

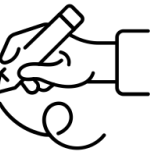
How do I manage family changes?

Do Now (Page 5):

Define the following terms.

- Family
- Relationship
- Conflict

Stretch: Use all three words in one sentence.

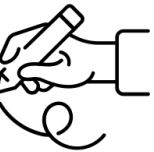


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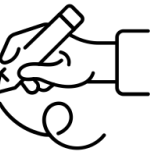
- Family
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Stretch: Use all three words in one sentence.

How do I manage family changes?

Do Now: Define the following terms.



Family - A group of persons united by the ties of marriage, blood, or adoption, constituting a single household and interacting with each other.

Relationship – A connection between two or more people or things.

Conflict – An argument or disagreement typically lasting a long time.

Stretch: Use all three words in one sentence.

Connect

This week we are going to pull together all the knowledge that we've learnt so far to answer the Big Question: **'How do I manage family changes?'**. We're going to learn about major family changes such as divorce and how we can manage these as well as the importance of commitment.

Like normal, this content will affect individuals differently so it's really important that we continue to be respectful and kind to each other as well as ourselves.

Safe Space

- It's okay to get things wrong.
- You don't have to contribute if you don't feel comfortable.
- There is a non-judgemental approach – we challenge the opinion not the person.
- Conversations stay in this classroom – unless adults deem there to be a safeguarding issue.

Show Mutual Respect

- Follow our two ground rules.
- STAR and Track to show respect to the speaker.
- Adhere to the Brook Best Pledge.

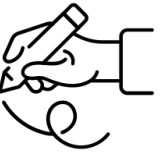
Challenge Yourself

- Enjoy the lessons, challenge your perceptions, and learn how to seek further knowledge, understanding and support.

What is commitment?

Task (page 5): Write down all the words you associate with the term 'commitment'.

This might include someone or something, feelings, behaviours, actions or examples of relationships.



Commitment is the state or quality of being dedicated to a cause, activity or anything else.

Is it commitment?

Task (page 6): Decide whether the following statements are examples of commitment.

Sort them into three groups: 'committed', 'not committed' and 'it depends'.



1. Doing everything together	5. Not turning up for a date	9. Being faithful	13. Telling someone you love them
2. Wanting someone to be happy	6. Going to the cinema together	10. Being with someone for a long time without marriage	14. Being there for someone when they are finding things tough
3. Getting married	7. Holding hands	11. Being honest about everything	15. Listening to someone
4. Make promises but not keep them	8. Having children	12. Getting a pet together	16. Refusing to talk about 'difficulties'

Is it commitment?

Being honest about everything

Doing everything together

Being there for someone when they are finding things tough



1. Are these things always examples of commitment or of a relationship being healthy?
2. Would doing everything together be a sign of an unhealthy relationship?
3. How is being there for someone showing a strong commitment?

How do different families define commitment?

- What words or phrases did the families use to define commitment?
- Did any of the families have anything in common in terms of their views on commitment?
- How do we know that these families are showing their commitment in positive ways and that their relationships are healthy?

★ *“The decision to do something and having the integrity to follow it through.”*

Donna

★ *“Dedication and love; agreement and compromise.”* **Connor**

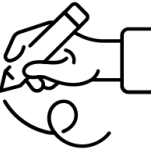
★ *“When you decide that you’re going to be with a partner, and more so when you decide you’re going to raise a family”* **Frank**

★ *“An unbreakable promise”* **Bahader**

★ *“Having your partner’s back and knowing they’ve got your back”* **Jackie**

What influences our views on commitment?

Task (page 6): Make a list of the different factors or influences which might affect your views concerning commitment.



- Religious beliefs
- Cultural beliefs
- Parents/family
- Social media
- Friends
- School
- Role models
- Books/films/TV

What is divorce and separation?

Some challenges in a family might start due to a relationship breakdown and that can lead to divorce or separation between the parents.

Divorce refers to the legal dissolution of marriage by a court or other competent body. **Separation** is a term used to describe the splitting up of two parents or caregivers, particularly if they are not married.

How can separation affect children?

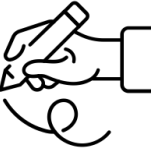
When parents separate children can be negatively impacted.

Young people may show signs of:

- 1) **Denial:** feeling overwhelmed and bewildered
- 2) **Anger:** feeling frustrated, confused and angry
- 3) **Depression:** longing for the past/feeling sad
- 4) **Bargaining:** attempts to alter the family situation by changing their behaviour
- 5) **Acceptance:** a sense of understanding and a general desire to move forward

How might children feel?

Task: Read the following scenario and answer the questions.



1. How might Tom be feeling?
2. What questions might Tom have?
3. Where could Tom go for support?

Tom is 13 and an only child. Two weeks ago his parents told him that they had decided to separate. This was a big surprise to Tom as his parents didn't argue much. They said that they had drifted apart and reassured Tom that they both loved him and that 'nothing would change' for him but hadn't really explained what that meant. There had been lots of hushed talks between his parents. Tom knew that they were talking about plans for him and felt excluded. When his mum was away, he had heard his dad crying in the bedroom, so didn't want to make him feel worse by asking questions. Tom only has a few close friends at school and their parents are still together, so he feels he doesn't have anyone to talk to.

What rights do you have?



NHS website or your GP

www.nhs.uk

Childline

www.childline.org.uk

0800 1111

Young Minds

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

Respect not Fear

www.respectnotfear.co.uk

Relate

www.relate.org.uk

You can also:

- Speak to a member of staff at school – your Form Tutor, Head of Year or Assistant Head of Year. Any member of staff is here to help!
- Send an email to safe@brook-tmet.uk.
- Speak to an adult that you trust – this might be a sibling, a parent or grandparent. As long as this person is trustworthy then it's a good idea!

Divorce should be illegal until you've been married for at least 5 years.

I _____ with the statement to a _____ extent because _____

e.g., I *agree* with the statement to a *large* extent because

Discuss your opinion with your partner.

Debate as a class.

Divorce should be illegal until you've been married for at least 5 years.

Agree	I agree to a large extent because I agree in part because I concur because
Build on	I'd like to add I want to build on this by In addition
Challenge	I'd like to challenge that because I contest that view because I'd like to put forward an opposing idea

- **Divorce** refers to the legal dissolution of marriage by a court or other competent body.
- **Separation** is a term used to describe the splitting up of two parents or caregivers, particularly if they are not married.
- Many children are impacted differently by divorce and separation.