

Year 7 MY Curriculum

**Relationships, Sex & Health
Education**

Rules

Respect privacy.

We can discuss examples but do not use names or descriptions that identify anyone, including ourselves.

Listen to others.

It is okay to disagree with each other, but we should listen properly before making assumptions or deciding how to respond. When disagreeing, challenge the statement not the person.

No judgement.

We can explore beliefs and misunderstandings about a topic without fear of being judged.

Choose level of participation.

Everyone has the right to choose not to answer a question or join discussion if they feel uncomfortable. We never put anyone 'on the spot' (no personal questions or pressure to answer).

Lesson Outcomes:

Exploring issues of...

- Me: who am I?
 - My family
 - My friends
-
- Building on the “Well being” lessons from your last MY Curriculum theme about friendships



Who am I?

Do you know who you are?

Asking **Who am I?** suggests that the person you are can be described as one fixed thing, but we are far more complex than this!

You are unique!!!

**I am what I am
And what I am
needs no excuses
I deal my own deck
Sometimes the ace
sometimes
the deuces...**

What makes you, you?

Write three positive things about yourself, then compare them with your partner's



3:00

What makes a family?

Create a **mindmap** with your partner on what makes a family



5:00

How families change

- In 1960, 88% of children lived in a household with 2 parents; this is now closer to 65%
- For children born in 1970, 79% of children lived with both parents for all their childhood
- For a baby < 1 year old, 85% live with both parents
- By the time a child reaches the age of 16, only 53% are still living with both parents

What makes a family?

Families can be made up of all sorts of different people:

- Birth parents
- Adoptive parents
- Step parents
- Foster parents
- Other family members: grandparents, aunts, uncles, brothers, sisters.....
- Friends

Family Quiz Time!

Let's see what you think you know about families in the UK (based on the Office for National Statistics 2018-19).

Teacher note: answers are on the next slide after each question

Question 1

In 2019, how many families were there in the UK?

A family is a unit of people that includes a couple with or without children or a single adult with a child. (ONS definition)

- a) 10.5 Million**
- b) 19.1 Million**
- c) 25.1 Million**

Question 1

In 2019, how many families were there in the UK?

A family is a unit of people that includes a couple with or without children or a single adult with a child. (ONS definition)

- a) 10.5 Million
- b) 19.1 Million
- c) 25.1 Million

Question 2

What proportion of the 19.1M families in the UK have a married couple?

A family is a unit of people that includes a couple with or without children or a single adult with a child. (ONS definition)

- a) 33%**
- b) 51%**
- c) 67%**

Question 2

What proportion of the 19.1M families in the UK have a married couple?

A family is a unit of people that includes a couple with or without children or a single adult with a child. (ONS definition)

- a) 33%
- b) 51%
- c) 67%

Question 3

What proportion of the 19.1M families in the UK have a single parent?

A family is a unit of people that includes a couple with or without children or a single adult with a child. (ONS definition)

- a) 15 %**
- b) 25 %**
- c) 33 %**

Question 3

What proportion of the 19.1M families in the UK have a single parent?

A family is a unit of people that includes a couple with or without children or a single adult with a child. (ONS definition)

- a) **15 % - 2.9 Million families**
- b) 25 %
- c) 33 %

Question 4

How many families consist of same-sex couples in the UK?

A family is a unit of people that includes a couple with or without children or a single adult with a child. (ONS definition)

- a) 13,000**
- b) 52,000**
- c) 232,000**

Question 4

How many families consist of same-sex couples in the UK?

A family is a unit of people that includes a couple with or without children or a single adult with a child. (ONS definition)

- a) 13,000
- b) 52,000
- c) **232,000**

Question 5

What proportion of families have cohabiting couples (unmarried) in the UK?

A family is a unit of people that includes a couple with or without children or a single adult with a child. (ONS definition)

- a) 10 %**
- b) 18 %**
- c) 27 %**

Question 5

What proportion of families have cohabiting couples (unmarried) in the UK?

A family is a unit of people that includes a couple with or without children or a single adult with a child. (ONS definition)

- a) 10 %
- b) **18 % - 3.4 Million families**
- c) 27 %

Question 6

How many families have children (aged 0-18) in the UK?

Remember there were 19.1 Million families in the UK (ONS)

- a) 8 Million**
- b) 12 Million**
- c) 15 Million**

Question 6

How many families have children (aged 0-18) in the UK?

Remember there were 19.1 Million families in the UK (ONS)

- a) **8 Million - it shows an aging population, less young families and more over-18 children still living with parents**
- b) **12 Million**
- c) **15 Million**

REVIEW: What do all these stats tell us about families in the UK?

1. Which of those statistics did you know/ correctly answer?
2. Which of the statistics did you find surprising?
3. **What do all these stats tell us about families in the UK?**

Families can change over time, sometimes very quickly and without any warning, but.....

As long as there's love,
there's a family



Friends (Part 2)



In the Well Being Unit- students would have created a set of notes about what makes a good friend.

Compare answers with different students.

Do Boys and Girls have common answers with each other?

Boys and Girls see friendships in different ways?

Friendships: good and bad

If you look at your mindmap on what makes a good friend, does the opposite make a bad friend?

The presenters of “Good Morning” discuss their experiences of “**toxic friendships**” (where friendships can become a negative experience).

<https://youtu.be/IYlhymleB3o>

How can we turn a bad friendship into a good relationship?

Sometimes relationships and friendships change for the better and worse.

If things turn negative, how can you restore or improve those relationships?

Some of your friendships will last a lifetime, some will be for short periods of time or just cover moments in your life like school.

All relationships will go through their ups and downs and some will need more work than others.

Discussion Task:

On the next slide are different scenarios - imagine this was your friendship.

What would you say or do in that situation?

Spend approx. 3 minutes discussing each scenario and be prepared to share your ideas to the class.

Scenario 1: The sad one

Friend A is going through a tough time.

They seem to think that everything happening to them is all bad.

All they can talk about are how bad things are and how negative it all seems.

Everytime they see you, all they want to talk about are their problems.

How might you deal with the situation?

What could you say?

Scenario 2: The taker

Everytime you meet Friend B, you always find yourself either short on time (doing favours for them) or short on equipment.

You don't mind doing or giving them stuff as they are your friend but it does feel like it is always going one way.

Anytime you want to do something you like or need a favour from them, they never help or end up changing the topic to something that they need or want from you.

How might you deal with the situation?

What could you say?

Scenario 3: The critic

Friend C always has a lot to say.

They are often funny and loud.

However, recently you have noticed that everytime they speak about you or to you, they constantly make fun or criticise something about you.

“It’s just banter” or “only kidding”, they say at the end.

But it’s been going on for months and you can’t remember the last time they said anything nice to you or about you.

How might you deal with the situation?

What could you say?

Scenario 4: The isolator

Friend D gets on well with you but not with anybody else.

They only ever want to spend time with you, just the two of you.

You try to do things with other friends but they don't like it and force you to change your plans and spend time with just them.

How might you deal with the situation?

What could you say?

Scenario 5: The troublemaker

Friend E is funny. Really funny! You are friends because you like messing around together.

You have noticed recently that they have been doing more and more “crazy” stuff that makes you uncomfortable like distracting you or others in class, minor vandalism (kicking doors, breaking things) and shoplifting (stealing).

They want you to join in with what they are doing.

How might you deal with the situation?

What could you say?

REVIEW: What have you learnt about yourself, families or friendships today?

TILL Receipt:

Today

I

Learnt

Lots about ...

SUPERMARKET

*** SHOPPING BILL ***

```
-----  
Aa Bb Cc Dd Ee      3.99  
Ff Gg Hh Ii Jj      8.85  
Kk Ll Mm Nn Oo      2.14  
Pp Qq Rr Ss Tt      0.58  
Uu Vv Ww Xx Yy      7.26  
Zz $£ %: += @!      3.07  
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Total: 25.89