

RSE DAY

Celebrating relationships & sex education

Break-up scenarios

Instructions:

1. Choose a break-up scenario from those below.
2. In your group, discuss the scenario and complete an empathy map for one of the characters. Consider the following when writing notes in each section of your empathy map:
 - **Think:** what is your character thinking but not saying? This could include their fears, their memories, their beliefs about what has happened, their goals for the future.
 - **Feel:** how does your character feel? What emotions are they experiencing?
 - **Say:** what are they saying to others about the break-up? Are they being truthful? Are they sharing their thoughts and feelings?
 - **Do:** what are they doing? Are they engaging in any negative behaviours to deal with the break-up? Are they engaging in self-care? Are they getting on with their life?
3. Share your ideas with the rest of the class. How can people deal with break-ups in a positive way?

Scenarios

1. Aisha has been dating Jamie for a year. Recently they've both been busy with their own interests and Aisha feels they have grown apart. Aisha meets with Jamie and tells him she wants to end the relationship.
2. Priya has been dating Chen for 6 months. Chen has just sent Priya a voice-note saying that he has started to have feelings for someone else and therefore doesn't think it's right to continue their relationship.
5. Jia discovers that her girlfriend Amy has been flirting with other people behind her back. She feels hurt and betrayed, confronting Amy about it. Unable to trust her anymore, Jia decides to end the relationship.
6. Kai has been dating Leila for a few months, but their friends keep teasing them and putting pressure on them to break up. Feeling overwhelmed by the peer pressure, Kai decides to end the relationship, even though they still have feelings for Leila.