

High School Healthy Relationships Lesson

Time: 45-60 minutes

This lesson is designed to help participants identify the characteristics of a healthy relationship. They will look at different examples of relationships to determine if the relationship is healthy, unhealthy, or abusive. They will practice giving advice to someone who is in an unhealthy or abusive relationship. Finally, participants will have the opportunity to think about what qualities are most important to them in their relationships or future relationships.

Outline

- Introduction (3 mins)
- Activity One: What's a Healthy Relationship (5 mins)
- Activity Two: Relationship Check-up Case Studies (20 mins)
- Activity Three: Breaking-Up and Finding Resources (15 mins)
- Activity Four: How I Want to Be Treated (5 mins)
- Closing (5 mins)



National Sexuality Education Standards

- PD.10.CC.1 Describe the cognitive, social, and emotional changes of adolescence and early adulthood.
- PD.10.INF.1 Analyze how peers, media, family, society, culture, and a person's intersecting identities can influence self-concept, body image, and self-esteem.
- CHR.10.CC.1 Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships.
- CHR.10.INF.1 Evaluate strategies to end an unhealthy relationship, including when situations may require adult and/or professional support.
- CHR.10.INF.2 Analyze the potentially positive and negative roles of technology and social media on one's sense of self and within relationships.
- CHR.12.INF.3 Describe the potential impacts of power and privilege within romantic or sexual relationships (e.g., age, race, ethnicity, sexual orientation, gender, gender identity, socio-economic status, immigration status, ability).
- CHR.10.IC.1 Describe effective ways to communicate consent, personal boundaries, and desires as they relate to intimacy, pleasure, and sexual behavior.
- CHR.10.DM.1 Evaluate a variety of characteristics of romantic and/or sexual relationships and determine which ones are personally most important.
- CHR.12.DM.1 Apply a decision-making model to maintaining a healthy relationship and/or ending an unhealthy relationship.
- CHR.10.GS.1 Develop a plan to get out of an unsafe or unhealthy relationship.
- CHR.10.SM.1 Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior.
- CHR.12.SM.1 Evaluate strategies to use social media safely, legally, and respectfully.



Colorado Comprehensive Health Standards

- 2.4 Use a decision-making process to make healthy decisions about relationships and sexual health.
- Analyze when it is necessary to seek help with or leave an unhealthy situation.
 - Analyze risks of sharing personal information through modern technology.
 - Identify what qualifies as clear consent for sexual activity.
- 2.6 Develop and maintain ongoing evaluation of factors that impact health, and modify lifestyle accordingly.
- Analyze the role of personal responsibility in maintaining and enhancing personal, family, and community wellness.
- 3.1 Analyze the interrelationship of physical, mental, emotional, and social health.
- Implement effective strategies for dealing with personal and environmental stress.
- 4.5 Analyze the factors that influence community and societal beliefs that underlie violence, and describe relationships, attitudes, behavior, and vulnerability to violence.
- Examine the importance of respecting individual differences.
 - Analyze situations that could lead to different types of violence such as bullying, verbal abuse, hazing, physical assault and fighting, dating violence acquaintance rape, sexual assault, and family violence.
 - Demonstrate the ability to take the perspectives of others in a conflict situation.
- 4.7 Identify the emotional and physical consequences of violence, and find strategies to deal with, prevent, and report them.
- Identify strategies to deal with, prevent, and or report violence.
- 4.9 Demonstrate verbal and nonverbal communication skills and strategies to prevent violence.
- Explain the strategies that could be used to prevent a conflict from starting or escalating.
 - Discuss effective strategies for resolving conflicts with another person in nonviolent ways.



New Mexico Health Education Standards

- C3 Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
- B4: develop management strategies to improve or maintain personal, family, peer and community health (PS1 fully met).
- C7 Students will demonstrate the ability to advocate for personal, family, peer and community health.
- B2: express information and opinions about health issues (PS1 fully met).
 - B4: demonstrate the ability to influence and support others in making health enhancing choices (PS1 fully met).
 - B6: demonstrate the ability to adapt health messages and communication techniques to the characteristics of a particular audience (PS2 fully met).

