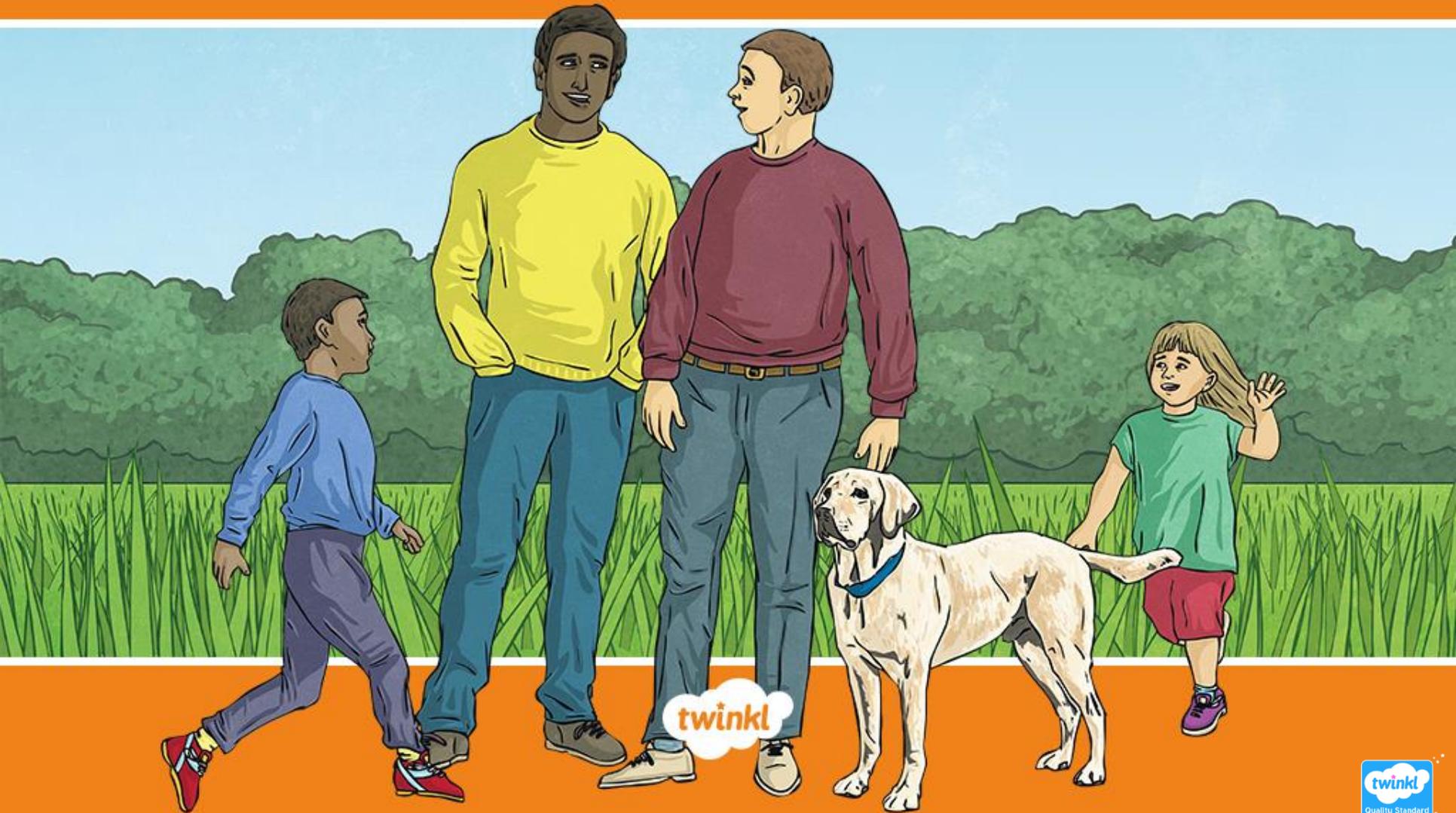




# PSHE and Citizenship

Health and Wellbeing | Growing Up

# Relationships



twinkl

# Aim

- I understand what a loving relationship is and that there are many types of relationships.

# Success Criteria

- I understand the terms associated with love, relationships and sexual orientation.
- I appreciate that people differ in terms of sexual orientation and who they love.
- I can describe what makes a loving relationship.
- I can describe the terms 'sexual relationship' and 'sexual intercourse'.
- I can explain who can have a sexual relationship, according to the law.
- I can judge when physical contact is unacceptable and I know how to respond.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association's [Programme of Study](#).

# **The Big Questions**



What is a loving relationship?

What kinds of loving relationships are there?



# Reconnecting

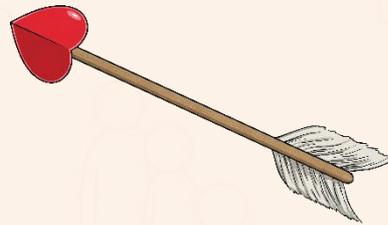
# Relationships



What words and phrases spring to mind when you think about these questions?

What do you think of when you think of the term 'loving relationship'?

What different types of relationships can you think of?



With your talk partner, create a mind map or chart of ideas with any words and phrases you think might be useful for today's lesson. It is OK to use any vocabulary you know relating to relationships.

# Relationships



Useful vocabulary for today's lesson...

lesbian

bisexual

gay

same-sex

marriage

asexual

adopted

age

religion

gender identity

homosexual

race

heterosexual

couple

LGBTQ+

sexual orientation

partnership

siblings

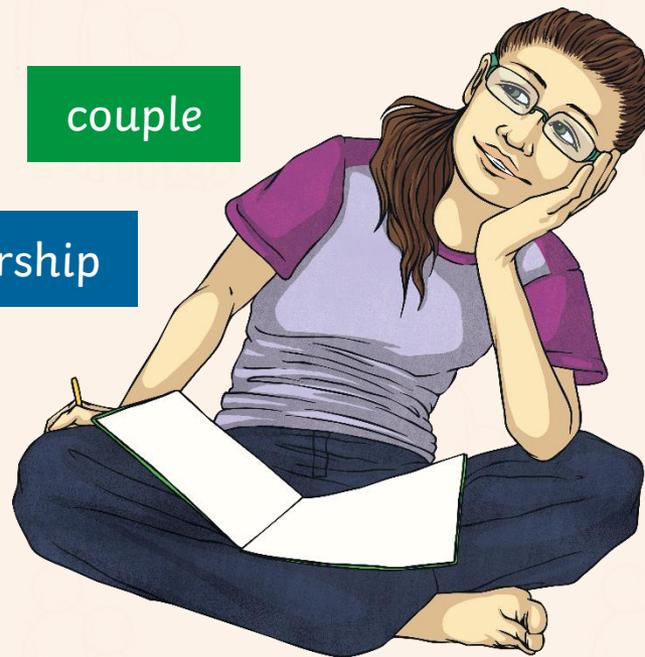
disabled

love

family

commitment

parent



# Exploring

# Loving Relationships



What different types of relationships can you think of?



# Identity and Relationships



These women love each other.



This girl loves her friend.



These men are in a loving relationship.



This elderly couple are in love.



This couple love each other and their child.



This mother loves her baby.

# Identity and Relationships



A loving relationship can be between friends, members of a family or couples.



There are many types of loving relationships. We have different sorts of relationships with different people in our lives, at different times.



While loving relationships may involve different combinations of people, they will all have some things in common.

With your talk partner, list things that you think a loving relationship has or needs.



# Identity and Relationships



Elements of a loving relationship – no matter who is in the relationship, there should be...

advice

commitment

honesty

care

affection

loyalty

trust

communication

kindness

fairness

shared interests

consideration

help

time

respect

common goals

support



# Identity and Relationships



Here are some useful terms to remind ourselves of. As we grow up, we get to know ourselves better and discover our identities. Click on each term for its definition.

## heterosexual

being attracted to someone of the opposite gender

## lesbian

a girl or woman who is attracted to another girl or woman

## gay

a boy or man who is attracted to another boy or man

## bisexual

a person who is attracted to men and women

## transgender

a person whose gender doesn't align with their biological sex

## cisgender

a person whose gender does align with their biological sex

Our identities can influence the type of relationships we have with others.

# Identity and Relationships



Some people are not **physically attracted** to others but are attracted to someone's personality, once they have a close emotional connection with that person – these people identify as **demisexual**.

Some people are not attracted to others at all and choose not to be in a relationship – these people identify as **asexual**.



# Marriage and Commitment



Many couples in a loving relationship want to show their **commitment** to one another.

They may choose to get married or enter into a **civil partnership** – legally binding commitments, intended to be lifelong.



Civil partnerships are similar to **marriage**. They are available to same-sex couples and opposite-sex couples.

Some couples are committed to each other but just live together. Others live apart but are still committed to each other.

# Marriage and Commitment



A loving relationship between two people is mutual and consensual.

This means that both people in the relationship want to be in the relationship.

Forcing someone to marry is a crime. Unfortunately, this does sometimes happen, but there is support available to prevent and protect people from being forced into marriage.



If you have any worries or concerns about forced marriage, talk to your teacher or another trusted adult.

# Let's Talk About Sex



## What Is 'Sex'?

We may hear the words 'sex', 'sexy' and 'sexual' in every day life, especially in modern pop songs or in films, but what does it actually mean?



- The term 'sex' can refer to biological sex - whether someone is female or male.
- It can also refer to the physical activity in which people touch each other's bodies and cuddle and kiss each other, which may lead to sexual intercourse.

# Let's Talk About Sex



## Why Do People Have Sex?

Sexual intercourse, or 'sex' for short, is one way that two adults in a loving relationship may show their love for one another.

It is also the start of the reproduction process, when a couple want to make a baby.



# Let's Talk About Sex



## Sex and the Law

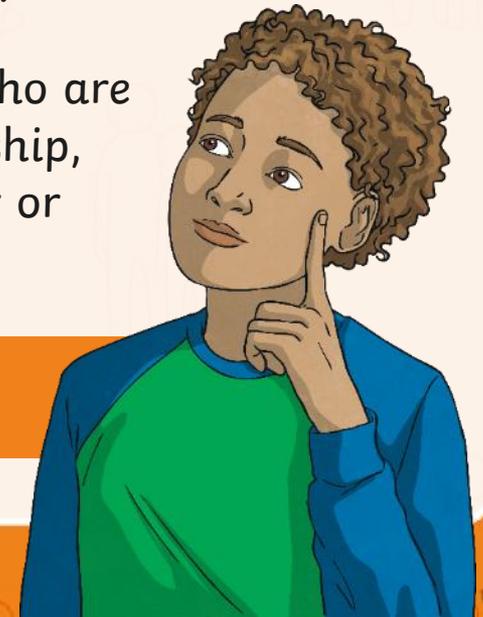
The legal age that people can have sex in the UK is 16 years old.

Both people in the sexual relationship must be 16 years old or over.

Both people must consent - this means that both people **want** to have sexual intercourse. If one person forces another person to have sex, it is called rape. Rape is against the law.

In most modern societies, it is illegal for two people who are closely related to each other to have a sexual relationship, such as having sex with a parent, child, brother, sister or grandparent. This crime is called incest.

**Why do you think these laws exist?**

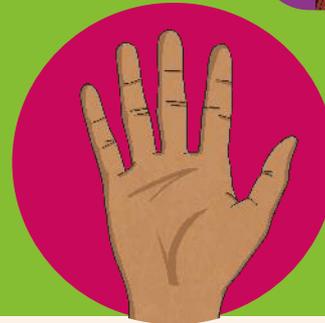


# Staying Safe and Healthy



Staying safe also refers to being in charge of what happens to your body. Your body is your own and no one else can touch it without your consent.

Some parts of our bodies are private, such as the genitals and the mouth. If someone ever tries to touch you in a place on your body that you are not comfortable with, or in a way that does not feel right, you must tell them to stop, say it is not appropriate and push them away. You should then tell a trusted adult straight away so that it doesn't happen again.



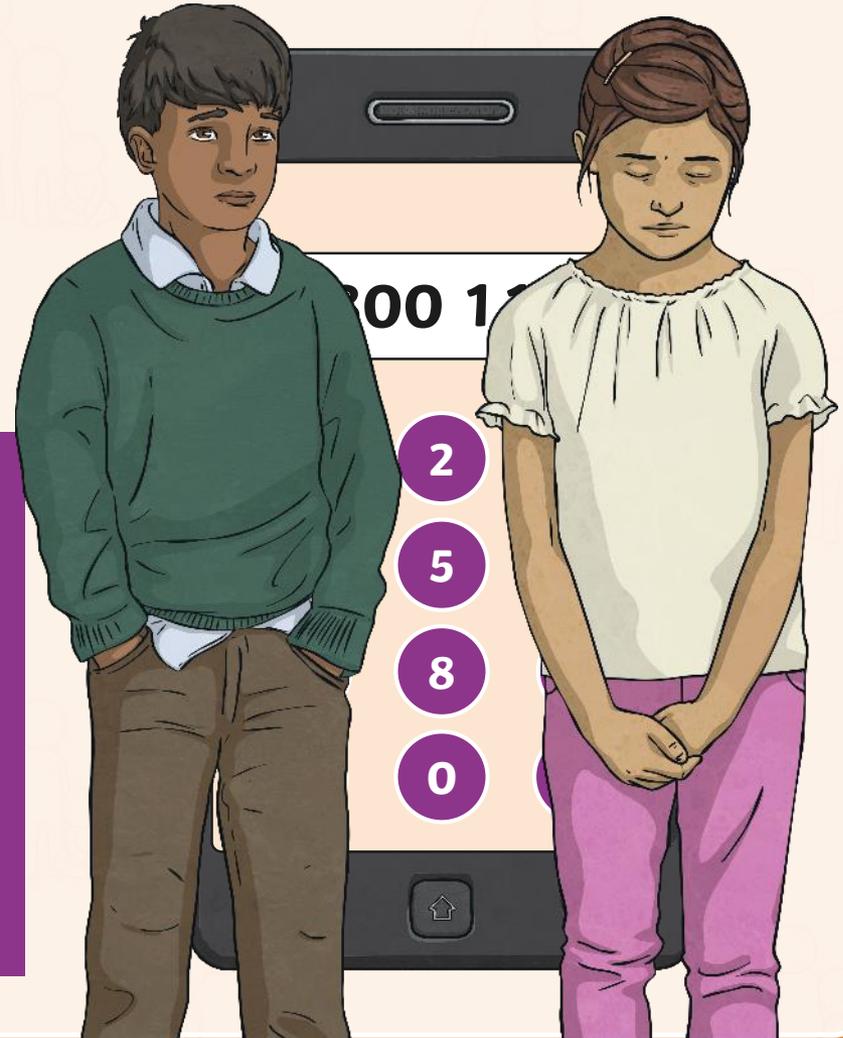
It's never your fault if somebody touches you in a way that makes you feel uncomfortable and it's very important that you tell someone so that they can help to keep you safe.

# Staying Safe and Healthy



It can be difficult to speak up sometimes when we don't feel safe or when someone has made us feel uncomfortable. Being brave enough to speak up takes a lot of courage but it's really important that we do, so that someone can help.

Some children phone Childline on **0800 111** when they need to talk about something that has happened. When children call this number, a person answers whom they can trust. They will then get the support and advice they need to report or deal with whatever has happened.



# Let's Talk About Sex



## Remember

- Both people must consent to sexual intercourse.
- Sexual intercourse is something many adults enjoy when they feel ready.
- The legal age to have sexual intercourse for
- If anything in a relationship ever makes you uncomfortable, you always have the right to say 'no' and stop.
- It's never OK to pressure or persuade someone to be close if they don't wish to be.
- Two consenting adults may have sex, but they both have the right



**Consolidating**



**Reflecting**



# Reflecting

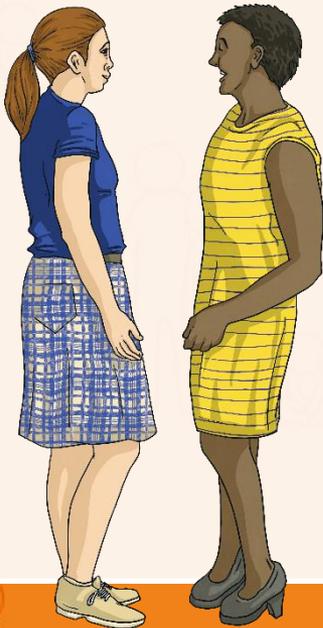
# What Is a Loving Relationship?



Reflect quietly on the following questions...

What do all the loving relationships we have seen today have in common?

**Why do some people want to be in a loving relationship?**



# **The Big Questions**



What is a loving relationship?

What kinds of loving relationships are there?



# Aim

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