Year 9 PDC Booklet

Relationships and Sex Education I
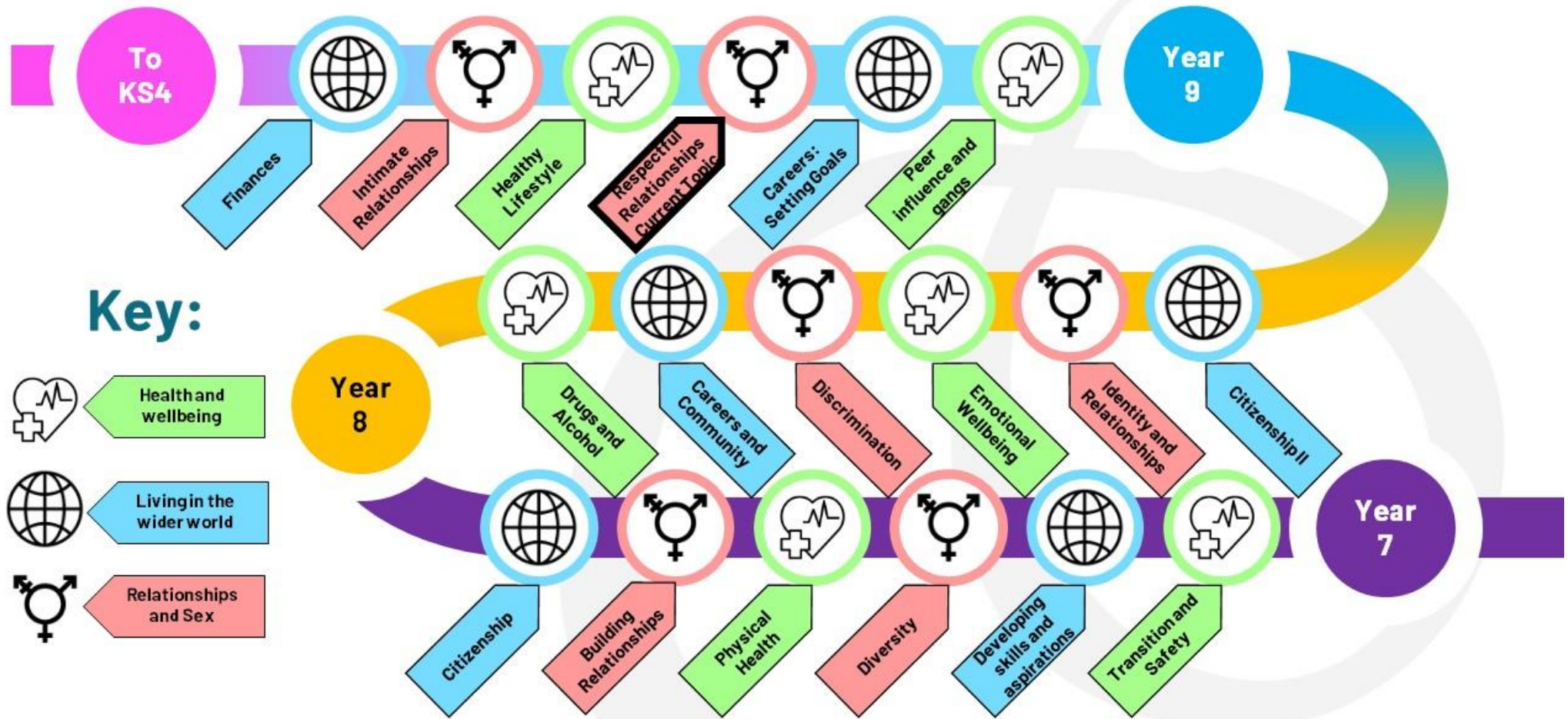

Name: ....

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Key Words

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 partnership.
Conflict	Disagreement where there is tension
Resolution	Finding a solution to the conflict that both sides can accept
Conflict Management	Being able to stop the argument getting out of hand, to diffuse it and take steps to resolve it

Types of Families

Single Parent Families	Families where one adult provides care for the family. There are a variety of reasons why, some by choice
Nuclear Families	The "traditional family structure". Typically heterosexual couples, and biological children.
Same-Sex Families	Parents are in a homosexual relationship. Children may be biologically related, and this doesn't affect the children
Step Families	At least one parent has children from a previous
Extended Families	Parental role is from a different relative i.e. grandparents or aunts. Children may live with wider
Adopted Families	Parents are not biologically related to the children. It is a permanent and official process.
Foster Families	Adults who are not related to the child look after them. They are paid by the government, and this is not permanent.

Dealing with Parenting

Parents can often struggle when they have younger children. These include:

- Financial issues
- Not sleeping enough
- Spending less time with friends
- Issues at work

Some tips to help deal with this are:

- Speak to people who have experience with this
- Create a budget to help manage spending
- Speak to your boss about your responsibilities
- Share responsibilities if you can

Why Does Conflict Exist?

- Miscommunication
- Differing opinions
- Different perspectives
- Lack of resources

Conflict Management
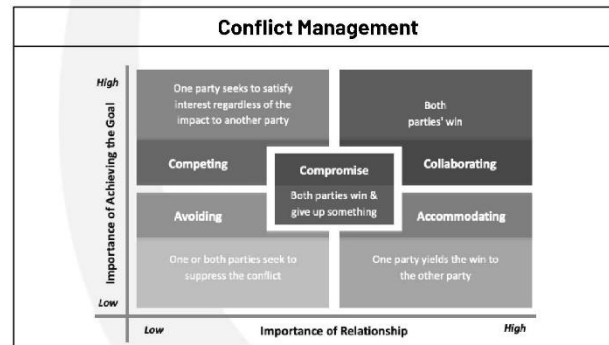
Where To Go For Support:

Teachers and School Staff, Parents, Friends, Parents	
NPSCC	https://www.nspcc.org.uk
Childline	https://www.childline.org.uk

Family Change

Family change might occur because:

- New siblings
- Relocation
- Bereavement
- Divorce
- Illness

Levels of Conflict

Sticking to the point ⬇ Lowering the tone	Refuting the central point	Explicitly refutes the central point
	Refutation	Finds mistakes and explains why using quotes
	Counter-argument	Contradicts then backs it up with reasoning
	Contradiction	States the opposite with no evidence
	Responding to the tone	Criticises the tone without addressing the argument
	Ad Hominem	Attacks the characteristics of the person without addressing the subject
	Name Calling	Sounds something like "You're an ass hat"

Date: ....

Title: Learning How To Learn: Revising for Exams

Retrieval Practice

1. Metacognition is thinking about your own _____ and how you learn best.

2. When using metacognitive talk, you describe the _____ you are using to solve a problem.

3. Before starting a task, it's helpful to _____ what steps you need to take.

4. Metacognitive talk can help you understand your _____ and make learning easier.

5. Asking yourself questions about the _____ you're using can help you stay focused.

Baseline and Endpoint Assessment:

	Baseline Assessment	Endpoint Assessment
1. What are the key elements to metacognition?	....	....
2. What are some revision strategies?	....	....

Metacognitive Strands and Revision Techniques

The three strands of metacognition are:

Planning	Monitoring	Evaluating
Thinking about the goal you have and how you will achieve it	Start on your plan and regularly check whether its working	How successful was your chosen strategy?
• What am I being asked to do? • Which strategies will I use? • Are there any strategies that I have used before that might be useful?	• Is the strategy that I am using working? • Do I need to try something different?	• How well did I do? • What didn't go well? • What could I do differently next time? • What went well? • What other types of problem can I use this strategy for?

When you are revising, you want to make sure your chosen strategy has one of the following techniques in:

Retrieval Practice	Spaced Practice
Testing yourself repeatedly using flashcards or writing summaries from memory, and only adding after attempting	Spreading out your revision over a course of time rather than doing it all at once. Break up your revision over weeks rather than in one go
Interleaving	**Elaboration**
Mixing up topics rather than revising one thing for a long time. Instead of studying one topic for an hour, break it up into three smaller topics.	Explaining ideas in detail and creating links between topics. Mind maps and answering how/why questions.

Task 1

Pick one revision technique from above: ....

Now pick a subject or topic from one of your lessons to use as an example for revision: ....

Answer the following questions to help you with the planning stage:

- What am I being asked to do?

  ....

  ....

  ....

- Which strategies will I use?

  ....

  ....

  ....

- Are there any strategies that I have used before that might be useful?

  ....

  ....

  ....

Title: Types of Family

Retrieval Practice

1. Metacognition involves thinking about how we _____ and learn best.

2. Before revising, it's useful to set _____ for what you want to achieve.

3. To stay organised, create a _____ that breaks down each topic you need to review.

4. Reflecting on what _____ well after each study session helps you improve your methods.

5. One helpful technique for revision is _____ practice, where you quiz yourself on the material.

Baseline and Endpoint Assessment:

	Baseline Assessment	Endpoint Assessment
1. What are some different types of families?	....	....
2. Is there a best type of family? Why/why not?	....	....

Task 1: Match Up Families to their Descriptions

1. Single Parent Family	a. the 'traditional family structure, which consists of a mother, a father, and their children
2. Nuclear Family	b. where at least one of the parents has a child from a previous relationship
3. Same Sex Families	c. where the adult or adults who are taking the role of parent are actually a different relative, for example grandparents, aunts, uncles etc
4. Blended Family	d. one adult provides the care for the family
5. Extended Family	e. where the parents are in a homosexual relationship
6. Adopted Family	f. where the children are being looked after by foster parents for a particular length of time
7. Foster Family	g. where the parent or parents are not biologically related to their children

The Hernandez family consists of grandparents, parents, and their two children. They all live together in the same household.

1. Describe the members of the Hernandez family.

   ....

   ....

2. How might living with extended family members impact the children's upbringing?

   ....

   ....

3. What are some benefits of having an extended family living together?

   ....

   ....

Mr. Patel and Mrs. Patel both have children from previous marriages. They got married and now live together as a blended family.

1. Who are the members of the Patel family?

   ....

   ....

2. How might being part of a blended family affect the children's relationships with their step-siblings?

   ....

   ....

3. What are some strategies the Patel family can use to foster a positive and harmonious blended family environment?

   ....

   ....

Mrs. Khan is a single mother raising her two children after a divorce. She works full-time to support her family.

1. Who are the members of the Khan family?

   ....

   ....

2. What are some unique challenges Mrs. Khan might face as a single parent?

    ....

    ....

3. How can the community and extended family members support the Khan family?

    ....

    ....

Mr. Rodriguez and Mr. Martinez are a married same-sex couple raising their adopted child.

1. Who are the members of the Rodriguez family?

    ....

    ....

2. What are some common misconceptions about same-sex families, and how can these be addressed?

    ....

    ....

3. How might the love and support within the Rodriguez family be similar to or different from other families?

    ....

    ....

The Smiths are a couple who have taken in three children as foster parents. They are providing a temporary, loving home for these children.

1. Who are the members of the Smith family?

    ....

    ....

2. What are some challenges and rewards of being a foster family?

    ....

    ....

3. How can society support foster families and the children they care for?

    ....

    ....

Date: ....

Title: Types of Parenting

Retrieval Practice

1. A _____ family is made up of parents and their children living together.

2. In a _____ family, one parent raises the children on their own.

3. A _____ family forms when two families come together, often including step-siblings.

4. Families with adopted children are known as _____ families.

5. There are many types of families, and each one is _____ in its own way.

Baseline and Endpoint Assessment:

	Baseline Assessment	Endpoint Assessment
1. What are the types of parenting?	....	....
2. Which is the best? Why?	....	....

	Advantages	Disadvantages
Authoritarian: Authoritarian parents are highly demanding and directive. They have strict rules and high expectations for their children, often with limited room for negotiation. Discipline tends to be for punishment and non-negotiable. Authoritarian parents may not explain the reasoning behind rules, and obedience is highly valued.		
Authoritative: Authoritative parents are also demanding, but they are more responsive and nurturing. They set clear expectations and boundaries, but they also encourage independence and individuality. Communication is open, and authoritative parents provide explanations for rules. Discipline is typically fair and consistent.		
Permissive: Permissive parents are very responsive to their children's needs and desires, often being lenient and indulgent. They are more likely to avoid strict rules and may hesitate to enforce consequences. Permissive parents tend to be nurturing and may act as more of a friend than an authority figure.		
Uninvolved: Uninvolved parents are characterised by low responsiveness and low demands. They may be neglectful of their children's needs, both emotionally and physically. Uninvolved parents often have limited involvement in their children's lives, and they may not provide necessary guidance or support.		

Task 2: Scenarios

Sarah wants to go to a party on Saturday night with her friends. Her parents have a strict curfew of 10:00 PM on weekends. Sarah thinks the curfew is too early and wants to negotiate a later time.

1. Which parenting style might Sarah's parents follow?

   ....

2. How might an authoritative parent handle this situation?

   ....

   ....

3. How might an authoritarian parent handle this situation?

   ....

   ....

4. How could a permissive parent handle this situation?

   ....

   ....

5. What would an uninvolved parent's response be?

   ....

   ....

Tom has been struggling in school lately. He often forgets to do his homework and his grades have been slipping. His parents haven't been paying much attention to his schoolwork and activities.

1. Which parenting style might Tom's parents follow?

   ....

2. How might an authoritative parent handle this situation?

   ....

   ....

3. How might an authoritarian parent handle this situation?

   ....

   ....

4. How could a permissive parent handle this situation?

   ....

   ....

5. What would an uninvolved parent's response be?

   ....

   ....

Date: ....

Title: Positive Family Relationships

Retrieval Practice

1. _____ parenting is strict and has high expectations, with little flexibility.

2. _____ parenting is warm and supportive, but also sets clear rules and guidelines.

3. _____ parenting style is relaxed and has very few rules or expectations.

4. Permissive parenting may lead to children having a lot of freedom but little _____.

5. _____ parenting can sometimes result in children not receiving much attention or support from their parents.

Baseline and Endpoint Assessment:

	Baseline Assessment	Endpoint Assessment
1. Why are positive family relationships important?	....	....
2. How can we maintain positive family relationships?	....	....

Task 1: Good or Bad?

For each of the statements below, determine whether they are good or bad for families and why?

1. Spending Time Together

   Good   Bad   Both

   Why?

   ....

   ....

2. Knowing each other's family and friends

   Good   Bad   Both

   Why?

   ....

   ....

3. Having lots in common

   Good   Bad   Both

   Why?

   ....

   ....

4. Being open and honest

   Good   Bad   Both

   Why?

   ....

   ....

5. Humour

Good   Bad   Both

Why?

....

....

6. Never having an argument

Good   Bad   Both

Why?

....

....

Task 2: 8 Ways to Improve Family Relationships

1. ....

....

2. ....

....

3. ....

....

4. ....

....

5. ....

....

6. ....

....

7. ....

....

8. ....

....

Date: ………………………………………………………………………………

Title: Types of Conflict

Retrieval Practice

1. Good _____ is key in a positive family relationship, helping everyone feel understood.

2. Showing _____ for each other's feelings and opinions builds stronger family bonds.

3. Spending quality _____ together helps family members connect and support each other.

4. Family members can show _____ by listening and helping each other with problems.

5. Setting clear _____ and boundaries helps family members feel safe and respected.

Baseline and Endpoint Assessment:

	Baseline Assessment	Endpoint Assessment
1. Give an example of conflict handed well?	……………………………………… ……………………………………… ……………………………………… ……………………………………… ……………………………………… ……………………………………… ………………………………………	……………………………………… ……………………………………… ……………………………………… ……………………………………… ……………………………………… ……………………………………… ………………………………………
2. Is conflict ever useful and why?	……………………………………… ……………………………………… ……………………………………… ……………………………………… ……………………………………… ……………………………………… ………………………………………	……………………………………… ……………………………………… ……………………………………… ……………………………………… ……………………………………… ……………………………………… ………………………………………

Task 1: Conflict

1. What do we mean by the word 'conflict'?

   ....

   ....

2. Describe some examples of common situations of conflict.

   ....

   ....

   ....

   ....

3. Can you categorise conflicts into different types or sources?

   ....

   ....

   ....

   ....

Date: ....

Title: Conflict Resolution

Retrieval Practice

1.   _____ conflict can help people understand different viewpoints and lead to better solutions.

2.   In a _____ conflict, both people may feel hurt, angry, or misunderstood.

3.   Positive conflict involves open _____ where both sides can share their opinions.

4.   Negative conflict can cause _____ in relationships and make it harder to work together.

5.   A key to resolving negative conflict is to focus on _____ and finding a solution, rather than blaming.

Baseline and Endpoint Assessment:

	Baseline Assessment	Endpoint Assessment
1. What's a good way to resolve conflict?	....	....
2. Why is it not a good idea to scream at each other during conflict?	....	....

Task 1: Question

Reflect on your previous conflicts. Which level of response did you use and how successful was it in resolving that conflict?

....
....
....
....
....
....
....
....

Task 2: Good Strategies

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....
8. ....
9. ....
10. ....
11. ....
12. ....
13. ....
14. ....

Task 3: Scenarios

Tyrone was very worried about his meeting with his boss. He hated him and knew he was going to rip apart his latest ideas. He was already angry as he'd been kept late for the meeting. His boss started off by saying "Tyrone, do you actually want to work here or not?"

....
....
....
....

Craig thought it would be funny to get back to the changing rooms early after PE and fill Tom's shoes full of crisps. He thought Tom would find this funny. Actually, Tom was furious. However, Tom had played a similar prank on Craig earlier in the week.

....
....
....
....

Terri's boyfriend was obviously in a mood. He didn't say anything nasty to her, but there was something about his tone that annoyed Terri when he said "I bet you had a great time all day Saturday with your friends."

....
....
....
....

Melissa wanted to go to the cinema with her friends Sunday afternoon. Her mum thought she should visit her grandparents as she hadn't for ages. The row started getting heated and they called each other very mean names.

....
....
....
....