Kansas Learning Center For Health
505 Main Street, PO Box 288, Halstead, KS 67056
www.learningcenter.org ~ 316-835-2662

# Healthy Relationships

This hour long program will support adolescents in learning how to differentiate between behaviors that could lead to healthy versus unhealthy or even dangerous relationships. The curriculum helps students to gain insight into their own feelings about both platonic and romantic relationships, as well as attributes of behaviors that can lead to positive or negative experiences within those relationships. This program will provide practical tools that assist students in addressing concerning relationships, handling conflict, and communicating respectfully. Curriculum will bring awareness to the important topic of consent and address how social media may factor into modern relationships. Each student will be asked to provide a program review and will be given a resource card, containing both local and regional support centers. Suggested grade level 6th -12th .

I. Introduction Activity
   A. Recognizing and prioritizing one's personal preferred attributes of relationships
   B. Discussion of how and why these matter to individuals

II. Attributes of healthy relationships (platonic and/or romantic)
   A. Mutual Respect
   B. Trust
   C. Compromise
   D. Self-confidence
   E. Support
   F. Anger-control
   G. Encouragement of self-expression

III. Attributes that need discussion/resolution within relationships (platonic and/or romantic)
   A. Feeling afraid
   B. Being isolated from family/friends
   C. Feeling manipulated, controlled, embarrassed
   D. Being talked into saying or doing things one feels are against personal values/beliefs
   E. Having to change behavior or appearance to feel accepted in relationship

IV. Attributes of an abusive relationship
   A. Physical abuse
      1. Hitting, shoving, pushing, choking, pinching
      2. Throwing items
      3. Damaging property
   B. Emotional abuse
      1. Humiliation
      2. Inappropriate display of anger
      3. Ignoring feelings
      4. Name calling
      5. Belittling

V. Friends Wheel
   A. Don't Gossip
   B. Believe the story
   C. Tell the person he/she doesn't deserve to be abused
   D. Let friend make his/her decision
   E. Make a safety plan
   F. Give Help

VI. Role of Social Media in Modern Relationships

VII. Consent For Sexual Relationships
   A. Meaning with examples
   B. Tea consent (Edited Version) video clip

VIII. Respect
   A. In Social situations
      1. Online
      2. In person
   B. In Personal relationships
   C. In conflict

VIIII. S.A.F.E. Checklist
   A. **S**- Stay calm
   B. **A**-Ask questions
   C. **F**-Find our feelings
   D. **E**-Exchange ideas for possible solutions