


Comprehensive Sexual Health Education (5-8) Lesson Plan

	<p>Topic: Healthy Relationships and Personal Safety Part II</p>	<p>Date:</p>
<p>Objectives</p>	<ol style="list-style-type: none"> 1. Students will be able to define teasing, harassment and bullying and tell why they're wrong. 2. Students will be able to define sexual abuse and sexual harassment. 	
<p>State Standards</p>	<ul style="list-style-type: none"> • Physical Development and Health <ul style="list-style-type: none"> ○ Goal 22: Understand principles of health promotion and the prevention and treatment of illness and injury. ○ Goal 23: Understand human body systems and factors that influence growth and development. ○ Goal 24: Promote and enhance health and well-being through the use of effective communication and decision-making skills. 	
<p>Content</p>	<p>Relationships Teasing Bullying Harassment</p>	
<p>Time</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. <i>[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; www.betweenfriendschicago.org]</i></p>	
<p>Materials</p>	<p>Your Dating Rights Student Page Coercive Control Teacher Page Unhealthy Behaviors Definitions Page You Deserve Better Student Worksheet</p>	
<p>Learning Activities</p>	<ol style="list-style-type: none"> A. Review: Facilitator gives a brief recap of Part I of this lesson including discussing the characteristics of healthy and unhealthy relationships and discuss "What's Okay" activity from Part I of lesson. B. Discussion: Introduction of Teasing, Harassment and Bullying <ol style="list-style-type: none"> a. Facilitator tells students that everyone has a right to be in a healthy relationship but sometimes our personal rights are violated. Our personal rights can be violated by the types of relationships or situations we find ourselves in. For this lesson we're going to talk about some unhealthy relationships and our personal rights. b. Facilitator asks student what the following terms means: <ul style="list-style-type: none"> • Teasing • Harassment 	

- **Bullying**

- c. After open discussion share definitions of each term using the Unhealthy Behaviors Definitions sheet.
- C. Now use Coercive Control teacher page to highlight other ways or instances harassment and bullying can be used.
- D. Conclude:
 - people are teased, bullied or harassed to do things they don't want to do.
 - this can happen in any type of relationship or setting
- E. Activity: Using Unhealthy Behavior Definitions sheet, have students complete the You Deserve Better student page.