

# Relationships and Emotions

Identify the emotions involved in relationships

Discuss the importance and effect of different emotions in relationships



# Which Emotions are Involved in Relationships?

- In pairs, think and write down as many emotions as you can which are involved in relationships.

# Relationships and Emotions

1. What factors / emotions are part of a good / healthy relationship and why?

Challenge question: "It is easy to confuse emotions? For example - love and lust".  
Do you agree? Explain your answer

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  1. Finding out a friend has told a secret of yours to everyone
  2. Your parents have said you can't go out with friends
  3. Your boy/girl friend seems less keen than before

# “healthy” relationships

- We have explored which emotions are a sign of healthy relationships, but this can be difficult to unpick depending on your own experiences
- <https://www.youtube.com/watch?v=tyJJ9aSJICM>
- Explain some examples from the video
- Write some notes about how the YAC work?

# Teenage relationships

- We know that teenagers are sometimes emotional because of all the chemical changes going on due to puberty
- This can make it especially hard if you are trying to manage your own confusing emotions, as well as the feelings of someone else as part of a relationship
- From watching the video, what do you need to remember when in a teenage relationship?
- <https://www.youtube.com/watch?v=hiduiTq1ei8>

# Peer Pressure

- Q - What is peer pressure?
- A - The strong influence of a group on members of that group to behave as everyone else does.
- Q - How can peer pressure relate to relationships?
- Q - How can assertiveness help to overcome peer pressure?

# Relationships and Emotions

- Write a play / script involving at least 2 characters and a relationship. Include:
  - A range of different emotions involved in a relationship
  - How these emotions fit into a relationship
  - The effect of these emotions on the people in the relationship
  - Whether each emotion is healthy or unhealthy in a relationship and why