

6th Grade Health- May 18th - May 22nd

Name: _____ Teacher: _____ Class: _____

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We are starting a New Unit: Promoting Healthy Relationships. We will be studying what healthy relationships are as well as how to identify and distance yourself from unhealthy relationships. This week's assignments are available in this packet and on Google Classroom. Be aware of due dates that are posted with the weekly assignments on Google Classroom. If you have questions, you can email your teacher or join them during Office Hours (see top of the page).

Chapter 14 Promoting Healthy Relationships

<https://www.g-wonlinetextbooks.com/comprehensive-health-skills-middle-school-2019/476>

Essential Question: How are relationships important to the 4 aspects of health? (mental, physical, emotional, social)

Learning Target: I can explain what healthy relationships are, and how they are different from unhealthy relationships.

INSTRUCTIONS:

- **DAY ONE:**

Read the article for Healthy Versus Unhealthy Relationships on Page 1- 2. Highlight or underline important ways to create and maintain a healthy relationship

- **DAY TWO:**

Complete the worksheet for Chapter 14 Promoting Healthy Relationships. Identify if the described relationship is healthy, and the impact it has on one of the participants in the relationship. How is their physical, emotional, mental, and social health being impacted by the relationship?

Healthy and Unhealthy Relationships (Article)

The impact of relationships depends on how healthy the relationships are (Figure 14.2). For example, in healthy relationships, people receive support from family and friends when they go through times of crises. This support helps give people the strength they need to recover from the challenges they face. People in unhealthy relationships often do not receive the support they need. In turn, this can result in experiencing more physical, mental, and emotional problems than people in healthy relationships. Healthy relationships can improve all aspects of health and wellness.

As you form new relationships, you can ensure your own health by building healthy relationships.

Healthy relationships have the following important characteristics:

- **Honesty:** Honesty means telling the truth about what you have done, what you want, and how you feel.
- **Trust:** Trust is believing that another person is not going to do or say something to hurt you.
- **Mutual respect:** Respect is knowing that each person has worth as a human being and has a right to have his or her feelings and desires recognized. Respect should be mutual, or go both ways.
- **Care and commitment:** You demonstrate care and commitment when you show concern for another person and work to make the relationship better.
- **Emotional control:** Controlling your emotions is an important part of building a healthy relationship. For example, controlling your anger can help you work through conflict in a positive way
- **Understanding:** When you show understanding, you acknowledge and relate to the feelings and thoughts of another person.

- Good interpersonal skills: Interpersonal skills are abilities that help people communicate and resolve conflicts in positive ways. Healthy relationships are built using interpersonal skills.

Paying attention to these characteristics can help you build and maintain healthy relationships. If a relationship does not have these characteristics, it is unhealthy and needs to change. If a person in the relationship is not willing to invest in making the relationship better, the relationship may need to end.

The Impact of a Relationship




In a healthy relationship, you will feel	In an unhealthy relationship, you will feel
<ul style="list-style-type: none"> • secure • loved • safe • free to be yourself • valued • acknowledged • understood • confident 	<ul style="list-style-type: none"> • anxious • angry • sad • resentful • pressured • used • ignored • unsafe



Signs of an Unhealthy Relationship

- You feel used, ignored, and unappreciated.
- One person is more interested in maintaining the relationship than the other person.
- You are subjected to angry outbursts.
- You feel you cannot say anything right.
- You and the other person are constantly fighting.
- You are made fun of or threatened.
- The other person is extremely jealous of you.
- The other person tells you to stay away from friends or family.
- The other person raises a hand as if to hit you.
- The other person has been violent toward you.
- You are being pressured to engage in activities that make you uncomfortable.

Healthy Versus Unhealthy Relationships (Worksheet)

Healthy relationships can improve all aspects of health and wellness, while an unhealthy relationship can damage self-esteem, self-worth, and negatively impact health and wellness. Read each scenario to determine if it is a healthy or unhealthy relationship. Defend your answer. Then, decide the impact if the person continues to stay in the relationship.

Scenarios	Healthy Vs. Unhealthy Relationship	Impact
Emma's boyfriend is overbearing, controlling, and disrespectful. While Jonie wants to be happy for Emma, she thinks it is more important to tell Emma her concerns. Jonie worries that Emma will get hurt in the relationship.		
Priyah and Arath have been dating for two months. They spend a lot of time together. Many of Priya's friends are guys, so Arath protects Priya by keeping her close to him. Priya still talks with her guy friends when Arath is not around.		
Max and Marley are twins. As siblings, they disagree at times, but compromise to make their relationship work. Max has always gotten better grades until this year when he began to fall behind in math. Marley helped him catch up.		
Bobby and Brittney have been dating for four months. Both have been very happy in the relationship. Lately, Bobby has been pressuring Brittney to do things sexually that she is not prepared to do. Bobby reassures her that she is safe and loved.		