

Relationships

1) Give a number to each quality in the list below to show how important you think it is in a boyfriend/girlfriend:

1 = Very important, 2 = quite important, 3 = not important at all

<input type="checkbox"/>	Popular	<input type="checkbox"/>	Would buy me presents
<input type="checkbox"/>	My parents like them	<input type="checkbox"/>	Funny
<input type="checkbox"/>	Sporty	<input type="checkbox"/>	Kind
<input type="checkbox"/>	Gets on with my friends	<input type="checkbox"/>	Shares similar values
<input type="checkbox"/>	Good-looking	<input type="checkbox"/>	Easy to talk to
<input type="checkbox"/>	Same age as me	<input type="checkbox"/>	Has good dress sense
<input type="checkbox"/>	Shares similar interests	<input type="checkbox"/>	Trustworthy
<input type="checkbox"/>	Committed to me	<input type="checkbox"/>	I can imagine marrying them

2) What would be the 3 most important qualities you would look for in a boyfriend/girlfriend?

Write the quality in the box and give a reason why you think it is important on the lines below. You can use qualities from the list above or think of your own.

1 _____	2 _____	3 _____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

3) Give 3 reasons why NOT having a boyfriend/girlfriend can be a good thing:

1) _____

2) _____

3) _____

Name: _____

Relationships - Teacher's notes

1) Give a number to each quality in the list below to show how important you think it is in a boyfriend/girlfriend:

This exercise is designed to initiate discussion about good and bad reasons for starting a romantic relationship with someone.

Notes on some of the qualities you may wish to discuss are listed below:

Popular / good-looking / would buy me presents / has good dress sense

Whilst these things may be important in initial attraction, on their own they are not enough to assess the suitability of a relationship.

My parents like them / gets on with my friends

Your family and friends know you and what is best for you. It is a good idea to listen to their opinions. However the final decision is yours.

Shares similar interests / sporty / funny / shares similar values / easy to talk to

For a relationship to last it is important that you develop a real friendship with each other. The things that are important in creating a strong friendship will differ depending on your personality.

Kind / trustworthy / committed to me

These are important qualities for a relationship.

I can imagine marrying them

If you could never imagine marrying a person, it would not be wise to start a relationship with them.

2) What would be the 3 most important qualities you would look for in a boyfriend/girlfriend?

This exercise builds on the previous exercise. Pupils can use qualities from the list above or think of their own.

3) Give 3 reasons why NOT having a boyfriend/girlfriend can be a good thing:

It is important for pupils to realise that they are not missing out if they do not have a girlfriend/boyfriend and that there are many good things about being single.

Reasons may include:

- more time to focus on school work*
- more freedom to do the things you want to do, e.g. travelling or pursuing sports or other hobbies*
- more time to keep up with your friends*
- to protect yourself from unnecessary emotional pain*
- less pressure to become sexually involved*
- it will make it more special when you do meet someone you really care for and want to start a relationship with*