


## Comprehensive Sexual Health Education (5-8) Lesson Plan

	<p>Topic: Healthy Relationships and Personal Safety – Part I</p>	<p>Date:</p>
<p>Objectives</p>	<ol style="list-style-type: none"> <li>1. Students will be able to describe characteristics of a healthy relationship.</li> <li>2. Students will know the difference between a friendship and romantic relationship.</li> </ol>	
<p>State Standards</p>	<ul style="list-style-type: none"> <li>• Physical Development and Health             <ul style="list-style-type: none"> <li>○ Goal 22: Understand principles of health promotion and the prevention and treatment of illness and injury.</li> <li>○ Goal 23: Understand human body systems and factors that influence growth and development.</li> <li>○ Goal 24: Promote and enhance health and well-being through the use of effective communication and decision-making skills.</li> </ul> </li> </ul>	
<p>Content</p>	<p>Relationships Personal Safety</p>	
<p>Time</p>	<p>2 - 30 min session for part 1 and 2</p>	
<p>Web/Other Resources</p>	<p>Between Friends' Relationship Education: Is an approved CPS community provider that can come to your school to provide education on relationships including sexual abuse, sexual harassment and teen dating violence. Please use them as needed to cover relationship lessons or in place of this lesson. [A Choice for Hope (REACH) teen dating violence prevention program: 2 or 8 sessions in classroom with 7-12th grade students (one class per week) and 1 hour adult education workshop. Call Colleen Norton at 773.274.5232x26 for more details. Crisis Hotline: 1.800.603.HELP; <a href="http://www.betweenfriendschicago.org">www.betweenfriendschicago.org</a>]</p>	
<p>Materials</p>	<p>Wheel of Equality Student Page What's Okay Student Page Defining a Relationship page</p>	
<p>Learning Activities</p>	<p>Discussion: What is a relationship?</p> <ol style="list-style-type: none"> <li>A. Facilitator asks students to tell what they think a relationship is.             <ol style="list-style-type: none"> <li>a. After open discussion share definition of relationship: A relationship is a personal or other connection between people.</li> </ol> </li> <li>B. Facilitator asks students what are the types of relationships?             <ol style="list-style-type: none"> <li>a. Write responses for all to see.</li> <li>b. Types to include:                 <ul style="list-style-type: none"> <li>• Friendships</li> <li>• Siblings/Family</li> <li>• Married Couples</li> <li>• Dating</li> <li>• Classmates</li> <li>• Healthy</li> </ul> </li> </ol> </li> </ol>	

- Unhealthy

- C. Facilitator highlights healthy and unhealthy relationships and ask students to give the characteristics of a healthy and unhealthy relationship.
  - a. Make two columns on the board and label one column “Healthy” and the other “Unhealthy”.
  - b. Record students’ responses under the appropriate column.
  - c. Highlight the characteristics below and compare this list with the list from the students, noting the characteristics they didn’t include. Provide the definition or explanation as you highlight each one.
    - Respect: Listening to one another, valuing each other's opinions, and listening in a non-judgmental
    - Trust and Support: Supporting and respecting each other's right to his/her own feelings, opinions, friends, activities and interest.
    - Honesty and Accountability: Communicating openly and truthfully, admitting mistakes or being wrong, and accepting responsibility for one's self.
    - Shared Responsibility: mutually agreeing on a distribution of work which is fair to both people.
    - Negotiation and Fairness: Being willing to compromise, accepting change, and seeking mutually satisfying solutions to conflict.
    - Non-threatening Behavior: Talking and acting in a way that promotes both partners' feelings of safety in the relationship. Both should feel comfortable and safe in expressing him/herself and in engaging in activities.
- D. Handout Wheel of Equality student page and review with class. Note that this tool is focused on romantic relationships but the characteristics are also applicable to other types of relationships.

Activity:

- A. Have students complete “What’s Okay” student page and save for Part II of lesson for discussion.