



YEAR 9

Relationships and Sex



Name: _____

Tutor Group: _____

School is not just about boosting your knowledge and getting good grades, it is also a chance for you to **learn new skills, develop as an individual** and get a **good understanding of the world around you.**

In your Personal Development lessons you will learn lots of **new skills and knowledge** which will help you in school, and get **involved in lots of different issues** which **will help you in life.**





Lesson 1—What makes a healthy relationship?



Examples of different types of stable relationships

Romantic relationships	Family based relationships	Social and personal relationships

What's the difference between a marriage and civil partnership?

Marriage	Civil Partnership

What makes a healthy / unhealthy relationship?

Healthy	Unhealthy

Scenario cards - How do you end a relationship or friendship with kindness?

Card 1: Growing Apart (Friendship)

Person A:

You and your friend used to be very close, but your interests are now very different. You no longer enjoy spending time together.

Person B:

You still value the friendship and don't understand why things feel different.

Challenge: End the friendship kindly without blaming.

Card 2: One-Sided Effort

Person A:

You feel like you are always the one making the effort (texting first, making plans).

Person B:

You hadn't noticed this and feel surprised when it's mentioned.

Challenge: Explain your feelings honestly using "I" statements.

Card 3: Romantic Relationship – Different Goals

Person A:

You want to focus on your future/education, but your partner wants to spend all their time together.

Person B:

You feel happy in the relationship and don't want it to end.

Challenge: Be clear about your needs without hurting the other person.

Card 4: Toxic Behaviour (Friendship)

Person A:

Your friend often puts you down or makes negative comments about you.

Person B:

You think you're joking and don't see a problem.

Challenge: Set a boundary respectfully and end the friendship.

Card 5: Loss of Trust

Person A:

Your partner/friend shared something private about you with others.

Person B:

You regret what happened but want to fix things.

Challenge: End things clearly while acknowledging the past.

Card 6: Feeling Drained

Person A:

After spending time with this person, you feel stressed or exhausted.

Person B:

You rely on Person A a lot and don't realise it's overwhelming.

Challenge: Explain your need for space kindly.

Card 7: Moving On (Natural Ending)

Person A:

You are moving schools/areas and feel the friendship will naturally end.

Person B:

You want to stay close and keep things the same.

Challenge: Show appreciation but set realistic expectations.

Card 8: Wanting Independence (Romantic)

Person A:

You want to be single and focus on yourself.

Person B:

You are very emotionally invested in the relationship.

Challenge: Stay firm but compassionate.

Card 9: Constant Arguments

Person A:

You and this person argue a lot and it's affecting your wellbeing.

Person B:

You think arguments are normal and don't want to end things.

Challenge: Explain why the relationship is unhealthy for you.

Card 10: Peer Pressure Friendship

Person A:

Your friend pressures you to do things you're uncomfortable with.

Person B:

You think you're just having fun and don't see an issue.

Challenge: End the friendship while standing up for your values.



Where to find out more information or gain support and help outside of school?



Relationships and Consent

Brook

<https://www.brook.org.uk>

→ Clear, youth-friendly information about relationships, consent, and sexual health.

NSPCC (Healthy Relationships and Consent)

<https://www.nspcc.org.uk>

→ Helps pupils understand boundaries, respect, and staying safe.

Childline

<https://www.childline.org.uk>

→ Confidential advice about relationships, peer pressure, and consent.

Same-Sex Relationships

Stonewall (Young People Resources)

<https://www.stonewall.org.uk>

→ Supports understanding of LGBTQ+ relationships, respect, and equality.

The Proud Trust

<https://www.theproudtrust.org>

→ Youth-focused support and information about identities and relationships.

Body Image and Wellbeing

Young Minds

<https://www.youngminds.org.uk>

→ Links mental health with self-esteem, body image, and confidence.

NHS (Body Image & Growing Up)

<https://www.nhs.uk/live-well/healthy-body/>

→ Reliable advice on body changes and healthy self-image.

Contraception and Sexual Health

NHS (Contraception Guide)

<https://www.nhs.uk/conditions/contraception/>

→ Explains different methods of contraception in a clear, factual way.

Sexwise (NHS sexual health resource)

<https://www.sexwise.org.uk>

→ Covers relationships, contraception, and healthy choices.

STIs and Health Information

Terrence Higgins Trust

<https://www.tht.org.uk>

→ Provides accessible information about STIs, prevention, and testing.

