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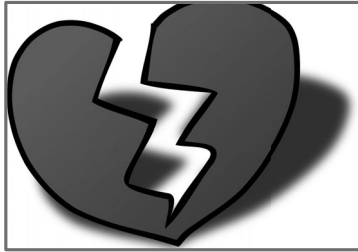
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Managing relationship conflict and breakups

KS4 Year 10 Lesson 4

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Learning objective

- We are learning how to identify and manage appropriate and inappropriate conflict behaviours and to manage breakups respectfully and safely

Learning outcomes

- I can evaluate the acceptability of a range of relationship behaviours and identify when a relationship may be unsafe
- I can differentiate between healthy and unhealthy behaviours when managing conflict in relationships
- I can suggest effective ways to respond to inappropriate conflict behaviours
- I can explain ways to manage breakups respectfully and safely, demonstrating awareness of the intense emotions which can be involved

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Conflict language

Click only appropriate language while avoiding inappropriate statements. Can you find all six appropriate examples?

If you really loved me you would do this for me...

I get what you're saying but when that happened I felt...

I really like you but something's really bothering me so can we talk about it?

You're overreacting—grow up!

I'm sorry I made you feel that way. Let me explain things from my point of view...

Oops!



I'm sorry. How can I make this better?

I hadn't thought of it like that before...

I promise I'll never do it again, as long as you don't upset me like that again...

It's easy to find someone else, so stop nagging me or we're through!

Whoa—that didn't feel right. Let's talk about it.

Conflict scenarios

Decide which scenarios show healthy and unhealthy relationship behaviours.



Next, use the scenarios to create two lists:

Features of constructive conflict conversations

Features of less constructive conflict conversations

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Jocinda and Kai

Jocinda really loves Kai – they’ve been together for nearly six months. They met at work and have just started sharing a flat. But Jocinda gets really upset when Kai makes jokes about their relationship when they hang out with friends.

Last night it happened again and Kai didn’t even seem to notice how hurt she was. She knows Kai doesn’t really mean anything by it – people are always saying things like that in relationships on TV - but it makes her feel embarrassed.

What might Kai’s reasons for making jokes be?

Is this acceptable or not? Why?

What could Jocinda say to resolve things without damaging the relationship?

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What if..?

Kai laughs at Jocinda, says she is being paranoid, then refuses to talk anymore and goes out. When Kai comes home, it’s as if they never had any discussion at all - the whole thing seems forgotten.

How could Jocinda safely respond?

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What if..?

Kai tells Jocinda they make fun of their relationship because it’s a bad relationship. Kai lists all Jocinda’s ‘flaws’ and tells her she’s lucky to have Kai as no-one else would have her. Jocinda is left in tears while Kai stays at a friend’s that night. In the morning, Kai comes home with a bunch of flowers and apologises for everything.

How could Jocinda safely respond?

What if..?

Kai gets very angry and raises a fist as though to hit Jocinda but doesn’t. Kai tells Jocinda not to get them all riled up in the future then storms off.

How could Jocinda safely respond?

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What if..?

Kai cries, says nothing like that will ever happen again, and begs Jocinda on hands and knees not to leave. Kai says 'I'd never cope without you. It's you and me forever now'. At first Jocinda thought this was sweet but she's left feeling uncomfortable by Kai's overreaction. She can't put her finger on why exactly...

How could Jocinda safely respond?

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What if..?

Kai apologises to Jocinda and they agree to do things differently in future. Kai appears to be sticking with this agreement but accidentally makes a joke at a barbeque with friends. Kai instantly takes it back and makes sure his friends know he was only joking. He then takes Jocinda aside and apologises. Nothing similar has happened since.

How could Jocinda safely respond?

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Managing breakups

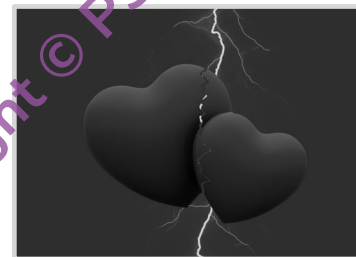
Complete the grid, noting down as many potential reactions as you can think of.

Thoughts and feelings of person breaking up with a partner	Thoughts and feelings of the person being broken up with
Ways to manage a breakup positively	Behaviours which suggest the need for support to manage the breakup

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Top tips

Create **five top tips** to help people assess whether a relationship behaviour is appropriate, and to manage conflict in relationships.



E.g. 'Conversations should show respect for another person's feelings.'

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Signposting support

If you would like further guidance or support, speak to:

- a parent/carer, tutor, head of year
- school nurse/counsellor or other trusted member of staff in the school

- **Domestic Abuse Support in Medway:** www.domesticabuseservices.org.uk
- **Childline:** www.childline.org.uk 0800 1111
- **Refuge:** www.refuge.org.uk
- **Women's Aid:** www.womensaid.org.uk
- **Mankind:** www.mankind.org.uk
- **Domestic abuse helpline:** 0808 2000 247



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More activities

Create a 60 second news report for TV or radio about managing conflict in relationships.

Highlight the key points from today's lesson and tips for managing conflict.



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