

Healthy relationships



Activity

10
Minutes



What do you think of when I say the word “relationship”?



Paraphrase responses.



Nice job!

A relationship is a connection between people. Some relationships are closer than others. This depends on the type of relationship and how important it is.

What kinds of relationships can people have?



Paraphrase responses.

Make sure all answers below are mentioned:

- *Friendships*
- *Romantic relationships*
- *Family relationships*
- *Relationships between a young person and an adult such as a parent, teacher, coach or doctor.*



Whether we are talking about someone in your family, a friend or someone you date, it's important that our relationships are healthy.



Distribute “Healthy Relationship Traits” worksheet to each student (page 41).



Healthy Relationship Traits

List at least five traits a **person** should bring to a healthy relationship:

List at least five traits **you** can bring to a healthy relationship:

Honesty
Support
Patience
Equality

Kindness
Understanding
Friendliness
Acceptance

Trust
Compassion
Respect
Empathy

Communication
Love
Fun
Loyalty

“

Now, we want you to think about a person in your life that is important to you. It might be a friend or even a relative.

In your mind, think about the qualities this person has that makes the relationship feel good. Examples of this could be that they are honest, kind and supportive.

Everyone just received a worksheet with two figures on it. There is also a box with a list of healthy traits. On the inside of the first figure, write at least five important traits you think a person should bring to a healthy relationship. You can include traits of the person you are thinking about.

You will have a few minutes to work on this.

Ready? Go!



After students fill in the first figure, make clapping call. Listen for students to repeat the pattern.

“

Inside the second figure, add at least five positive traits you can bring to a healthy relationship. These might be the same or they could be different than the ones you just wrote in the first figure.

You will have a few minutes to work on this.

Ready? Go!



One important trait in a healthy relationship is respect. Why do we need to treat another person with respect?



Paraphrase responses.

Possible answers:

- *We would like to be treated that way.*
- *Everyone deserves to be respected for who they are.*
- *No one is more important than anyone else in a relationship.*



We all have positive qualities to offer in a relationship. It is important to expect good qualities back from someone, no matter what kind of relationship it is.

Having healthy relationships in our lives is important. That includes treating others the way they want to be treated.

“Healthy or unhealthy?”



Activity

18
Minutes



We are going to watch a video. The video will help us see the differences between healthy and unhealthy relationships.



Show video clip:

“Healthy vs. Unhealthy Relationships” — (2:16)

<https://youtu.be/Gn7ZQ2x0cOE>



As we saw in the video, it can sometimes be hard to tell whether a relationship is healthy or not. That’s why we are going to go over this together.



Hand out “Healthy or Unhealthy” signs to each student (page 43–44, double-sided).



Healthy

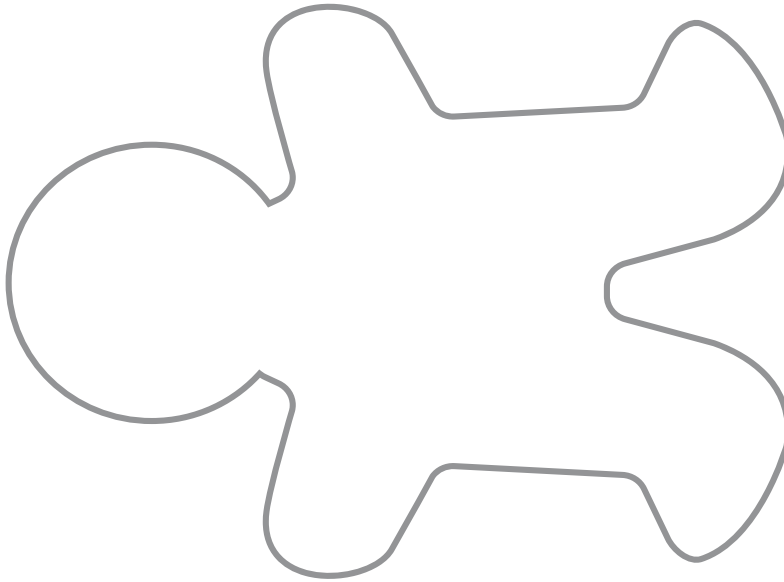
Unhealthy

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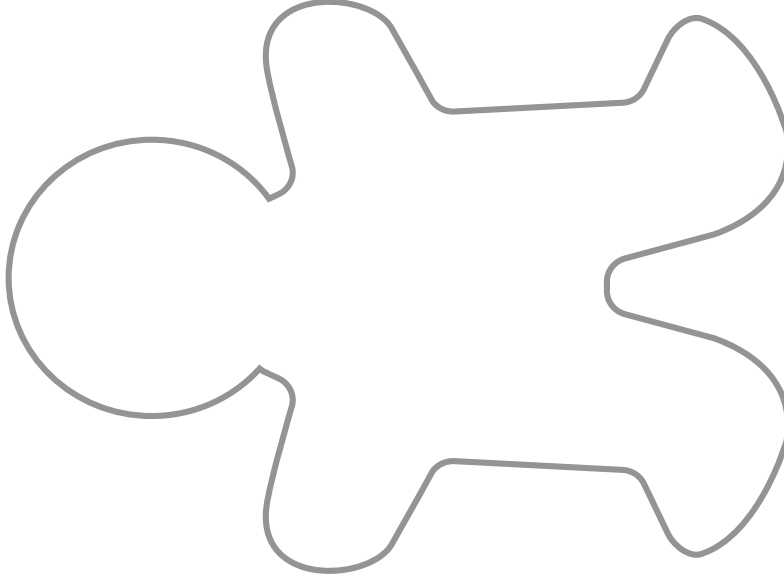


Healthy Relationship Traits

List at least five traits a **person** should bring to a healthy relationship:



List at least five traits **you** can bring to a healthy relationship:



Honesty	Trust	Communication
Support	Compassion	Love
Patience	Respect	Fun
Equality	Empathy	Loyalty
Kindness		
Understanding		
Friendliness		
Acceptance		