

Healthy Relationships

Essential Question How do we make sure we are safe and happy in our relationships?	Learning Intentions <ul style="list-style-type: none">• I can describe a healthy relationship• I can describe an unhealthy relationship
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Introduction	One of the most important developmental milestones for children is to learn how to have healthy, safe relationships in which they avoid risks and understand the hallmarks of responsible decision-making.
CA Health Standards 7th-8th Grade	<ul style="list-style-type: none">1.9 Explain why individuals have the right to refuse sexual contact1.10 Describe the emotional, psychological, and physical consequences of rape and sexual assault.1.11 Explain why rape and sexual assault should be reported to authorities and trusted adults.2.1 Analyze how internal and external influences affect growth and development, relationships, and sexual behavior.2.5 Recognize that there are individual, family, and cultural differences in relationships2.6 Explain how sexual exploitation can occur through the Internet.3.1 identify trusted adults in one's family, school, and community for advice and counseling regarding reproductive and sexual health.4.1 Practice effective communication skills with parents, guardians, health care providers,

	<p>or other trusted adults by discussing issues related to reproductive and sexual health</p> <p>4.2 Use effective verbal and nonverbal communication skills to prevent sexual involvement, HIV, other STDs, and unintended pregnancy</p> <p>4.3 Use healthy and respectful ways to express friendship, attraction, and affection</p> <p>4.5 Demonstrate how to ask for help from parents, other trusted adults, or friends when pressured to participate in sexual behavior.</p> <p>5.2 Use a decision-making process to examine the characteristics of healthy relationships.</p> <p>5.4 Analyze the responsibilities and privileges of becoming a young adult.</p> <p>5.5 Identify how good health practices in adolescence affect lifelong health and the health of future children</p> <p>5.6 Explain the immediate physical, social, and emotional risks and consequences associated with sexual activity</p> <p>7.1 Describe strategies for refusing unwanted sexual activity</p> <p>7.2 Demonstrate the ability to anticipate and minimize exposure to situations that pose a risk to sexual health</p> <p>8.1 Support and encourage safe, respectful, and responsible relationships.</p>
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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?



Invite students to do the following activity to get them thinking about the larger concept of healthy relationships:

Allow time for students to work in pairs

Optional to have some pairs share out with the whole group.

Essential Question

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

Share the Essential Questions for this lesson with students. Clarify any information

Introduce the salmon colored box with information on where students should go if they need additional resources for their sexual health. Let students know that this information is also on the last page of their workbook for each lesson

- 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

Share the Learning Intentions for this lesson with students.
Clarify any information.

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.

Teaching agreement is shared in each lesson. Introduce students to the requirements of being a “mandated reporter”

It is critical for the teacher to demonstrate that they will be keeping agreements as well as the students during each Sexual Health lesson. This helps the teacher model fairness and accountability for students.

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?

Review these three questions with students, then lead a discussion. Have students share examples for other students who were not part of the last lesson.

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.

Share these statements with students as a way to introduce the idea of relationships

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



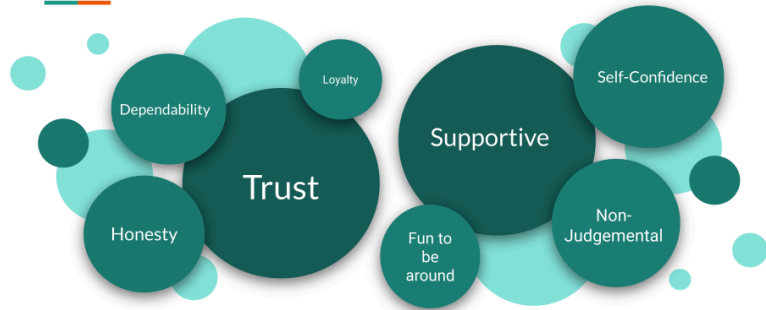
Professional Relationships: Relationships with people at work and/or school



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

Introduce students to these four types of relationships. Students have a “fill-in-the-blank” section in their workbook for these terms.

What are the Characteristics of a Quality Relationship?



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Teaching
Sexual
Health

Introduce students to some common characteristics of a quality relationship, regardless of the relationship type.

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?
 2. Which one or two of these characteristics do you feel **most** describe you?
- Trustworthy
 - Honest
 - Dependable
 - Supportive
 - Self-Confident
 - Non-Judgemental
 - Fun to be around

Have students independently review their "What do you value in a friend?" notes, and then add any additional characteristics from this list.

Allow students time to identify which one or two characteristics they feel most describes them. Option to have students share examples with a partner.

What makes a relationship safe and healthy?

What is the Difference Between Healthy and Unhealthy Relationships?



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UNION SCHOOL DISTRICT

Teaching
Sexual
Health

Video introduces the differences 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	Unhealthy Relationship

Have students work in pairs to list 3-5 characteristics for both healthy and unhealthy relationships. You can have students share out to create a Class T-Chart.

Here are some examples

Healthy relationships

- Mutual respect. Respect means that each person values who the other is and understands the other person's boundaries.
- Trust. Partners should place trust in each other and give each other the benefit of the doubt.
- Honesty. Honesty builds trust and strengthens the relationship.
- Compromise. In a dating relationship, each partner does not always get his or her way. Each should acknowledge different points of view and be willing to give and take.

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| | <ul style="list-style-type: none">● Individuality. Neither partner should have to compromise who he/she is, and his/her identity should not be based on a partner's. Each should continue seeing his or her friends and doing the things he/she loves. Each should be supportive of his/her partner wanting to pursue new hobbies or make new friends.● Good communication. Each partner should speak honestly and openly to avoid miscommunication. If one person needs to sort out his or her feelings first, the other partner should respect those wishes and wait until he or she is ready to talk.● Anger control. We all get angry, but how we express it can affect our relationships with others. Anger can be handled in healthy ways such as taking a deep breath, counting to ten, or talking it out.● Fighting fair. Everyone argues at some point, but those who are fair, stick to the subject, and avoid insults are more likely to come up with a possible solution. Partners should take a short break away from each other if the discussion gets too heated.● Problem solving. Dating partners can learn to solve problems and identify new solutions by breaking a problem into small parts or by talking through the situation.● Understanding. Each partner should take time to understand what the other might be feeling.● Self-confidence. When dating partners have confidence in themselves, it can help their relationships with others. It shows that they are calm and comfortable enough to allow others to express |
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their opinions without forcing their own opinions on them.

- Being a role model. By embodying what respect means, partners can inspire each other, friends, and family to also behave in a respectful way.
- Healthy sexual relationship. Dating partners engage in a sexual relationship that both are comfortable with, and neither partner feels pressured or forced to engage in sexual activity that is outside his or her comfort zone or without consent.

Unhealthy Relationships

- Control. One dating partner makes all the decisions and tells the other what to do, what to wear, or who to spend time with. He or she is unreasonably jealous, and/or tries to isolate the other partner from his or her friends and family.
- Hostility. One dating partner picks a fight with or antagonizes the other dating partner. This may lead to one dating partner changing his or her behavior in order to avoid upsetting the other.
- Dishonesty. One dating partner lies to or keeps information from the other. One dating partner steals from the other.
- Disrespect. One dating partner makes fun of the opinions and interests of the other partner or destroys something that belongs to the partner.
- Dependence. One dating partner feels that he or she “cannot live without” the other. He or she may

threaten to do something drastic if the relationship ends.

- Intimidation. One dating partner tries to control aspects of the other's life by making the other partner fearful or timid. One dating partner may attempt to keep his or her partner from friends and family or threaten violence or a break-up.
- Physical violence. One partner uses force to get his or her way (such as hitting, slapping, grabbing, or shoving).
- Sexual violence. One dating partner pressures or forces the other into sexual activity against his or her will or without consent.

Unhealthy v. Healthy Relationships Online



Know the signs of unhealthy online relationships:

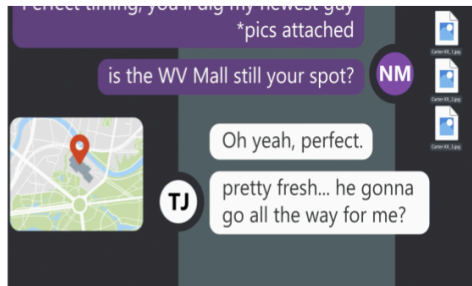
1. A person who you don't know in real life tries to get information or "friend you"
2. A person asks you to share partly nude or fully nude photos/videos of yourself
3. A person asks for your location or tries to get information about where you live/go to school
4. A person threatens you with bullying,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

Introduce students to these 4 signs of an unhealthy online relationship.

Share the video

Review the 4 signs and lead a discussion on where students saw examples of these signs in the video.

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
- Call 2-1-1
- Visit 211sandiego.org



Remind students that having a trusted adult support them will be important if they are ever in an unhealthy online relationship.

Share this second part of the video with students.

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	Unhealthy Relationship

Have students return to their T-Chart to add any additional characteristics after watching the two videos about online relationships.

Have students share any additions for the Class T-Chart.

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
- Call 2-1-1
- Visit 211sandiego.org

Share with students that in all relationships, every human being deserves to be treated:

- Fairly
- Respectfully
- Safely

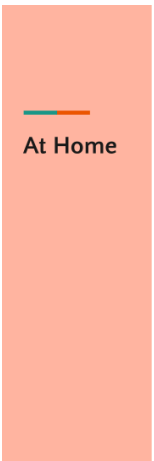
If you feel a person is not treating you this way, it is best to talk to an adult you trust. You can also connect with resources for support through San Diego 211.

Exit Slip

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



Have students write about ways they can make sure their friendships, or other relationships, are healthy and happy from what they've learned in this lesson.

<div data-bbox="142 207 294 665">  <p>At Home</p> </div> <div data-bbox="304 259 871 511"> <p>With a parent/guardian or other trusted adult:</p> <p>Option 1: Share your Quickwrite</p> <p>Option 2: Share your list of “Characteristics of a Quality Friendship”. Ask them what qualities they see in you and why.</p> <p>Option 3: Share what you’ve learned about the characteristics of unhealthy and healthy relationships.</p> </div>	<p>Share with students that at home they should continue their conversations and learning about sexual health. Remind students to take this information home to their parent/guardian or other trusted adults and complete one, or more of these three options.</p>
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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](#)