




Healthy Relationships

Understanding how to have safe, respectful, and responsible relationships now and in the future



What Do You Value in a Friend?

Characteristics of a Quality Friendship

- With a partner, brainstorm a list of what you both think are the most important qualities for a friend to have (Example: honesty, kindness, etc.).
- Share your list with the class.

Discuss:

Do you think the qualities that our class listed are important in other types of relationships? Why or why not?



Essential Question



How do we make sure we are safe and happy in our relationships?

If you need resources or support for your sexual health...

- Talk to a parent/guardian or other trusted adult
- Call 2-1-1
- Visit 211sandiego.org

Learning Intentions



- I can describe a healthy relationship
- I can describe an unhealthy relationship

Teaching Agreement

It's important to know that...

1. I am a mandated reporter, which means I'm required to report suspected abuse or neglect.
2. We will be examining sexual health through research, evidence, and scientific facts.
3. We will be learning and using accurate scientific terms for systems, processes, and anatomy that comes directly from the California Health Standards for 7th and 8th grade.
4. We will not be discussing our personal values or opinions about any of the topics.
5. **We will ensure a safe environment that is inclusive for all students**
6. We will focus on questions that relate to the science we are learning and encourage you to talk to your parent/guardian at home about your values and opinions when it comes to making choices.

Questions to Discuss



Why do you think it's important for us to be able to learn about the topic of relationships in a way that everyone can feel comfortable?

What agreements (norms/ground rules) have we already established as a classroom community that will help us learn this information?

What types of non-verbal communication (tone, body language, facial expressions, eye contact, etc.) are also important to consider when learning together?

What are the different types of relationships?

Human Relationships: Connection is in Our Biology



Human beings are wired to connect with other humans.

Our sexuality is only one part of the need for connection and it has ensured humankind has continued for many years on Earth.

We also have many other ways to feel connected, which, is why throughout our lives we will have relationships of all different kinds.

When you become an adult, having a loving, committed relationship can bring great joy, beauty, and happiness to your life.

Understanding how to have safe and healthy relationships is one of the most important things you will ever learn.

Know Your Terms: Relationships



Family Relationships: Relationships within our biological family (sibling, parent, relatives). Many people also have close relationships with people whom they consider family, but may not be biologically related to us.



Friendships: Relationships with our peers and/or classmates

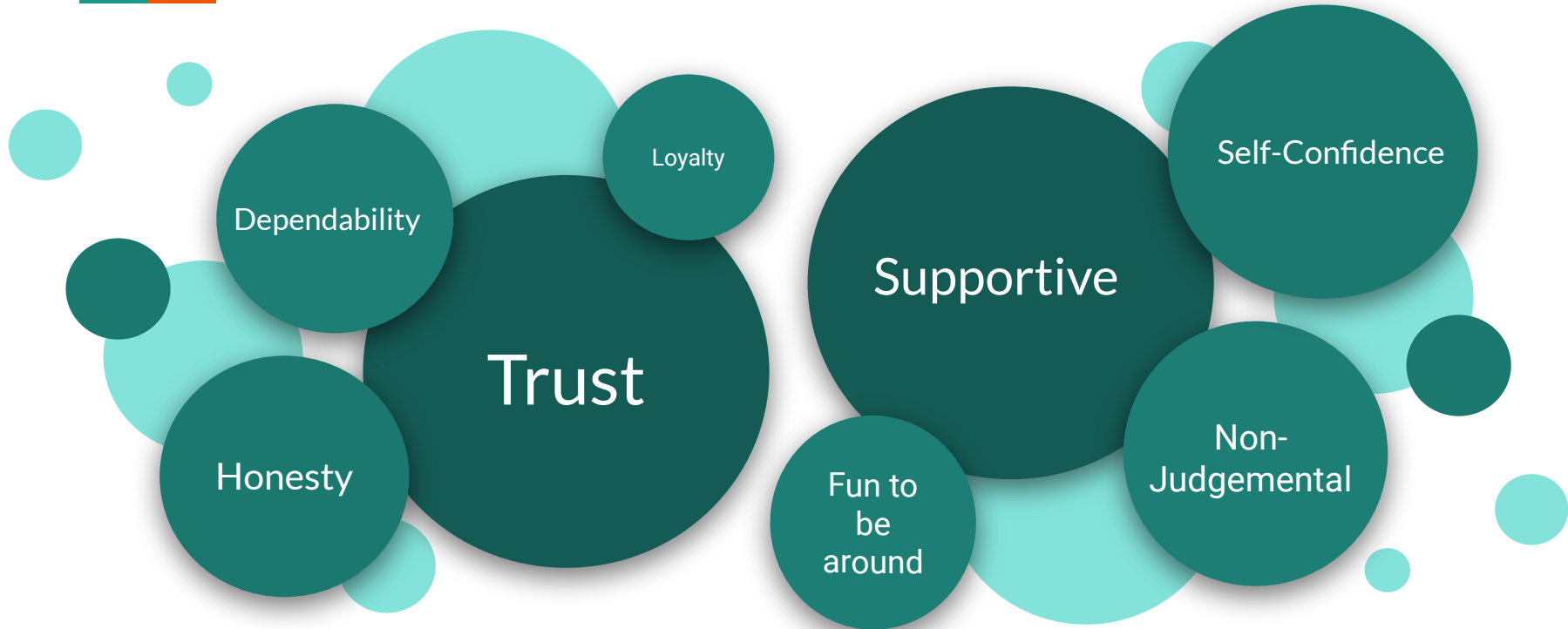


Professional Relationships: Relationships with people at work and/or school



Romantic Relationships: Relationships between partners in which love, affection, and/or sexual intimacy may be shared in committed relationships, for example marriage.

What are the Characteristics of a Quality Relationship?






Friendship Inventory

1. Look back at your list you created for “What do you value in a friend?”
 - What characteristics did you already identify?
 - What new characteristics can you add from this list?
 - Trustworthy
 - Honest
 - Dependable
 - Supportive
 - Self-Confident
 - Non-Judgemental
 - Fun to be around
-
2. Which one or two of these characteristics do you feel most describe you?

What makes a relationship safe and healthy?

What is the Difference Between Healthy and Unhealthy Relationships?





Healthy v. Unhealthy Relationships

List 3-5 characteristics
of healthy
relationships

List 3-5 characteristics
of unhealthy
relationships

Healthy v. Unhealthy Relationships Create a T-Chart. List some characteristics of a healthy relationship and some characteristics of an unhealthy relationship	
Healthy Relationship	<u>Un</u> healthy Relationship

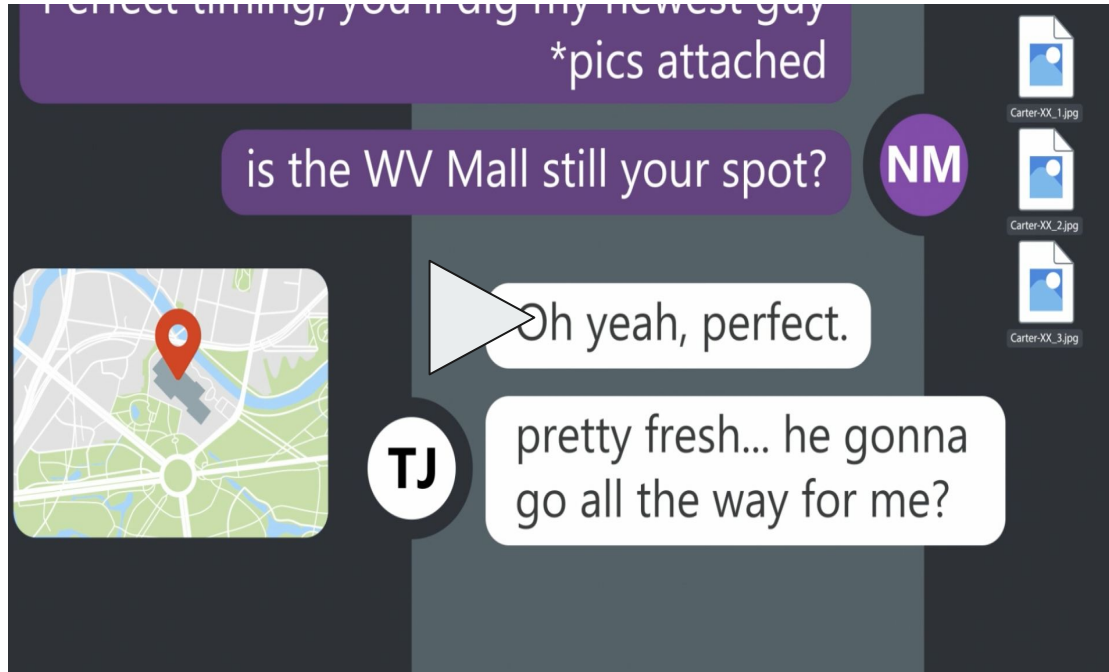
Unhealthy v. Healthy Relationships Online



Know the signs of unhealthy online relationships:

1. A person who you don't know in real life tries to get information or “friend you”
2. A person asks you to share partly nude or fully nude photos/videos of yourself
3. A person asks for your location or tries to get information about where you live/go to school
4. A person threatens you with bullying, violence, or “outing you.”

Unhealthy v. Healthy Relationships Online




How to get help if something happens online:

1. Go to your trusted adult and let them know what happened so that they can help you
2. Contact 1-800-THE-LOST or go to cybertipline.org

If you need resources or support for your sexual health...

- Talk to a parent/guardian or other trusted adult
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Healthy v. Unhealthy Relationships

Add to your T-Chart.
What else could you
include after watching
and discussing the two
videos about online
relationships?

Healthy v. Unhealthy Relationships Create a T-Chart. List some characteristics of a healthy relationship and some characteristics of an unhealthy relationship	
Healthy Relationship	<u>Un</u> healthy Relationship

Universal Human Rights

Every human being deserves to be treated:

- Fairly
- Respectfully
- Safely

If you feel a person is not treating you this way, it is best to talk to an adult you trust.



If you need resources or support for your sexual health...

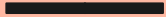
- Talk to a parent/guardian or other trusted adult
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Exit Slip

What can you do to make sure your friendships or other relationships are healthy and happy?



At Home Connection





At Home

With a parent/guardian or other trusted adult:

Option 1: Share your Quickwrite

Option 2: Share your list of “Characteristics of a Quality Friendship”. Ask them what qualities they see in you and why.

Option 3: Share what you’ve learned about the characteristics of unhealthy and healthy relationships.

Sources



[What Are the Different Types of Attraction?](#)

[Building Healthy Relationships \(For Teens\)](#)

[Characteristics of Healthy & Unhealthy Relationships | Youth.gov](#)

[Universal Declaration of Human Rights | United Nations](#)