

Increasing pupils' understanding of what is meant by a positive, healthy and loving relationship is an important part of safeguarding their health and wellbeing. This lesson looks at different kinds of relationships, and the values, expectations and responsibilities within healthy, positive relationships. It also helps pupils to understand that relationships can change over time and explores some ways that changing relationships can be managed—ensuring behaviour is respectful, even when things do change.

Questions your child may ask after the lesson:

- How old were you when you first had a boyfriend/girlfriend?
- When did you first fall in love?
- Will I fall in love?
- Why are/aren't you married?
- Why did you get a divorce?
- What behaviours do you think a healthy relationship needs?
- What happens when people break up?



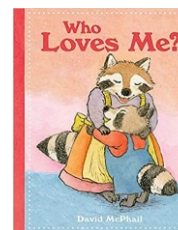
Resources for Parents:



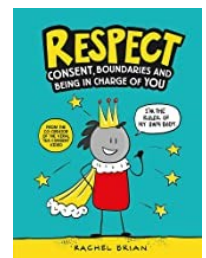
[Healthy Relationships](#)



[Talking with your child](#)



[Who Loves Me?](#)



[Respect: Consent, Boundaries and Being in Charge of YOU](#)



[Healthy Relationships VS Unhealthy Relationships](#)

[What Makes a Relationship Healthy?](#)