6th Grade

Healthy Relationships

Introduction Video
After video, answer “Quick Questions” independently, then compare answers with the people at your table.

Safe slide

- Talk to an adult
  - Parent/Guardian
  - Counselor
  - Nurse
  - Trusted adult

Relationship types:

Friendship - the state of being friends (one attached to another by affection or esteem)

Infatuation - strong interest or attachment in someone

Dating/Romantic Relationship - romantic social relationship

Marriage - state of being united as spouses in a consensual and contractual relationship recognized by law

Can friendship be the foundation for a dating relationship?

Absolutely!

Many of the characteristics of a good friendship (mutual respect, affection, intimacy, etc.) are fundamental pieces of a dating relationship too!

What are some ways you can show the people close to you that you care?

- Show interest in their interests
- Be there to talk
-

What are you looking for in a relationship?

Relationships are a two way street. You should make sure that both people in the relationship demonstrate:

- Sharing
- Kindness
- Honesty
- Respect
- Trust
- Patience
- Communication
- Compatibility

Unhealthy Relationships

Answer your “Quick Questions” independently.

Abuse

- Physical Abuse - intentional bodily injury
  - Slapping, kicking, shoving, etc.
- Emotional abuse - non-physical behaviors that are meant to control, isolate, or frighten you.
  - Threats, insults, constant monitoring, excessive jealousy, manipulation, intimidation
- Sexual abuse - any sexual activity that occurs without consent
  - Consent - permission for something to happen or agreement to do something

What type of abuse was Sam using in your Quick Questions section?

Potential effects of abuse include: __, ___, ___

Characteristics of an unhealthy relationship:

While healthy relationships are built on trust, honesty, and kindness, many unhealthy relationships are built on the opposite. Things like:

- Controlling behaviors
- Jealousy
- Manipulation
- Isolation
- Anger

What can you do if you suspect that you or someone you know is in an unhealthy relationship?

Unhealthy (no abuse suspected)

- Talk to the partner
  - Make sure you are clear about things that are important to you or things that haven't been going well.
  - If that person is unresponsive, find an exit
- Set clear boundaries
  - Make sure everyone is on the same page with both parties expectations for the relationship
- Trust yourself
  - Trust that you know what is best for you and listen to your instincts

Abuse suspected

- Talk to an adult
  - Parent/Guardian
  - Counselor
  - Nurse
  - Trusted adult

Refusal Strategies

- What did your message to Riley say?

- Some effective refusal strategies include:
  - Saying No
  - Give a reason, fact, or excuse
  - Walk away
  - Change the subject
  - Avoid the situation
  - Strength in numbers

Anatomy, Puberty, Reproduction, and Pregnancy

Puberty video

Always Changing, Always Growing

How a Baby Develops

- The **placenta** is an organ that develops in the uterus.
- The placenta provides a developing fetus with nutrients and removes waste.
- The **umbilical cord** connects the embryo to the placenta.

How a Baby Develops

- In the first trimester (first 3 months) the embryo grows rapidly.
- By week 4 (sixth gestational week), the heart starts beating, arm and leg buds appear, and the eyes and brain start to develop.
- By the end of the first trimester, all the major body parts and organs have formed.

How a Baby Develops

- Beyond the first trimester, the developing baby is called a **fetus.**

- In the second trimester, the organs continue to develop. By 5 months, the mother may feel fetal movements.

How a Baby Develops

- Around 4 to 5 months, an ultrasound can usually determine if the sex of the fetus is male or female. By the end of the second trimester, facial features are apparent.
    - In the first 10-12 weeks, you can take a blood test to determine the sex.
- In the third trimester, the fetus gains most of its weight.
- At the end of 9 months, the baby is born.

Abstinence

Answer the “Quick Questions”, then we will discuss

Let’s talk goals/expectations...

- Let’s share your answers to the quick questions
- What were some common themes?
- How might an unplanned pregnancy impact these plans?

What is abstinence?

- Abstinence is refraining from all sexual activity between individuals
- Abstinence is the only 100% effective method of preventing:
  - Pregnancy
  - STDs/STIs
    - Infections that are passed from one person to another through sexual contact
  - Emotional/social risks associated with sexual activity prior to marriage

Why choose abstinence?

- Abstinence has been linked with:
  - Increased self-esteem and self-confidence
  - Improved academic achievement