



## Title: Relationship Break ups

DATE:

### Ready to Learn Reminders

- Sit in the seating plan.
- Take your coat/hat/scarf off.
- Get equipment out (including green pen).
- Write title, date, subheading and underline – keep your book beautiful!
- Complete DNA in silence.



Retrieval

*Do Now Activity*

Practice

Starter





# PSHE GROUND RULES



➤ **Respect everyone**

Don't laugh at others, mock others or be insensitive

➤ **Don't judge others**

Remember you do not know about other people's situations

➤ **Listen to each other**

Listen to each other and your teacher to get the most out of it

➤ **Keep the conversation in the room**

Do not share personal information with anyone or gossip

➤ **Get further support if needed**

Make sure you get support or help about any issue if you need to!



# Relationship Break - Ups



Today's Key  
Question



How is it best to deal  
with a break-up of a  
romantic relationship?



Discuss this for one minute  
and be prepared to  
feedback!



# Relationship Break - Ups



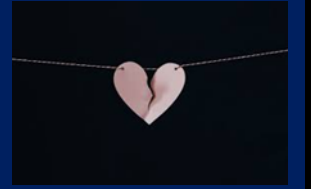
Break-ups are a painful, but natural part of life for many people. There are lots of reasons that break - ups happen. Some common reasons include the following:

- the people in the relationship have changed
- there is too much distance (physical or emotional) for the relationship to work
- at least one person in the relationship has fallen out of love
- at least one person in the relationship has met someone else
- boredom or loss of interest
- someone in the relationship has had an affair
- someone in the relationship has been abusive
- someone in the relationship wants more freedom
- the people in the relationship have different priorities





# What happens during a break-up?



Researchers have studied what happens to the brain during a break-up. In one study, researchers scanned the brains of people who had recently come out of long-term romantic relationships. The researchers showed the participants photographs of their ex-partners and found that the parts of the brain that were activated were the same parts involved in physical pain. You can experience some very intense, even overwhelming emotions during a break-up. These emotions can vary depending on why the relationship is ending, and whether you were the one who ended the relationship or not. Some common feelings include:

- extreme sadness
- despair
- depression
- emotional pain
- anger
- guilt
- desperation to get the loved one back
- grief



These feelings are very common and entirely normal. You only have to listen to any pop song to hear how common these experiences are. It may feel like the end of the world at the time when it's happening, but it does get better.





# How do I cope with a break-up?

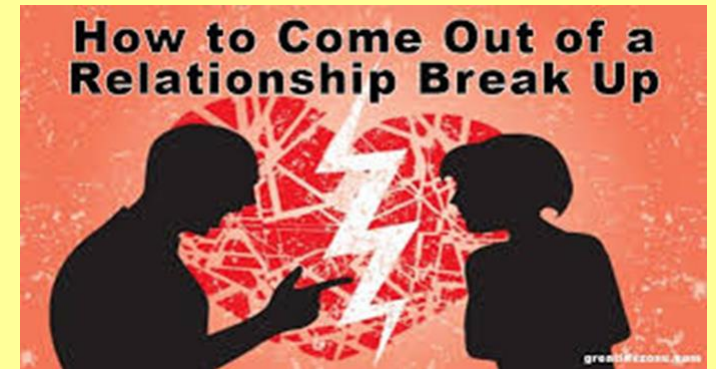


It can take some people ages to get over a relationship whereas others will get over it quite quickly. Some psychological research suggests that 11 weeks is the time needed in order to feel better about a breakup but in reality it can take shorter or much longer.

## What helps to get over a break-up?

Again, this depends on the type of person you are, and the circumstances of the break-up. Some things which many people find helpful include the following:

- allowing a proper amount of time to grieve the relationship before finding love again with someone new
- treating yourself to little luxuries and making sure you take care of yourself
- regular exercise
- taking up new hobbies or making some sort of fresh start without your ex
- channeling your feelings into a creative project
- reconnecting with friends
- focusing on the positive sides of the experience



Talking to people can be an important way of working through your feelings. This might mean talking to your friends about it, a family member or a professional. There are phone lines run by registered charities which you can ring if you would value talking to a stranger about your situation. The thing that will really help you to feel better is time.



# Relationship Break-up Review



“You cannot know how you will deal with a relationship break-up until it happens to you.”  
Do you agree?

