

- Unit Aims:**
- To raise awareness of types of violence and abusive behaviours which may occur in relationships.
  - To identify different types of abusive relationships.
  - To focus on how young people are exploited through the grooming process.
- Lesson duration:** 1 hour
- Organisation:** Mixed Sex
- Resources required:**
- ✓ *Domestic Abuse Definition*
  - ✓ *Card Sort Activity*
  - ✓ *Card Sort Activity Answers*
  - ✓ *Internet Access for Disrespect Nobody Video Clip*
  - ✓ *Disrespect Nobody Sarah's Story Link*

**Intended Learning Outcomes:**

- Identify what domestic abuse is
- Identify how young people are groomed and abused within relationships
- Know where to access help and support

<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. Abusive/Healthy Relationships</b>                      Discuss as a whole group the definition of abuse using the <i>Domestic Abuse Definition</i>. Also discuss the different forms of abuse.</p>	<b>15 mins</b>	<b>Whole Group</b>
<p><b>3. Relationships Card Sort Activity</b>                      Give each group a set of cards from the <i>Card Sort Activity</i> resource.                      The cards include three categories:</p> <ul style="list-style-type: none"> <li>• Healthy relationships</li> <li>• Abusive relationships</li> <li>• Depends</li> </ul> <p>Cards have examples of behaviours on them. Ask the students to discuss in their groups whether or not the behaviour is a characteristic of a healthy relationship, an abusive relationship, or whether sometimes it might depend on the circumstances.</p>	<b>25 mins</b>	<b>Small Groups</b>

<p>Place the cards next to the relevant category.</p> <p>Take feedback from the groups using the <i>Card Sort Activity Answers</i>.</p> <p><b>4. Disrespect Nobody (Relationship Abuse)</b>          Watch clip <a href="https://youtu.be/V9GjphelMro">https://youtu.be/V9GjphelMro</a>          Ask pupils to turn to a partner to discuss the messages in the video clip. Feedback key messages to the whole group.</p> <p><b>5. Sarah's Story</b>          Read Sarah's Story from the link below or the <i>Sarah's Story</i> resource.  <a href="https://www.disrespectnobody.co.uk/real-stories/sarahs-story/">https://www.disrespectnobody.co.uk/real-stories/sarahs-story/</a></p> <p><b>6. Signposting</b>          Signpost pupils to support services should a friend or themselves feel they were in an abusive relationship.</p>	<p><b>10 mins</b></p> <p><b>10 mins</b></p> <p><b>5 mins</b></p>	<p><b>Whole Group</b></p> <p><b>Whole Group</b></p> <p><b>Whole Group</b></p>
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