



Types of Relationships

LEARNING OUTCOMES

Knowledge, Skills
& Actions



To understand different
relationship types

To evaluate the positives and
negatives of different types of
relationships

To evaluate your own ideas
about relationships and be
able to communicate your
needs and wants

NEW VOCABULARY

Monogamy, Non-Monogamy,
Consent, Fidelity



STARTER ACTIVITY

What kinds of relationships have you heard of?

(Consensual or not)

Can you write definitions for them?

What is a monogamous relationship?



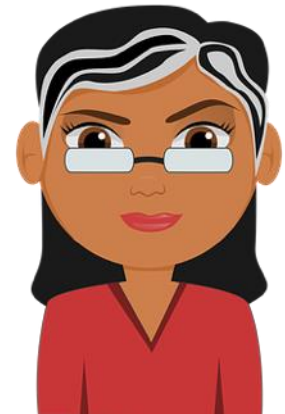
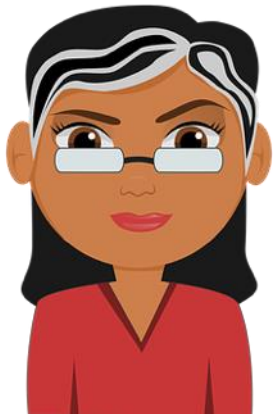
3 Minutes



**** Teacher Note****



*** Complexity Alert. There are a lot of complex nuances in this lesson. Be familiar with it before you teach it. Have a read through the resources and get to grips with some of the terms. If you find this topic uncomfortable to teach you may decide to leave it until later in the academic year or have your Head of Department teach it***



TEACHER SLIDE

GROUND

! RULES !

Be open and honest
No Personal Comments
Discussions must be about
'general situations'



Be Respectful

Listen & don't interrupt others
Only 1 person talking at a time
Use the agreed appropriate
Language (Avoid slang terms)



Don't Make Assumptions
about people's values,
attitudes, behaviours, life
experiences or feelings

PSHE CLASSROOM **RULES**

DEALING WITH SENSITIVE TOPICS

You don't have to say
things about yourself if
you don't want to

Be Non-Judgemental
No put-downs. Challenge
the opinion, not the
person

SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART

It's OK to be embarrassed
by a topic but don't show
that you are embarrassed
through silliness



There are **no stupid questions**
It's OK to get things wrong



Conversations on sensitive
topics stay in the
classroom unless it is a
safeguarding issue

Enjoy the lesson, challenge your perceptions and understand how to seek further advice and support








Types of Relationships

ASSESSMENT FOR LEARNING

BASELINE CONFIDENCE CHECKER




BEFORE THE LESSON	NOT CONFIDENT		CONFIDENT				VERY CONFIDENT			
	1 	2	3 	4	5 	6	7 	8	9 	10
Knowledge, Skills & Actions										
I understand different types of relationships										
I can consider the factors a relationship is built on										
I can evaluate the positives and negatives of different types of relationships										



Complete a baseline assessment of where you think you are at for this lesson
(Discuss or complete sheet)

2 Minutes




 I'm not confident at all on this topic

 A little confident

 Confident

 Very Confident

 I am super confident on this topic

SORTING ACTIVITY

Match up each of the key words

Monogamy

A mutual agreement between all parties involved to engage in sexual activity. It is an active, clear, and voluntary agreement that must be given freely and enthusiastically.

A

Non-Monogamy

Refers to relationship models that allow for multiple romantic and/or sexual partners, with the knowledge and consent of all parties involved.

B

Consent

Refers to being faithful to one's partner and remaining loyal and devoted in a relationship, typically referring to sexual and emotional exclusivity.

C

Fidelity

Refers to a relationship model in which two people are committed to each other sexually and romantically, excluding all others.

D

Task:

Match up the key words to the correct definitions

**TASK
OR
CHALLENGE**

Challenge –

Explain how each key word interlinks with the other keywords listed

How are relationships built?

All types of relationships are built on similar foundations.

These include;

- Trust
- Respect
- Healthy Boundaries
- Mutual Interests

Did you know?

The UK dating app market contributes around £11.7 billion to the UK economy.

Discuss

In partners, discuss a healthy relationship that you have that you think encompasses all four of these foundations.

Definition - [\[Click to Reveal\]](#)

Trust

Definition - [\[Click to Reveal\]](#)

Respect

Definition - [\[Click to Reveal\]](#)

Healthy Boundaries

Definition - [\[Click to Reveal\]](#)

Mutual Interests



RELATIONSHIP DIVERSITY

Relationships can come in many forms and can vary greatly based on personal preferences, cultural norms, and individual circumstances. Some common relationship types include monogamy, non-monogamy, and polyamory. Monogamous relationships involve two people who are committed to each other sexually and romantically, excluding all others. This model is often the most traditional and widely recognised relationship type, but it may not work for everyone.

Non-monogamous relationships, on the other hand, allow for multiple romantic and/or sexual partners with the knowledge and consent of all parties involved. This relationship type can include various models such as open relationships, polyamory, and swinging. Open relationships allow for sexual experiences outside of the primary relationship but may place restrictions on emotional involvement with others.

Polyamorous relationships involve multiple partners who are all aware of and involved with each other, with the goal of building intimate relationships with multiple people. Swinging typically refers to couples who engage in sexual activity with others together but with less emphasis on emotional involvement.

Relationship diversity also includes a spectrum of other relationships, such as same-sex relationships, and relationships where one or more individuals identify as gender non-conforming or transgender. Relationships can also vary based on power dynamics, such as those found in BDSM (Bondage, Discipline, Sadism, and Masochism) communities.

Ultimately, the diversity of relationships reflects the unique needs and desires of each individual and what works for one person may not work for another. It is important to respect the choices and boundaries of others and to engage in open and honest communication about what works best for each individual in a relationship.

Task

- What is a relationship?
- List the different types of relationships that exist.
- Is there such a thing as a normal relationship?
- Why is trust important in a relationship?

Where will you fit on each continuum line?

Relationships / Love

Monoamory

One close relationship

Polyamory

Many close relationships

Sex

Monosex

No sexual /physical contact outside the relationship

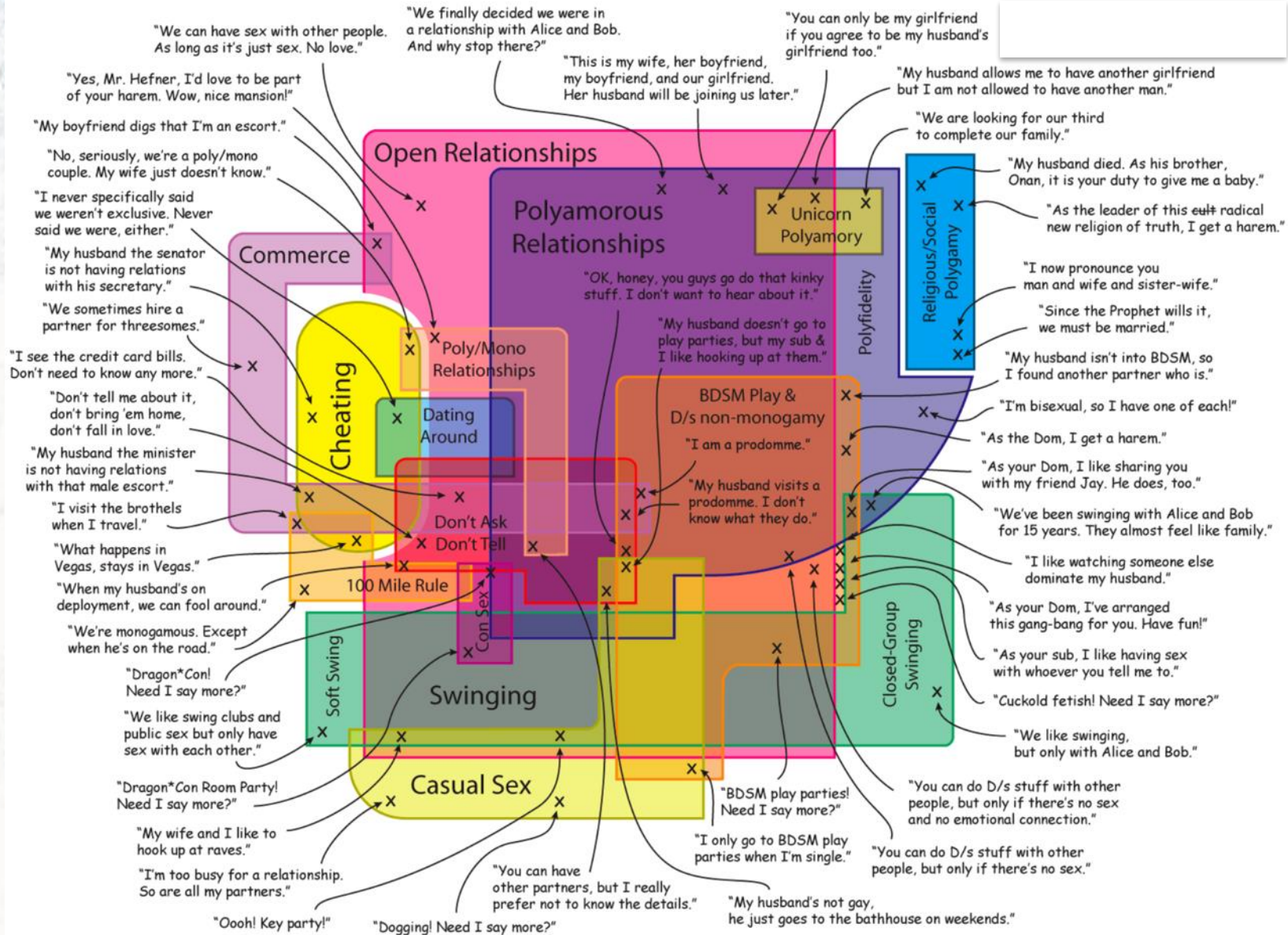
Polysex

Multiple sexual encounters

Task

- Give an example of when sex and love are not tied together?

Different non-monogamous relationships that exist around the world



What Do You Think?



“Cheating doesn’t mean having sex with somebody else. Cheating means breaking the rules.”

Talking Points



- I think that ...
- I don't think... is right because...
- My opinion is...
- I would argue the same because...
- I disagree with... because...
- Building on what... said. I think...
- An alternate way of looking at this is...
- I sort of agree, however...
- I would challenge what.. said because ...

Do you agree or disagree? Why?

Can you add to the statement?

Do you have a question about the statement?

Would you like to challenge what is being said?

Do you have an alternative idea?



How do you know if a relationship is positive?

There are two things to look for in relationships... Red flags and Green flags! Red flags are how you can tell that a relationship is not positive or healthy.



1. You feel comfortable.
2. The other person listens to you.
3. The relationship moves at a comfortable pace.
4. They are kind to you (and others!)
5. You can have other friends and relationships.



1. Controlling behaviour.
2. Lack of trust.
3. Physical, mental or emotional abuse.
4. Anger management issues.
5. Unable to communicate.

If there are too many red flags in your relationship, whether it's a friendship or romantic relationship, it could have a negative impact on your mental wellbeing.

Building relationships is about more than understanding others; it's making people feel understood.

- Tanveer Naseer



Open Relationships



What life is like when you're in a polyamorous relationship

Task:

What are some of the issues faces by people in non-monogamous relationships?

What are some of the positives/negatives of non-monogamy?



PLAY VIDEO

or



PLAY VIDEO



6 Minutes



What facts do I know? What else do I need to know? What do I want to know?

How do I feel about this? What don't I like about this? What do I like about this?

Can something be done? New ideas? What are the solutions/suggestions?

What thinking is needed? Next steps? Where are we now?

What is wrong? Is it safe? Can it be done?

INFORMATION

FEELINGS

CREATIVITY

THINKING

JUDGEMENT

What Do You Think?



“I don’t agree with non-monogamous relationships. They shouldn’t be allowed or tolerated.”

Talking Points



- I think that ...
- I don’t think... is right because...
- My opinion is...
- I would argue the same because...
- I disagree with... because...
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- I sort of agree, however....
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Questions: My ideal relationship/s

1. Are love and sex linked or separate for you in a relationship?
2. How emotionally close do you want to be with others?
3. How sexual/touchy-feely do you want to be with others?
4. How much time do you want to share (how many shared interests etc.)?
5. How much space do you want to share? (e.g. living together)
6. How hierarchical do you want relationships? (Are they equal / are some more important than others?)
7. How flexible do you want the relationship to be – can it change over time / in different circumstances?
8. Can you use the diagrams shared earlier in the lesson to define the type/s of relationship you'd like.

All types of relationships are built on similar foundations. These include;

- Trust
- Respect
- Healthy boundaries
- Mutual interests

Task

Think about how you might answer some of these questions now and in the future.
Do you think your answers may change?

My relationship values

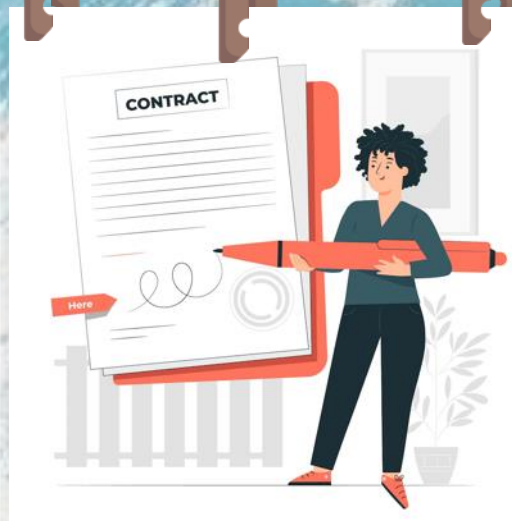
Relationships / Love

Monoamory

One close relationship

Polyamory

Many close relationships



All types of relationships are built on similar foundations. These include;

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- Respect
- Healthy boundaries
- Mutual interests

Task

Write a contract for a relationship you are in/the relationship you would like to have in the future. Think about the boundaries you would like to set out.








REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT FOR LEARNING

CONFIDENCE CHECKER



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3 Minutes



Complete the confidence checker of where you think you are at for this lesson

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I'm not confident at all on this topic



A little confident



Confident



Very Confident



I am super confident on this topic

HOMWORK SUGGESTION

Homework Explained

Task: Argue the case for/against non-monogamous relationships.

Or

Challenge: Write a script where a couple negotiates the boundaries/rules of their non-monogamous relationship.



DUE DATE

It must be submitted by..

Hand / Google
Classroom





IMPORTANT INFORMATION



2 Minutes



FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT
WE WOULD ADVISE ONE OF THE BELOW:

SPEAK TO YOUR PARENTS/GUARDIANS, HEAD OF YEAR,
A TRUSTED ADULT OR FRIEND.

IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW.
IT IS IMPORTANT TO SPEAK UP AND TELL SOMEONE!

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- <https://positivepsychology.com/great-self-care-setting-healthy-boundaries/> - More tips of setting healthy boundaries
- <https://psychcentral.com/lib/10-way-to-build-and-preserve-better-boundaries> - 10 Ways to Build and Preserve Better Boundaries
- <https://learning.nspcc.org.uk/child-protection-system/children-the-law> - Children and the law

RELATIONSHIPS
& SEX EDUCATION

SEEKING SUPPORT

REFLECTION PLENARY



A problem I overcame today was...

**Before I only knew...
now I also know...**

**The key words for this lesson
were...**

I'm really proud of the way I have...

Today I have tried to...

**The most important thing I have
learnt today is...**

I used to feel ... but I now feel ...

**Before I would have done...
Now I will ...**

Next lesson I would like to...

**A question I would like to ask
is...**

**I would like to learn more
about...**

**I know if I need further support
or help, I could speak to... or
contact...**

**I now know I can support others
by...**

**One thing I didn't realise was...
this will help me to...**

2 Minutes

