

## Healthy Relationships Grab and Go Discussion Guide

Objective: Students will analyze the components of healthy and unhealthy relationships and identify ways to maintain healthy relationships. Students will be instructed on consent, resources for getting out of an unhealthy relationship, and how to identify situations that should be reported to a trusted adult.

### Common Core Tie-In:

- Introduction to Social Health: Course Standard #8
- Family Studies: Course Standard #8
- Lifespan Development: Course Standards #12 c/d
- Lifetime Wellness (9-12): Course Standard #6.1
- Health Education (6-8): Course Standards #8.1, 8.2, 8.3, 8.4, 12.1, 12.2

### Directions:

#### **Begin by saying:**

*What are some ways we can work to keep our bodies healthy? (Allow participants to respond with “eat right, exercise, don’t smoke, go to the doctor.”) Just like it takes hard work to keep our bodies healthy, we have to work hard to keep our relationships healthy, too. The point of this lesson is to help us learn what makes a healthy relationship and how to keep your relationship healthy.*

*The first thing we are going to do is discuss the idea of consent and how important it is to have consent in our relationships.*

#### **Show Consent Slideshow.**

***Say:** Hopefully, you now have a better understanding of what consent is and how important it is to be in a respectful relationship. Now, we will talk about the differences between love and infatuation.*

#### **Do Love Vs. Infatuation Activity**

***Say:** Now that we know the difference between being in love and having a crush, let’s talk more about the differences in healthy and unhealthy relationships.*

#### **Do Healthy Vs. Unhealthy Activity.**

***Say:** Why does any of this matter to you? Well, according to [loveisrespect.org](http://loveisrespect.org), 1 in 3 teens in the U.S. experiences violence from a dating partner in the form of physical, sexual, or verbal abuse. About 72% of 8<sup>th</sup> and 9<sup>th</sup> graders are “dating” someone. So, people your age are dating, and they*

*are experiencing dating violence. Many times if someone you know is in an unsafe relationship, there will be warning signs, or red flags, to let you know that something is wrong. This next activity will help us recognize some of those red flags.*

Do **Relationship X-Factor** if time allows.

**Finish up by saying:**

*Everyone deserves to be in a safe, consensual, respectful, healthy relationship. NO ONE deserves to be scared, or to be abused physically, verbally, or emotionally. If you are someone you know is in an unsafe relationship, you can call 1-866-331-9474 or visit [loveisrespect.org](http://loveisrespect.org) to talk to someone 24 hours a day. You should also talk to a trusted adult as soon as possible.*