

Healthy Relationships

What Do You Value in a Friend?

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.)

Essential Question

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

Learning Intentions

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

Know Your Terms: Relationships

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

Friendships: Relationships with our _____ and/or _____.

Professional Relationships: Relationships with people at _____ and/or _____.

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

Friendship Inventory

Which one or two characteristics of friendship do you feel most describe you? Why?

Trustworthy
Honest
Dependable
Supportive
Self-Confident
Non-Judgemental
Fun to be around

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

Exit Slip

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

At-Home Connection

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.

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