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Communicating wants and needs

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Ground rules

- [Add your class rules here]

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Learning objective:

- To learn how to effectively assert wants and needs and how to identify and respond to risky situations, including unhealthy relationships, unsafe encounters and situations.

We will be able to:

- identify unhealthy relationship behaviours and the risks involved in a range of sexual encounters and situations
- describe or demonstrate how to effectively communicate needs and wants in a variety of contexts
- evaluate strategies for responding to unsafe relationships or sexual encounters and identify where to seek help

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Baseline assessment

Overheard conversation

- Read through the conversation about communicating wants and needs.

Working on your own, write down your answers to the two questions.



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What's the risk?

In your groups, read through each scenario and write down any

- **risks** or
- **unhealthy behaviours** you can see

Freshers' week: The first week of university, where there are lots of events and activities planned, to help students make friends, get to know each other and have fun.



Risks:

Unhealthy behaviours:

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Effective communication



Communication styles:

Assertive ✓



Making clear and honest statements about wants, needs and feelings, whilst respecting others' viewpoints.

Aggressive ✗



Expressing feelings and views in a way that violates the rights of others, either physically or verbally.

Passive ✗



Avoiding expressing personal feelings, opinions, wants and needs and allowing others to disregard personal wants and needs.

Passive-aggressive ✗



Appearing passive on the surface, but really acting aggressively in a subtle way.

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Effective communication

As a group, try to agree on **three suggestions** for how the character in your scenario could **effectively communicate their wants and needs**.

Be ready to share your ideas with another group.



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Success criteria

Are the suggested responses:

- Assertive, rather than aggressive, passive or passive-aggressive?
- Clearly communicating wants and needs?
- Safe and legal?
- Respectful of others' rights, feelings and values?

Good advice?

After visiting Billy, Ali returns home and the couple continue their long-distance relationship. Billy loves university life and has met loads of friends. Ali still lives at home and is getting jealous of Billy's social life. He is convinced that Billy has started to date other people, but this isn't true. Billy has tried to reassure Ali, and is going home in the holidays, but Ali says Billy needs to come and live with him now and study online or their relationship is over. Ali messages Billy every hour and sometimes in the middle of the night to check where he is. He also tracks Billy's phone to see where he is. Billy has confided in Jasmine, Eve and some other friends about the situation. He says he's starting to feel quite anxious and depressed. He's not sure what to do because he feels like Ali cares about him and their relationship, but he wants to be able to enjoy his life.

Evaluate and rank the advice from Billy's friends according to how healthy and safe it is.

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Support is available

For further support about healthy relationships or consent:

- Speak to a parent, tutor, counsellor, support service or other trusted member of staff in the school, university or workplace
- Contact: Childline www.childline.org.uk 0800 1111 (up to age 18)
Samaritans, www.samaritans.org, 116 123
- Explore advice on the Brook website www.brook.org.uk
- Contact Victim Support: www.victimsupport.org.uk or Rape Crisis: www.rapecrisis.org.uk



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Reflection and endpoint assessment

1. Re-visit the overheard conversation from the start of the lesson. Add any new learning or ideas about the importance of communicating wants and needs

2. Give three tips for communicating wants and needs in relationships and sexual encounters, to stay safe and healthy.



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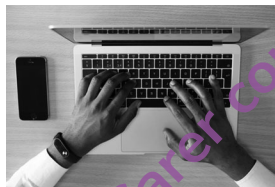
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Extension: Writing an article

Imagine that you work for your college or university's student union. You are asked to write an article for the student magazine about **how to communicate wants and needs when meeting new people and starting relationships.**

The article should include:

- how to communicate wants and needs
- some of the risks of not doing so
- where to go for help



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