

Do Now

## Why are families and long-term, stable relationships important?

Cody has been with her foster family for five years. On her thirteenth birthday, Alana, her foster mother, had a surprise for Cody. Alana and her wife, Collette, told Cody they would like to adopt her. Alana and Collette already have two children, from Collette's previous marriage. Cody was really happy with the news.

**Discuss: Were the group a family already? What difference does this news make?**



There are many different types of family. How would you define the word?  
*I would define the word 'family' as meaning....*

# Why are families and long-term, stable relationships important?

## Learning outcomes:

Describe the different types of family and the roles of family members.

Explain why roles and typical families have changed and why we need to learn about different types of families.

**Family** – A group of close people, usually related, who choose to live together as a unit. There are many different types of family.

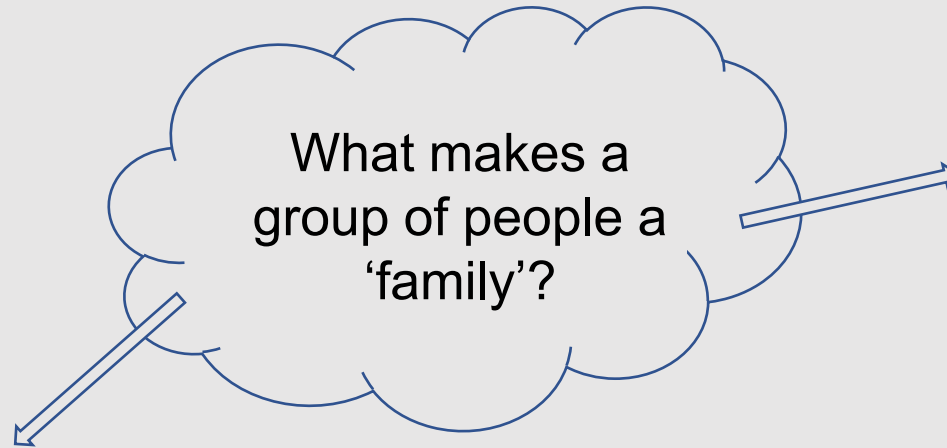
**Marriage** – a traditional, legally recognised union between a couple.

**Civil Partnership** – a legally recognised, same-sex partnership.



When many of us think of a family, we think of a mum, a dad and their kids. However, it has always been the case that families come in all shapes and sizes. This does make it a little harder to describe exactly what a family is, however. So, with a partner, think – what does a group of people need to make them a family?

You can use the images as clues and add more.



In order to be a family, I think a group of people must...



Here are a few possible ideas you may have discussed.

People who provide or share resources with you (e.g. a house and food).



People who spend a lot of time together as a unit. You may or may not be blood-related.



People who help you with decisions and learning right from wrong.



What makes a group of people a 'family'?

In order to be a family, I think a group of people must...

People who help you with problems (and you can or one day will help them).



A group of people who love and care for each other.



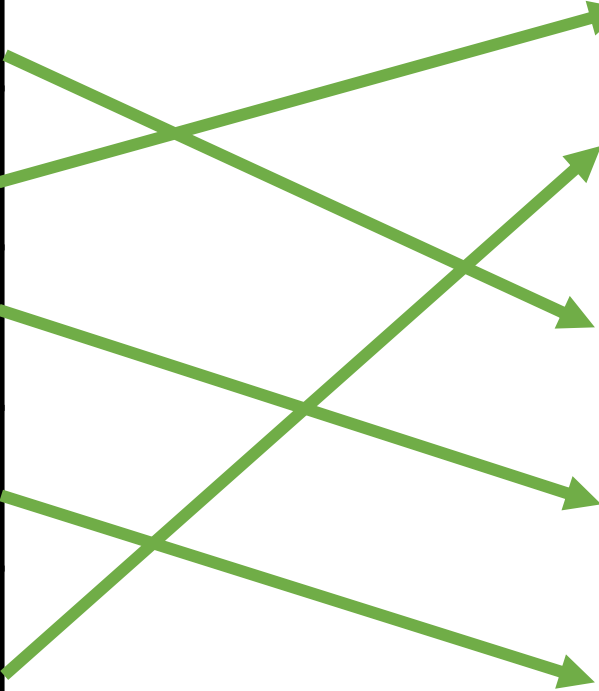
We're coming across a lot of new key terminology today, so before we go any further, let's just ensure we all know what the new terms all mean.

**Draw a line to match up on your worksheet and we'll go through our answers together in five minutes.**

New Key term	Draw a line to match up:	Definition
Marriage		When two people who are not married choose to live together
Cohabitation		When a marriage ends, and two people agree to separate
Committed Relationship		When two people vow (promise) to commit to each other and join to form a legal union
Civil Partnership		When two people agree to commit to each other in some way
Divorce		A legally recognised relationship between two people that is similar to marriage.

Now be sure to correct any answers you didn't get right first time.

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## Watch the clip below together as a class.

As you watch the clips, note down as many ideas as you can on both side of the columns. We'll go through the answers together afterwards.

<https://www.youtube.com/watch?v=BQIGiE5vSSM>

What is different about the typical 1950s family?	What similarities are there with families today? Think about your own if you like.

**Let's go through the answers together now. You may have found more you can add.**

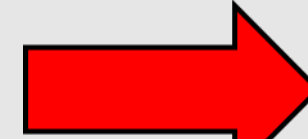
<p><b>What is different about the typical 1950s family?</b></p>	<p><b>What similarities are there with families today? Think about your own if you like.</b></p>
<p>They are dressing up for an evening dinner – the women do this especially for the men in the family.</p>	<p>The kids still have homework to do.</p>
<p>'Mother is needed in the kitchen' – it's taken for granted the mother will be the one cooking.</p>	<p>Brothers and sisters still help out with childcare.</p>
<p>Everyone seems to tip-toes around the dad (save bad news for another time).</p>	<p>They love each other.</p>
<p>It's much more formal – e.g. pulling out chairs for the mom, praying before eating, father serving, use of napkins.</p>	<p>Brother and sister still get annoyed with each other.</p>
<p>There are a lot of rules.</p>	<p>They all enjoy spending time together (most of the time).</p>

# Why are families and long-term, stable relationships important?

Now we know why families are so important, let's explore why stable, long-term relationships are so important, especially for children.

Option one: Draw snapshots of family photos which demonstrate the reasons why stability is important, underneath each reason in the yellow boxes.

Option two: Complete the yellow boxes explaining why stability is important. Then if you have time, you can also draw the snapshots.



<p><b>Love and Support:</b> When parents have a good relationship, they can show their children lots of love and support. Children feel safe and cared for when its love each other.</p>	<p><b>Less stress, more safety and security:</b> When there is stability in the family, there's less fighting and arguing between parents. Stable relationships provide a sense of security.</p>	<p><b>Communication:</b> Good relationships help parents communicate better with each other. When parents can talk openly and calmly, they can also listen to what their kids have to say.</p>
<p>Children make loving family (a lifetime and can even when they grow up).</p>	<p><b>Role Models:</b> When parents have a good relationship, they become good role models for their children. Kids learn how to be kind, respectful, and caring by watching their parents.</p>	<p><b>Learning to Love:</b> Parents who love each other teach their children how to love and care for others. This helps kids build strong and healthy relationships when they grow up.</p>

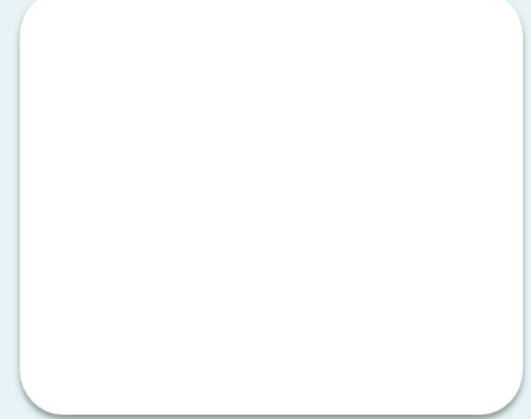
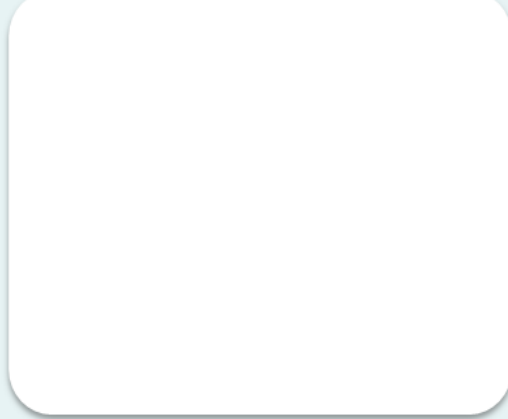
# Why are families and long-term, stable relationships important?

If you completed option one then ensure you add in any additional detail that you missed. If you completed option two, then let's have some volunteers to come and share their photo snapshots on the board.

**Love and Support:** When parents have a good relationship, they can show their children lots of love and support. Children feel safe and cared for when they know their parents love each other.

**Less stress, more safety and security:** When there is stability in the family, there's less fighting and arguing between parents. Stable relationships provide a sense of security.

**Communication:** Good relationships help parents communicate better with each other. When parents can talk openly and calmly, they can also listen to what their kids have to say



# Why are families and long-term, stable relationships important?



If you completed option one then ensure you add in any additional detail that you missed. If you completed option two, then let's have some volunteers to come and share their photo snapshots on the board.

**Happy Memories:** Children make happy memories in a loving family. These memories last a lifetime and can make them feel loved even when they grow up.

**Role Models:** When parents have a good relationship, they become good role models for their children. Kids learn how to be kind, respectful, and caring by watching their parents.

**Learning to Love:** Parents who love each other teach their children how to love and care for others. This helps kids build strong and healthy relationships when they grow up.

# 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/>



# **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