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Exemplar PSHE / Relationships Education Lesson Summary
Unit: Healthy Relationships
Lesson: Healthy and Unhealthy Relationships
Phase: Secondary
Developmental Stage: Formal

What will learners learn?
Learners will:

- Recognise characteristics of healthy relationships
- Understand the importance of respect and consent
- Identify behaviours that may make someone feel unsafe or uncomfortable
- Know how to seek help if worried about a relationship

Key Vocabulary

- Respect
- Consent
- Trust
- Healthy relationship
- Boundary
- Choice

Learning activities

- Sorting healthy and unhealthy relationship behaviours
- Discussion of scenarios
- Exploring different types of relationships
- Practising giving and refusing consent in everyday situations
- Identifying trusted adults and sources of support

What might learners communicate after this lesson?

- "A healthy relationship feels safe"
- "I can say no"
- "People should respect my choices"
- "I know where to get help"

Why is this lesson important?
This learning helps prepare learners for friendships, community life and future adult relationships while supporting personal safety.