

Year 8 MY Curriculum

What makes a good
family?

Objective: to learn about what makes a good family.



Outcomes:

- To consider ways to promote positive familial relationships.
- To identify and understand healthy familial relationships.
- To identify different types of familial relationships.

Rules

Respect privacy. We can discuss examples but do not use names or descriptions that identify anyone, including ourselves.

Listen to others. It is okay to disagree with each other, but we should listen properly before making assumptions or deciding how to respond. When disagreeing, challenge the statement not the person.

No judgement. We can explore beliefs and misunderstandings about a topic without fear of being judged.

Choose level of participation. Everyone has the right to choose not to answer a question or join discussion. We never put anyone 'on the spot' (no personal questions or pressure to answer).

Family Quiz time! (building on Y7 knowledge)

1. Families come in all shapes and sizes- There are **19.1 Million families in the UK (ONS Statistics 2021)**:

Match up the figure to the different types of families in the UK:

(ANSWERS: 8 Million, 3.4 Million, 232,000, 12.7 Million, 2.9 Million)

- a) Married couples
- b) Single Parent families
- c) Same sex couples
- d) Families with children aged 0-18
- e) Unmarried couples

Family Quiz time!

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- a) Married couples **12.7 Million**
- b) Single Parent families **2.9 Million**
- c) Same sex couples **232,000**
- d) Families with children aged 0-18 **8 Million**
- e) Unmarried couples **3.4 Million**

Starter

What does 'family' mean to you?

It could be the people/ pets/ others in your family & extended family.

It could be the values that your family believe in.

It could be the the things that your family does together that makes it a family.

Discuss.



2:00

Different family relationships

Young people are raised in a variety of households, and families come in many forms.



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The definition of ‘family’ may change according to your life experience and, as new social dynamics emerge, family structures everywhere may transform significantly, redefining the notion of the family and its members.

There are many different types of family, such as single-parent families; families where the parents are LGBTQ+; families headed by grandparents, foster parents or carers; reconstituted families with step-parents and step-siblings.



Storytime
with
Suzanne

Task 1:



Explain which of the discussions was the most interesting and why.



Discuss and describe the 1 thing you discussed and give your own opinion.



Discuss the statements and write down 1 thing you discussed.

Family Discussion Cards

Discuss the following cards in pairs or small groups. Remember that there are not necessarily set answers.



Role of the family

While the definition of family may have evolved, its value remains as important today as it has ever been.



For young people in particular, caregivers in a family unit are essential to their development, their sense of security and their ability to create and sustain healthy relationships in the future, as well as providing basic needs such as food, shelter, nurture and affection.

Task 2: Family roles and responsibilities



Describe several roles and responsibilities for others in a possible family.



Discuss and write several roles and responsibilities for caregivers and children.



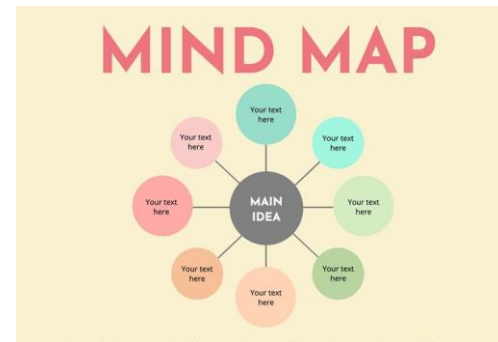
Discuss and write down 3 responsibilities of caregivers.

Regardless of the structure, most people believe a family should do certain things and that different people will have certain roles.

Complete a mind map for each of the bullet points below.

In pairs or small groups, discuss the roles and responsibilities of family. For example:

- What are the roles and responsibilities of parents and caregivers?
- What about children?
- What about other family members?



Healthy family relationships

Just like with any relationship, it is important to have healthy, safe and supportive family relationships. Some features of healthy family relationships include:

- setting boundaries with clear consequences – this is vital in helping to avoid feelings of resentment;
- trusting one another – this means you have confidence in each other, can rely on each other, and feel safe with each other, physically and emotionally;
- supporting one another;
- communicating openly and honestly;
- being able to be yourself;
- respecting one another;
- having fun together;
- feeling safe and nurtured.

Task 3: Traits of healthy family relationships



Explain why your ideas help a family to be healthy.



Describe a variety of traits which link to many of the discussed ideas.



Mind map some ideas for a healthy relationship.

Note down and describe the traits that encourage healthy family relationships.

Trait - A quality or characteristic.

What kind of things would you see a 'healthy' family doing?

Everybody in a family has a role to play in building healthy families.

How can YOU show your family some of these qualities?

What things can you do today, next week and over the next few months?

Create a timeline; or a list; or a poster of your ideas.

Task 3: Building healthy family relationships

Families can help to build healthy relationships by:

- being committed;
- sharing goals and priorities;
- working together;
- spending time together;
- being affectionate;
- appreciating one another;
- communicating effectively;
- solving problems together.



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Commitment

Participating in each other's activities.

Providing attention to the needs of each person.

Showing people that they are not alone.



Goals and priorities

Celebrating together when a goal is accomplished.

Families help members to set goals by:

supporting each other;

listening to each other;

showing each other respect and understanding.



If a family shares goals, they are more likely to work together with enthusiasm.

Working together

Do things for others to help alleviate stress.

Take the initiative.

Think of others.



Spending time together

The purpose of spending time together is to strengthen relationships with family members.

Quality time, where family members aren't distracted by other issues, is more important than quantity of time.



Being affectionate

Affection is showing other family members that you care about them.

It is important to realise that each family member may see affection differently. Your little brother might not go for a hug but, to him, a high five could mean a great deal.

Simply listening to a family member can be a form of affection.



Appreciate one another

A simple 'thank you' can go a long way.

Be appreciative of invisible work. This consists of tasks that get done for you when you don't ask, such as laundry, tidying up or doing the dishes.



Communicating effectively

Families should encourage open discussion and good communication.

Open communication encourages families to share goals.



Solving problems

Solve problems in creative ways.

Try to solve problems between family members quickly – the longer you are in an argument, the harder it is to get out of it.



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To Finish... a reminder about unique families

