

Do Now

# Falling in love, romance and new feelings

Emma and Steve have been friends since primary school. Recently though, they've both felt like they want to spend more time together, and they message each other a lot. They have both started to get fluttery feelings at the thought of being with each other, but feel too shy to talk about it to other people.

**Discuss: What do you think is happening to Emma and Steve? Why do they feel like this?**



Steve and Emma's parents think this is sweet but are a bit concerned about the pairs' strong feelings too, as they're only 15. Why might this be?

# Falling in love, romance and new feelings



## Learning outcomes:

Identify what can be expected as someone becomes romantically attracted or involved with someone else and the problems which may arise.

Describe what the case studies should do in the difficult romantic situations as well as what is and isn't appropriate.



**Romantic love** – Romance or romantic love is a feeling of love for, or a strong attraction towards another person.

**Dopamine** – a very powerful chemical released when you are 'in love' that makes you happy and excited to be around the person you fancy. It can make you also have sexual thoughts.

**Watch the following clips and complete the questions in your booklet sheet about marriage today and in the past. We will then go through the answers.**

<https://www.youtube.com/watch?v=DJfj-5fwikc>

<https://www.youtube.com/watch?v=Yghffmcb5-U>

**What does falling in love feel like?**

**How can falling in love change you?**

**How does your self-esteem change?**

**Can love make you 'sick'?**

**What is a bad reason for wanting a partner?**

**What often means couples are a good match?**

**What is more important to do before you fall in love with a partner?**



## Let's go through our answers together:

**What does falling in love feel like?**

There are many answers here, including butterflies, happiness, it can hurt, accepted for who you are.

**How can falling in love change you?**

You may start to like the food, music and other interests your loved one likes.

**How does your self-esteem change?**

It often rises when you fall in love (maybe because your loved one compliments you a lot).

**Can love make you 'sick'?**

Yes – it can make you more prone to illness. If your love is unrequited you can get 'love-sick' as your stress hormones rise and you become more susceptible to illnesses.

**What is a bad reason for wanting a partner?**

To hope they will somehow 'fix' you or make you feel complete

**What often means couples are a good match?**

They share similar values – however, opinions and values can change over time.

**What is more important to do before you fall in love with a partner?**

Learn to love yourself first.



When we think about falling in love, with a boyfriend or a girlfriend, we often imagine a perfect person. Of course, no one is really perfect, but what makes someone a good prospective partner for a healthy relationship? Use the images as clues and we'll discuss together shortly.



What makes someone a good partner for a healthy relationship?



An ounce of loyalty is worth a pound of cleverness

I think a good partner for a healthy relationship would be....



There are many other qualities people look for in a partner – yet these can be more specific. Maybe you want someone who is really clever, ambitious, or good looking. However, these are the basics we should all be looking for, and not settle for anything less:

Someone who will respect you, and your wishes.



What makes someone a good partner for a healthy relationship?

A person who is kind to you.



Loyalty – someone who won't cheat on you.

I think a good partner for a healthy relationship would be....

Someone who shares some of your interests.



Someone who won't be abusive or take their anger out on you.

Someone who loves you back.



# How do you report something you are concerned about?

- It is important to us that all of you feel safe, happy and belong at Thornden.
- We also know that sometimes it is not as easy as simply telling a member of staff
- It could be:
  - A friend you are worried about
  - Someone being unkind to you
  - Something you have heard and think we should know



## How can you report anything you are worried about?

- Speak to a member of staff or parent / carer
- Visit the Well Being Den or Head of Year area
- On Satchel each week you will be sent a link to a form to share any worries you have
- On our school website homepage there is a 'Report a Concern' link.
- In the Student Bulletin there is a 'Report a Concern' link
- On all school desktops there is a 'Report a Concern' logo to click and report anything

# Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.

## **Mental Health & Low Mood**

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

## **Talk to Someone**

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

## **Healthy Lifestyle**

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

## **Apps That Can Help**

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people).

MeeTwo – Anonymously talk to other teens, moderated by experts.

## **Eating Concerns**

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>