


Family Life and Comprehensive Sexual Health Education (2-4) Lesson Plan

	Topic: My Relationships	Date:
Objectives	<ol style="list-style-type: none"> 1. Students will be able explain what a relationship is and the different types. 2. Students will be able to describe characteristics of a healthy relationship. 	
State Standards	<ul style="list-style-type: none"> • Physical Development and Health <ul style="list-style-type: none"> ○ Goal 23: Understand human body systems and factors that influence growth and development. 	
Content	Relationships.	
Time	One to two 25-minute sessions	
Materials	Copies of the student page “My Relationships” (one for each student).	
Learning Activities	<ol style="list-style-type: none"> 1. Relationships <ol style="list-style-type: none"> a. Discussion: <ol style="list-style-type: none"> i. What is a relationship? ii. Who do we have relationships with? (Facilitator to write them on board.) b. Facilitator ensures that class addresses all of the following relationships: <ol style="list-style-type: none"> i. Mother/Father ii. Grandmother/ Grandfather iii. Sibling iv. Friends v. Aunt/Uncle vi. Teacher vii. Cousin viii. Mentor/Coach 2. “My Relationships” <ol style="list-style-type: none"> a. Distribute student page “My Relationships” and discuss: <ol style="list-style-type: none"> i. How do our relationships make us feel? b. Have students complete student page by choosing 4 relationships from list of relationships, and fill out the worksheet with how you feel when you do something special with that person. 3. Healthy Relationships <ol style="list-style-type: none"> a. Facilitator says, “From the relationships and feelings you listed on the 	

worksheet, let's talk about what makes a relationship healthy for us."

- b. Facilitator leads group brainstorm and writes ideas from students on the board of what makes a healthy or unhealthy relationship.
 - i. Facilitator says, "Healthy relationships can make us feel happy, calm, safe and sometimes angry or sad, but should not make us feel unsafe."