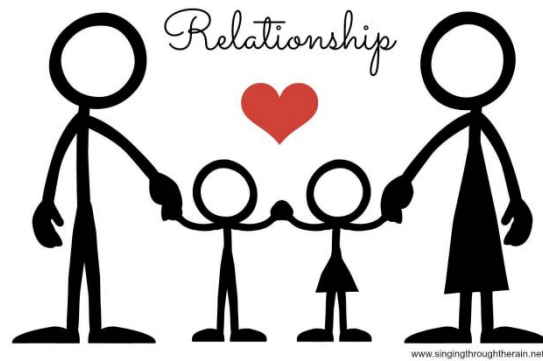
What makes me, me?



# What makes me, me?

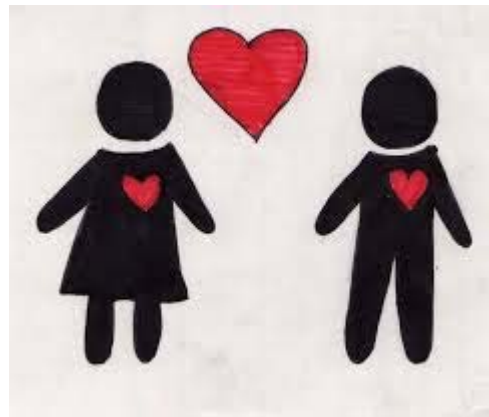
BBC Asian Network: 100% British, 100% Asian -  
YouTube





What types of relationships do we have?

I ♥ ME



**HEALTHY 😊**

**UNHEALTHY ☹️**



# What makes a relationship HEALTHY?

In a small group discuss the following questions - make notes on your A3 Paper:

- 1) How can you tell if a relationship is healthy?
- 2) How can you tell if a relationship is unhealthy?

Now working in groups, look at the Relationship Cards.

Read them through together and decide if they should go on the Happy Heart (things that make you feel good) or the Unhappy Heart (things that make you feel bad)

If you are unsure, put the cards to one side.







# Unhealthy Relationships





- [Disrespect NoBody | Find out about healthy relationships, relationship abuse, consent and more.](#)
- [BBC - Schools - BBC Three My Murder - Rugrat's Character Monologue - Gang Culture](#)



What would you do if a friend was in a relationship that was unhealthy? What advice would you give? How might an unhealthy relationships make someone feel? Why might someone stay in an unhealthy relationship?





What to do if you need support...



# Reflection

Independently, create an inspiring and uplifting image and quote on how to promote healthy relationships.

The best one will receive 20 praises!

<https://www.youtube.com/watch?v=PnDgZuGIhHs>



