**Lesson 6: Asking permission**

**Permission:** Being allowed to do something

**Another word for permission:** Consent

**Feelings someone might feel if they’d sought permission and it hasn’t been given:** Awkwardness, embarrassment, vulnerability

**Some strategies for dealing with situations in which permission hasn’t been given:** Tell a joke, talk about shared interests.

**‘Shipping’:** Friends try and force two people together. Often this can cause real discomfort for the two people involved, and if they did have feelings for each other, it can make it too difficult for them to be together.

**Lesson 5: Fancying someone**

**Fancying someone:** When a person finds another person attractive and wants to be with them

**Chemistry**: A spark between two people that makes them find each other attractive

**Signs of chemistry between people:** Go red and blush, feeling giddy, lighting up, smiling, wanting to be close, physical contact, same sense of humour etc.

**Helpful things to do if you fancy someone:** Smile at them, talk to them, ask them if they want to go out (a walk or a drink) etc

**Unhelpful things to do if you fancy someone:** Take things off them to get their attention, hit them in a ‘jokey’ way, ‘ship’ them in any way, forcing them to be with someone.

**Some helpful/unhelping things to do if you fancy someone:** Get your friends to talk to them for you, message them.

**Lesson 4: Challenging media stereotypes**

**Stereotype:** A widely held but fixed and oversimplified image or idea of a particular person or group of people.

**Romance:** Feeling love for or strong attraction towards someone and expressing these feelings.

**Media stereotypes:** Stereotypes reinforced or widely broadcasted through different forms of media.

**How to challenge:** Remind ourselves that relationships move at our own pace, so there is no need to take on board media stereotypes about romantic relationships.

**Lesson 2: Healthy relationships**

**Relationship:** The way in which two or more people, or groups of people, regard and behave towards each other.

**Importance of healthy relationships:** They bring happiness to people, create a safe space, help stop loneliness, show love to people, helps reduce worry and concern.

**Signs of healthy relationships:** Mutual respect, having a laugh, trust, enjoying being around someone, honesty, making effort with one another, supportiveness.

**Different types of relationships:** Family, romantic, professional and friendship.

**Lesson 3: Unhealthy relationships**

**Signs of an unhealthy friendship:** Negatively talking behind someone’s back, jealous, controlling, untrustworthy, singling out, picking arguments, physical/verbal abuse.

**Unhealthy romantic relationships:** Similar to friendships, just with added pressure to do things you may not want to, control, and people may find it harder to cut off a romantic partner than a friendship.

**Unhealthy family relationships:** being overly critical to one another, having a lack of quality communication, a lack of boundaries within the home, verbal abuse such as name calling and shouting etc, and sometimes even physical abuse.

**TOPIC 5: Relationships**

**Lesson 1: Self-worth**

**Self-worth:** The internal sense of being good enough, worthy of love or friendship and belonging from others.

**Factors affecting self-worth:** Academic achievement, feedback from friends and family, home environment, personality traits, social status, feelings of competency, life experiences, physical appearance.

**How to manage these factors:** Reminding yourself life experience doesn’t define worth, that everyone is worthy of love, there is no such thing as a ‘bad’ or ‘negative’ personality or physical trait.