

POSITIVE RELATIONSHIPS

INTRODUCTION

This academic year, the Department for Education has released new Relationships and Sex Education Guidance. The new curriculum must be taught from September 2020.

The guidance states that by the end of secondary school, students must know 'the characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships.' The guidance also states that 'Through gaining the knowledge of what a healthy relationship is like, they can be empowered to identify when relationships are unhealthy. They should be taught that unhealthy relationships can have a lasting, negative impact on mental wellbeing.'

This word-sorting activity encourages secondary school students to reflect on the positive and negative characteristics of relationships. The discussion prompts encourage students to consider the impact of unhealthy relationships and how to reach out for support if they experience this.

HOW TO RUN THE SESSION

1. Split the students into small groups and print out the selection of words for each group. Ask each group to cut out the individual words. Explain that these words could be used to describe positive or negative friendships and romantic relationships. Then, each group should glue the words under the correct heading (positive or negative relationships). Encourage them to discuss with their group if they are unsure about where to place any words.
2. Once they have finished dividing the words into categories – ask if anyone was unsure about any words.
3. Lead a discussion on relationships with the questions below as prompts.
 - Which of these words do you think is the most important positive characteristic of a relationship and why?
 - What should you do if you feel one of your relationships could be described with words in the unhealthy category?
 - What is the impact of unhealthy relationships?
 - How can you handle conflict in a healthy way in relationships?

REFERENCES_

[Relationships Education, Relationships and Sex Education \(RSE\) and Health Education Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers.](#)

MUTUAL RESPECT

ISOLATING

TRUTHFULNESS

JUDGEMENT

TRUSTWORTHINESS

DISHONESTY

CO-DEPENDENT

CARING

LOYALTY

LOVING

UNEQUAL

HUMOROUS

KINDNESS

JOYFUL

GENEROSITY

CRITICAL

TRUST

PROTECTIVE

SHARED INTERESTS

CONTROLLING

SUPPORTIVE

OPEN

HONESTY

CONSENTING

VOLATILE

EMPATHETIC

UNTRUSTWORTHY

NON-JUDGEMENTAL

DECEITFUL

ENCOURAGING

UNRELIABLE

TRUTHFUL

FULFILLING

RESTRICTING

HAPPY

LEVEL-HEADED

DEPENDABLE

PATIENT

ACCOUNTABILITY

JEALOUS

**ESTABLISHED
BOUNDARIES**

EMPOWERING

UNHEALTHY RELATIONSHIPS



POSITIVE RELATIONSHIPS



We're proud to be the only charity set up in memory of Diana, Princess of Wales, and her belief that young people have the power to change the world. It's a big mission but there are two things within it that we focus our charity's efforts on – young people and change.

Throughout all of our programmes and initiatives, 'change' for and by young people is central, including our anti-bullying work which encourages change in attitudes and behaviours.

We hope you found this resource useful and wish you all the best in your anti-bullying journey. If you would like to help us create more resources and train even more Anti-Bullying Ambassadors, you can make a £5 donation by texting CHANGE 5 to 70470 or visit diana-award.org.uk/donate

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