

**Unit Aims:** To appreciate the range of feelings involved in relationships

**Lesson duration:** 1 hour

**Organisation:** Mixed Sex

**Resources required:** ✓ *Love statements*  
 ✓ *Love scenarios*

**Intended Learning Outcomes:**

- Examine different stages of relationships and the feelings associated with each
- Recognise the need for trust and respect in a relationship
- Learn how to manage changing relationships
- Reflect on the effect of one person’s behaviour on another’s feelings

<b>Introduction:</b>	<b>Time</b>	<b>Grouping</b>
<p><b>1. Establish/Recap Ground Rules</b>            In a circle, go through the ground rules that you have set for these lessons. Ensure you explain - don't ask personal questions, confidentiality and the right to pass.</p>	<b>5 mins</b>	<b>Whole Group</b>
<p><b>2. Introduce the topic What is Love?</b>            Give individual students the <i>Love Statements</i> resource sheet to fill in.            Take feedback on all, or some of the questions, choosing the ones that will generate the most discussion.</p>	<b>20 mins</b>	<b>Small Groups</b>
<p><b>3. Feelings Brainstorm</b>            Divide the class into 6 groups, give each group a piece of flipchart paper with a statement on:</p> <ol style="list-style-type: none"> <li>1. Flirting</li> <li>2. Falling in love</li> <li>3. First sex</li> <li>4. Staying in love</li> <li>5. Breaking up</li> <li>6. Liking someone who doesn't like you.</li> </ol> <p>Each group writes on the flipchart paper all the feelings associated with that statement. Pass the papers around from group to group.</p> <p>Take feedback from all the groups on each of the flipcharts:</p> <ul style="list-style-type: none"> <li>• What sort of feelings have emerged?</li> <li>• Were there any surprises?</li> </ul>	<b>15 mins</b>	<b>6 Groups</b>

<p><b>4. Love Scenarios Role</b>  Give each group one of the <i>Love Scenarios</i>.  Ask students to discuss the scenarios using the discussion questions below the scenario.  (Allow students to choose the gender and/or the sexuality of the characters in the scenarios).  Take feedback from each of the groups.</p>	<p><b>15 mins</b></p>	<p><b>6 Groups</b></p>
<p><b>5. Review &amp; Closing Activity (plenary):</b>  Ask students if there are any feelings they would like to add to the flipcharts following the discussion.</p>	<p><b>5 mins</b></p>	<p><b>Whole Groups</b></p>