

# RELATIONSHIPS & SEX EDUCATION

## MODULE A

### Families

#### O6 – Dealing with unhappy family relationships

Year 5

Autumn Term: Lesson 1



# Lesson Overview

## Lesson 1: Dealing with unhappy family relationships

Engage  
&  
Activate

Whole Class & Group Activities

Family relationships



20 minutes

Explore  
&  
Explain

Whole Class & Paired Activities

Unhappy families



20 minutes

Elaborate  
&  
Reflect

Paired & Whole Class Activities

Strategies for happy families



15 minutes

Evaluate  
&  
Review

Whole Class Activity

Review learning



5 minutes

# Lesson Plan

## Lesson 1: Dealing with unhappy family relationships

Aim

Dealing with unhappy family relationships

Lesson Objectives

In this lesson pupils will:

**Identify** common characteristics of happy families

**Explore** how family relationships can become unhappy

**Consider** strategies for rebuilding happy families

Learning Outcomes

By the end of this lesson pupils will have:

**Reviewed** signs that make family relationships unhappy

**Identified** the factors that cause families to become unhappy

**Evaluated** strategies to rebuild relationships to form happy families

Key Vocabulary

cohesion

dynamics

kin

well-being

Resources



Resource sheets



Pens / Pencils



A3 Paper



Highlighters

# Lesson Plan

Engage  
&  
Activate

## Lesson 1: Dealing with unhappy family relationships

Whole Class & Group Activities

Family relationships

**Inform** pupils that in this lesson we will be **looking** at common signs of happy and unhappy families, the factors which may cause family relationships to be unhappy and some strategies we can use to rebuild these relationships.

**Introduce** learning objectives and learning outcomes.

**Discuss** key vocabulary and **share** definitions.

**Preparation: Photocopy Resource 1a** on A3 paper. **Give one** copy per group.

**Ask** pupils: Why are families special and an important part of our lives?

**Take** feedback.

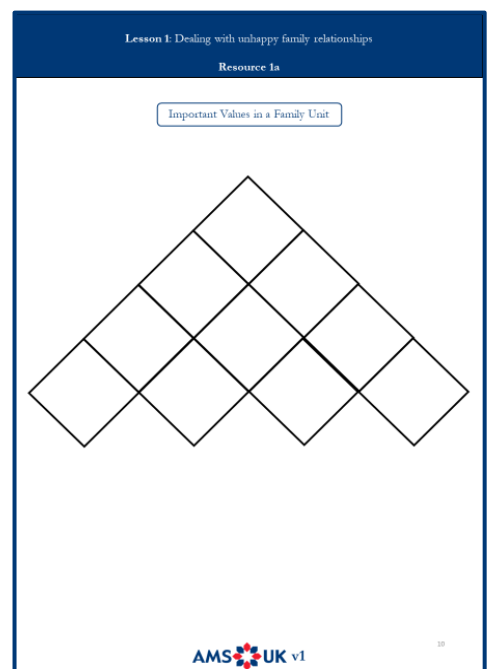
**Ask** pupils: What do you understand by the word 'values'?  
Can you give some examples?

**Explain** that values are basic beliefs that guide our attitudes or actions. They help us determine what is important to us.. They provide general guidelines for our conduct.

**Introduce Resource 1a:** Important Values in a Family Unit.

**Ask** pupils to firstly, **discuss** in their group, important values a happy family unit may demonstrate, e.g. **care**, **compassion** and **security** and then to **place** these in order of importance on the grid on **Resource 1a**.

**Take** feedback from each group.



# Lesson Plan

Engage  
&  
Activate

## Lesson 1: Dealing with unhappy family relationships

Whole Class & Group Activities

Family relationships

**Ask** pupils: Why are these values important in making family relationships happy ones? Are there any values that have not been mentioned?


**Read Resource 1b** as a class and **compare** and **discuss** group responses with the common values listed in **Resource 1b**.

Lesson 1: Dealing with unhappy family relationships

Resource 1b

Common values seen in happy families

1. Acceptance – of the ideas and opinions of others
2. Compassion – understanding and helping with the troubles and issues of others
3. Collaboration – helping others and working together as a team
4. Courage – willing to make difficult decisions and tasks to benefit others
5. Equality – believing that all members in the family have rights and deserve respect
6. Fairness – being fair and just with others in all family matters
7. Generosity – giving the help, time and materials to help others
8. Gratefulness – appreciating others for the help and support they have given
9. Honesty – being truthful at all times
10. Integrity – abiding by the family's morals and principles
11. Kindness – being warm and nice in behaviour with others
12. Patience – staying calm even when others annoy or hassle you
13. Perseverance – persisting with a belief or a course of action
14. Respect – showing consideration of other's role in the family
15. Responsibility – being reliable and trustworthy to complete obligations
16. Self-control – staying in control of words and action
17. Tolerance – having an open mind to others' differing opinions and views

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### Key vocabulary

- cohesion** in families, this relates to situations where family members are united
- dynamics** these are the patterns of behaviour, interactions and relationships that happen between family members
- kin** one's family and relations
- well-being** the state of being comfortable, healthy or happy

# Lesson Plan

Explore  
&  
Explain

## Lesson 1: Dealing with unhappy family relationships

Whole Class & Paired Activities

Unhappy families

**Explain** that Islam places great emphasis on happy family relationships.

**Read** the hadith to the class:

The Messenger of Allah ﷺ said:

‘He who believes in Allah and the Last Day, let him maintain good relations with his kin.’

Bukhari and Muslim

**Explain** that the believers always try their best to keep good relations with their family members even if some family members do not want to keep good relations with them.

**Ask** pupils: Is everyone in a family always happy and do they always get on well together?

**Explain** that family relationships, like all others, have ups and downs and there will be times when family members experience negative emotions.

**Ask** pupils: What negative emotions may family members feel when their family relationships are strained? (Feelings can include sadness, worry or loneliness.)

In pairs, pupils **complete Resource 2a** by **listing** in each of the **nine** speech bubbles, negative emotions that a person may experience in their family relationships.

**Discuss** pupil responses.

# Lesson Plan

Explore  
&  
Explain

## Lesson 1: Dealing with unhappy family relationships

Whole Class & Paired Activities

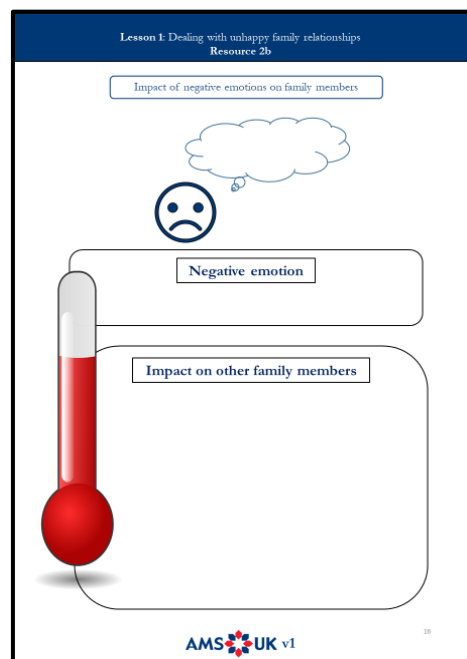
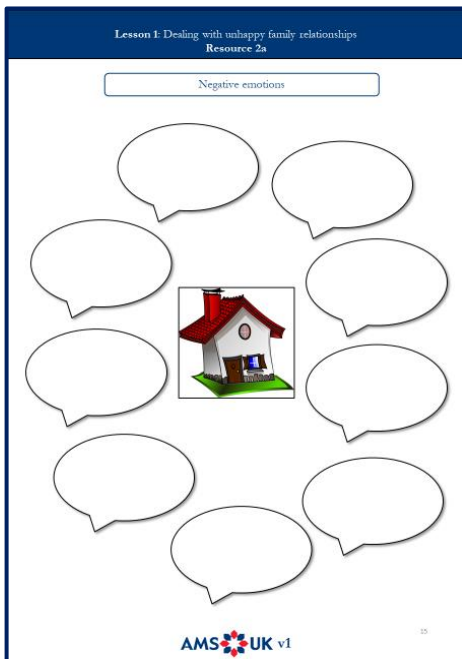
Unhappy families

**Introduce Resource 2b:** Impact of negative emotions on family members.

**Ask** pupils, in pairs to **choose one** negative emotion from the ones they listed in **Resource 2a** and **write** on **Resource 2b** how this negative emotion might impact the feelings of others in the family.

For example, anger can cause:

- stress to the family member getting angry
- increase in aggression and hostility
- arguments and fights



**Take** feedback **stressing** that all families feel under pressure and face challenges from time to time.

# Lesson Plan

Elaborate  
&  
Reflect

## Lesson 1: Dealing with unhappy family relationships

Paired & Whole Class Activities

Strategies for happy families

**Ask** pupils to **read** in pairs, **Resource 3**: Signs of unhappy families.

Each pair **chooses three** signs from **Resource 3** and **considers** strategies to resolve these on **Resource 4**: Strategies for happy families, e.g. poor or ineffective communication can be resolved by taking time to listen to each other, without being judgemental.

**Take** feedback and **discuss** points raised.

Lesson 1: Dealing with unhappy family relationships  
Resource 3

Signs of dysfunctional families

1. Poor or ineffective communication – when family members feel that no one is listening to what they have to say
2. Family member comparisons – when usually a parent compares one child to another child who has achieved more,
3. Power struggles – different members of the family wish to have authority over others
4. Excessive criticism – when a family member constantly expresses their negatives opinions about another's words or actions
5. Unpredictable behaviour – when others are unsure of how a family member will behave as the behaviour is often unstable and emotional
6. Poor conditions for care - when conditions are unsuitable and not fit for purpose
7. Little to no intimacy – emotional and intimate feelings such as love and affection are not shown between the members of the family
8. Abuse – when the family member is suffering from distress and trauma of a particular type
9. Lack of understanding – there is little or no consideration between the family members
10. Excessive expectations – usually when the parents expect the children to achieve more

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Lesson 1: Dealing with unhappy family relationships  
Resource 4

Strategies for happy families

Strategy 1

Strategy 2

Strategy 3

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# Lesson Plan

Evaluate  
&  
Review

## Lesson 1: Dealing with unhappy family relationships

Whole Class Activity

Review learning

**Review** learning by referring to learning objectives and learning outcomes.

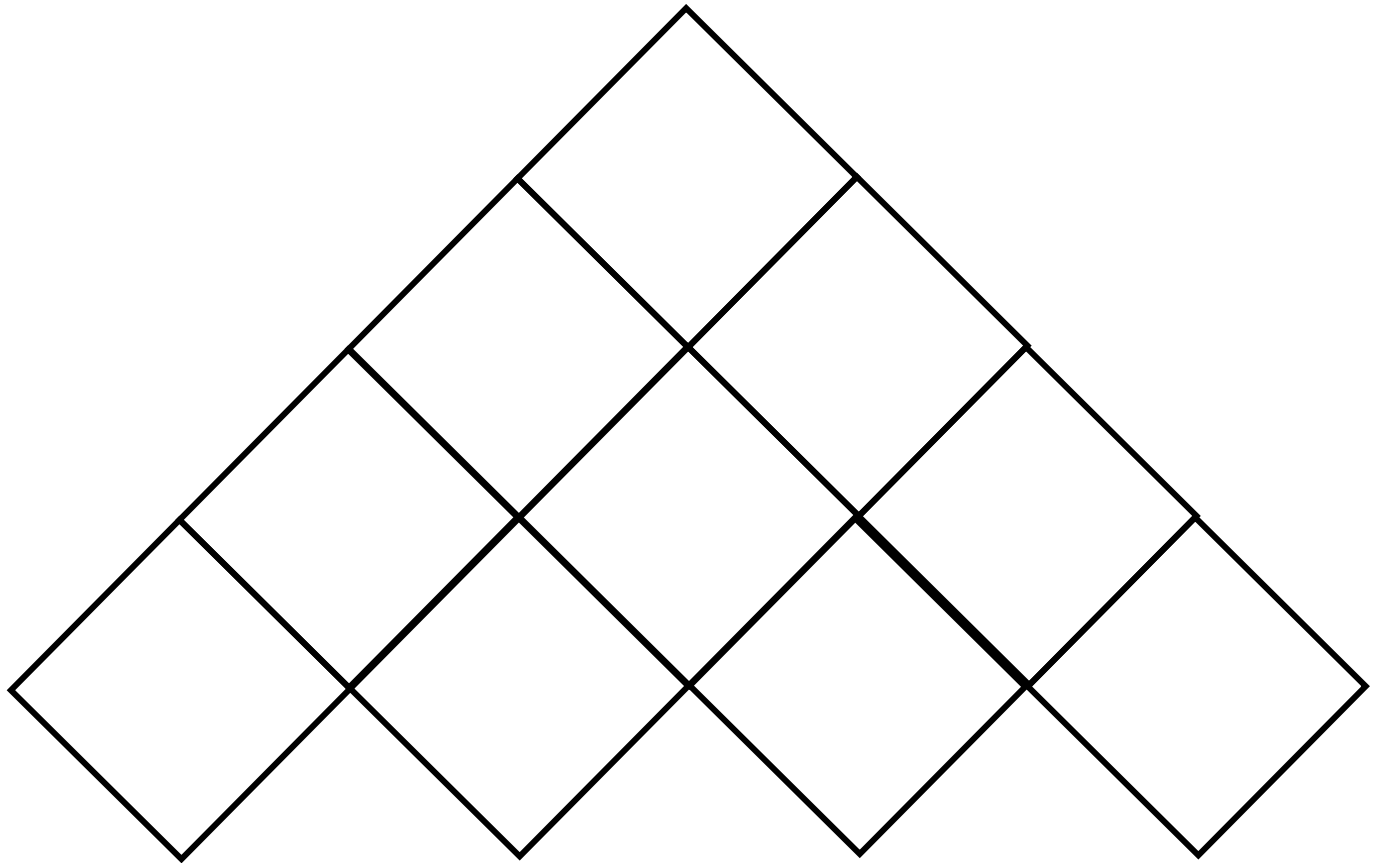
**Ask** pupils these **TRUE/FALSE** questions during the plenary.

Pupils can **show** 'Thumbs Up' for **TRUE** and 'Thumbs Down' for **FALSE**:

- Families share common positive values which develop the well-being of their members (**TRUE/FALSE**)
- To create happy families, everyone must work together to change negative feelings and actions to positive ones (**TRUE/FALSE**)
- Family relationships can sometimes make us unhappy and there is nothing we can do about this (**TRUE/FALSE**)
- All family relationships have ups and downs and we need to deal with these as best we can (**TRUE/FALSE**)

Resource 1a

Important values in a family unit



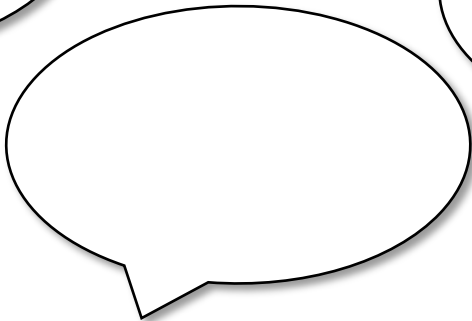
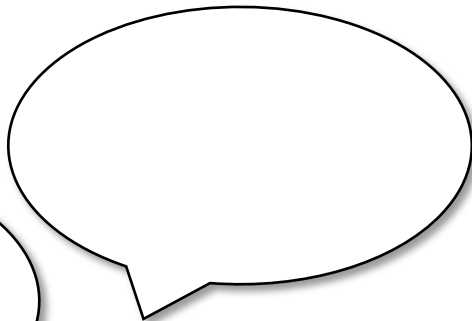
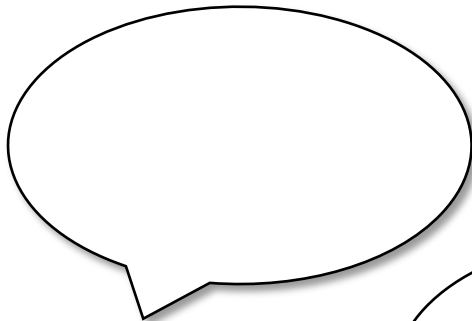
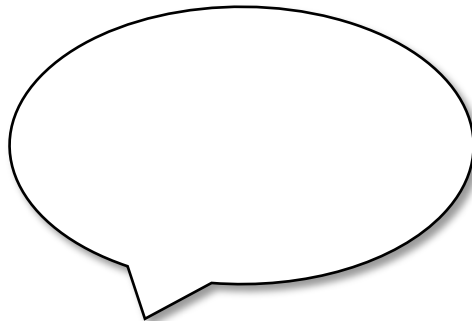
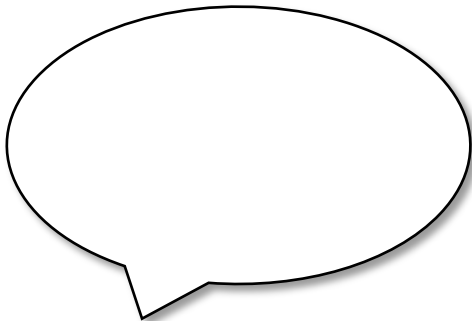
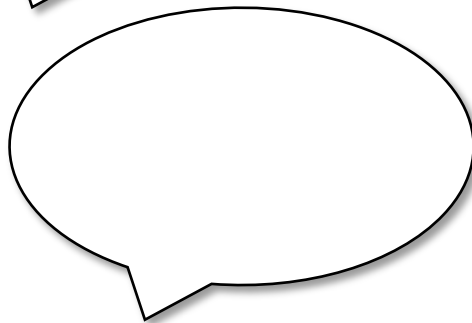
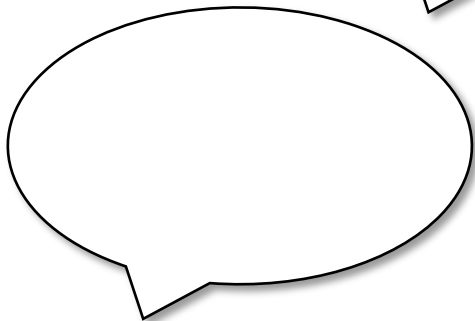
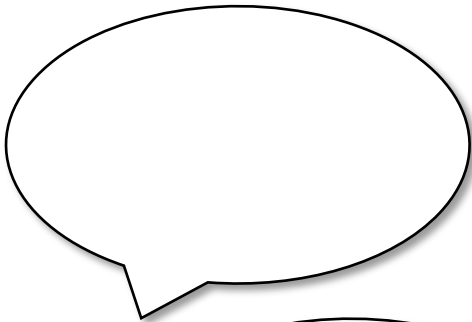
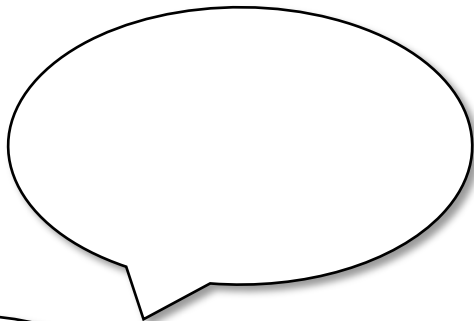
### Resource 1b

#### Common values seen in happy families

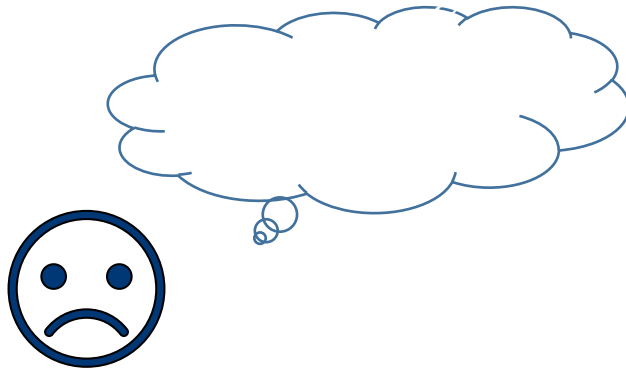
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Resource 2a

Negative emotions



Impact of negative emotions on family members



Negative emotion

Impact on other family members


### Resource 3

#### Signs of unhappy families


1. Poor or ineffective communication – when family members feel that no one is listening to what they have to say
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Resource 4


Strategies for happy families



Strategy 1



Strategy 2



Strategy 3