

# Year 9



## The Mental Health Project

Name:


Class:

## Lesson 5

### Relationships and change

Mind Map: Responding to change.

Think about the possible reasons someone might find change difficult.



What might influence how someone responds to change?

### Coping with change

**Think, Pair, Share** – What can help us cope with and manage change in relationships?

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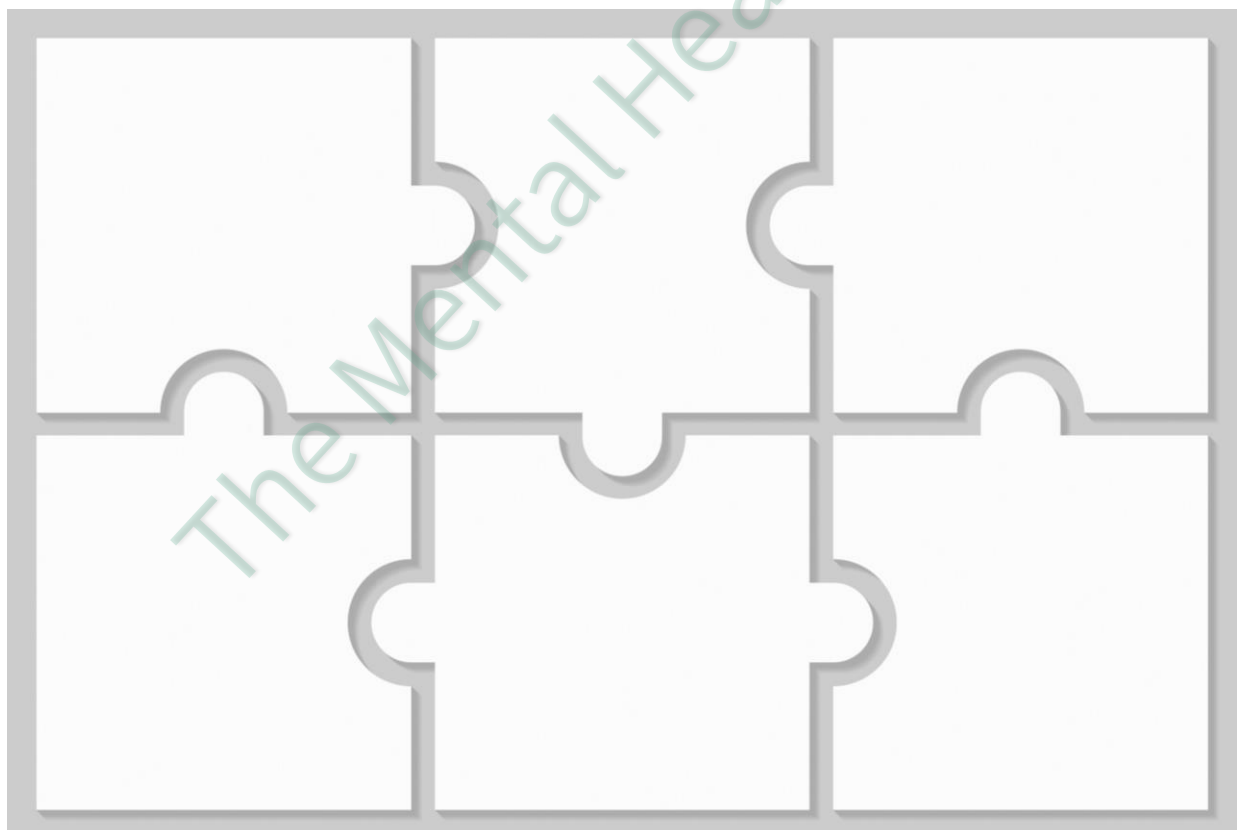
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### Adjusting to change

Change requires us to shift and adjust no matter where it came from.

Make a note in your version of the puzzle of our suggestions on how to cope with change





## Social media and relationship status

Research (or think about) celebrity couples who have announced a change in relationship status online.

1. Find an example of a couple who, in your opinion, made this announcement well, coming from a healthy and respectful place.

Which couple have you chosen?

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What do you think was good about the way they made the announcement?

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What lessons can be learned from this example?

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2. Find an example of a couple who, in your opinion, did not handle this announcement well.

Which couple have you chosen?

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What, in your view, went wrong in their approach?

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What could this couple (or maybe just one member of the couple) have done differently?

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## Generating change

The video clip highlighted several ways of generating change in a respectful way. For example, using “I” statements, making notes, seeking support, and being honest.

Name five other ways to generate change in a respectful way.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



### Extension activity

Activity 1: Answer the following questions:

What changes will everyone face in life?

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When in life can change be positive and welcomed?

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At what time in your life do you think the most changes will take place, why?

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Activity 2: Complete the following sentences:

Something I know now which I didn't before is...

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Something I now think/believe about change is...

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Something I can do now as a result of this lesson is...

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Review

Review your booklet and complete any activities you haven't already completed. This might give you a chance to reflect on what you have learned before completing the self-assessment below.

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