

(Taught by school counselor in guidance)

**Strand:** Healthy Relationships and Personal Safety

**Lesson:** Healthy Friendships/Relationships

**Grade:** 6

**Materials needed:** Chromebooks, ability to project from computer

**Learning objectives:**

**HR.8.CC.1** Compare and contrast the characteristics of healthy and unhealthy relationships

**HR.8.CC.2** Describe the potential impacts of power differences such as age, status or position within relationships

**HR.8.CC.4** Describe a range of ways people interact within various types of relationships

**HR.8.INF.1** Analyze the ways in which friends, family, media, society and culture can influence relationships

**HR.8.IC.1** Demonstrate communication skills that foster healthy relationships

**HR.8.SM.1** Explain the criteria for evaluating the health of a relationship

**HR.8.IC.2** Demonstrate effective ways to communicate personal boundaries and show respect for the boundaries of others

**HR.8.IC.4** Describe the normal evolution of friendships and the healthy strategies to manage any changes

**PS.5.CC.2** Define sexual harassment, sexual abuse, and sex trafficking. Identify risk factors contributing to sexual abuse and sex trafficking

**PS.5.AI.2** Identify parents or other trusted adults they can tell if they are being sexually harassed or abused

**PS.8.CC.1** Describe situations and behaviors that constitute bullying, sexual harassment, sexual abuse, sexual assault, incest, rape, dating violence and sex trafficking

**PS.8.CC.2** Discuss the impacts of bullying, sexual harassment, sexual abuse, sexual assault, incest, rape, dating violence and sex trafficking and why they are wrong

**PS.8.SM.1** Describe ways to treat others with dignity and respect

**PS.8.SM.2** Demonstrate ways they can respond when someone is being bullied or harassed

**PS.8.ADV.1** Advocate for safe environments that encourage dignified and respectful treatment of everyone

**Lesson plan:**

Survey students to rank order the following characteristics of a healthy friendship/relationship: mutual respect, trust, honesty, compromise, individuality, good communication, anger control, fighting fair, problem solving, understanding,

self-confidence, being a role model. Discuss which characteristics students feel are most important and why.

Show video on healthy vs. unhealthy relationships (2:16 minutes).

<https://www.youtube.com/watch?v=Gn7ZQ2x0cOE>

Lead discussion on what makes a relationship unhealthy. Discuss control, hostility, dishonesty, disrespect, dependence, intimidation, and physical violence. Have students give examples of each and why it is harmful to a relationship.

Review rude, mean, and bullying behavior. Review sexual harassment and sexual abuse and how an imbalance in power plays a role in both.

Show video on communication styles (2:37 minutes).

[https://www.youtube.com/watch?v=9\\_0IJRaaXkM](https://www.youtube.com/watch?v=9_0IJRaaXkM)

Discuss passive, aggressive, and assertive communication. Have students practice an assertive response (to someone cutting in line, a mean comment about a haircut, repeated comments about clothing, a suggestive comment, or repeated unwanted touches).

**Closure/reflection:** Review the characteristics that identify a healthy friendship/relationship. Have students brainstorm ways they can promote healthy relationships with family members and their friends while at school and in the community. Finally, have students identify 3-5 adults with whom they can talk about their friendships/relationships.