



Students Together Against Negative Decisions

HEALTHY RELATIONSHIPS – PART 1

Activity Purpose: To recognize healthy and unhealthy aspects of relationships.

Youth will:

- Describe characteristics of a healthy relationship.
- Objectively judge the quality of a romantic relationship against a written checklist.

Activity Outline	Core Content Components	Instructional Method	Timing
1 Welcome & Introductions	<ul style="list-style-type: none"> • Welcome Youth • Answer Questions (QB) • Words of Wisdom (WOW) 	<ul style="list-style-type: none"> • Q&A • Mini-Lecture • WOW 	5 minutes
2 Today's Topic: Healthy Relationships	<ul style="list-style-type: none"> • What is Healthy • Different Kinds of Love and Relationships 	<ul style="list-style-type: none"> • Large Group Activity • Brainstorm 	10 minutes
3 What is a Healthy Relationship?	<ul style="list-style-type: none"> • Introduce Topic • Healthy Relationship Discussion 	<ul style="list-style-type: none"> • Mini-Lecture • Small Group Discussion 	15 minutes
4 Are You in a Healthy Relationship?	<ul style="list-style-type: none"> • Relationship Assessment Worksheet • Activity Debrief & Discussion 	<ul style="list-style-type: none"> • Individual Activity • Large Group Discussion 	15 minutes
5 Closing	<ul style="list-style-type: none"> • Question Box • Preview Next Session • Review WOW 	<ul style="list-style-type: none"> • Q&A • Mini-Lecture • Cultural Teaching 	5 minutes

Materials:

- Question Box (QB)
- Flip chart paper
- Markers

Handouts:

- Student Handout 7: Are You In a Healthy Relationship?

Preparation:

- Answer questions in the Question Box (QB)
- Display WOW on the Board

1. Welcome & Introductions



5 minutes, Large
Group Activity

- Welcome Students
- Review Session 6: Goals and Values.
- Answer any questions in the Question Box.
- Preview today's session: Healthy Relationships
- Read the following Content Warning/Safety Statement:

"Today we're going to talk about healthy relationships. In any relationship, there are aspects that are healthy and aspects that are less healthy. It's important to know how those aspects might look and feel and think about what you will do to keep yourself safe. In the next session we will discuss unhealthy situations."

"I want to acknowledge that not everyone has had positive experiences in their relationships. If some of what we are talking about today is difficult for any of you, just let me know and you can take a quick pause or do something else to take care of yourself. I'm also here for support if you need to talk afterwards."

- Ask a student to read today's WOW



*Love one another and do not strive for
another's undoing.*

- Seneca

2. Today's Topic: Healthy Relationships

10 minutes, Large
Group Activity

- **Say:** In our last lesson, we talked about our personal goals and cultural values, and how we use them to guide our decisions. Today, we'll explore what healthy relationships look like. We're also going to judge the quality of a romantic relationship against a checklist, to evaluate how healthy it is.
- **Group discussion:** Note youth responses on a flipchart or on the board.
- **Let's brainstorm together:**

Thinking about all the types of loving relationships that exist in the world... What are some different examples of healthy loving relationships?

Some responses may include:

- Friendships
- Familial love
- Romantic relationships
- Sexual relationships
- Crushes
- Love of pets
- Love of Tribe, culture, community (cultural pride)
- Love of things (money, power, objects)
- Love of self
- Love of causes (environment, community activism)
- Spiritual, Religious relationships

What are some differences between a romantic relationship (partner) vs. a friendship?

Some responses may include:

- May involve more physical affection
- May progress to sexual relationship
- Intimacy: May share more details about yourself than you do with friends or family
- What are some differences between a sexual relationship vs. a friendship?

Some responses may include:

- Having sex
- May need to negotiate more or different boundaries with each other
- May be more intense or passionate
- May need to discuss details about birth control, condoms or how to prevent pregnancy



3. What is a Healthy Relationship?

15 minutes, Small
Group Activity

- **Say:** Let's think about what a healthy relationship is in each of the type of relationships we discussed: Friendships, Romantic Relationships and Sexual Relationships. We're going to break into small groups and come up with at least 2 ideas of what a healthy relationship looks like for each type of relationship.
- **Break students into 3 small groups** and provide flipcharts and markers to each group. Give groups 5-8 minutes to brainstorm ideas and write or draw them on their flip charts. Give a 1-minute warning.
- **Rotate and Share:** Have each group select one person to stay at their flip chart and the rest of their group moves to another group's flip chart to review their answers. The person staying behind will share the ideas the group came up with. The rotating groups can put a check mark next to the ideas they agree with or an X next to any they disagree with. The groups will have 2 minutes at each station. The youth that stayed behind at their group's flip chart can take a final look at the others and add their own check marks or X next to the ideas of the other groups.
- Have all youth come back to the large group. Ask youth what reflections they have based on their groups ideas or what other groups came up with.
- **Discuss:** Address any myths or misconceptions you noticed from the group's ideas. Help students reframe any unhealthy ideas by asking questions like: why is this healthy? Could it become unhealthy?
- **Discuss:** What are some key characteristics of a Healthy Relationship? This doesn't have to be a romantic relationship – it can be a healthy friendship or a family relationship.
 - Communication
 - Respectful
 - Honest
 - Equal
 - Enjoy time together and personal time away from each other
 - Making mutual choices together
 - Economic/financial partners
- **Close:** All relationships exist on a spectrum from healthy, to unhealthy, to abusive. In our next activity we'll check where your own relationship stands.

Student Handout 7:

Are You in a Healthy Relationship?

Circle the answer below for each question, based on how your relationship feels most of the time:

Can you speak up about anything to your partner and experience mutual understanding and kindness?	Healthy	Unhealthy	Abusive
Do you bring out the best qualities in each other?	Healthy	Unhealthy	Abusive
Do you feel like you can honestly ask for what you want and need in this relationship?	Healthy	Unhealthy	Abusive
Are you both comfortable with how physical the relationship is (or isn't)?	Healthy	Unhealthy	Abusive
Do you both feel close to each other (not just physically) and are willing to trust each other with personal stuff?	Healthy	Unhealthy	Abusive
Do you make decisions jointly, with input from each partner?	Healthy	Unhealthy	Abusive
Do they take responsibility for their own actions and not blame others for their failures?	Healthy	Unhealthy	Abusive
Can the two of you admit when you are wrong and apologize to each other when needed?	Healthy	Unhealthy	Abusive
Do you feel more like yourself when you have been with your partner?	Healthy	Unhealthy	Abusive
We both have the freedom to be friends with others and spend time with the people we care about.	Healthy	Unhealthy	Abusive

Everyone deserves healthy relationships.

You can take a relationship quiz at www.loveisrespect.org

Or get support by texting:

LOVEIS to 22522

4. Are You in a Healthy Relationship?

15 minutes, Individual Activity

- **Pass out the handout:** Are You in a Healthy Relationship?
- **Prompt:** Ask students to think about a current close relationship (other than with a family member) – it could be a romantic relationship, a close friend, or another. (If they don't have a relationship like that right now, ask them to think about one they had in the past or think about a relationship that they would like to have in the future.)
- Ask them to work individually and to go through the questions with that relationship in mind. If you don't have a lot of time, you can send this home as a homework assignment.
- Ask them to be as honest as they can and let them know that they can keep their answers private and they won't have to share them with the group. We'll spend time in our next lesson talking about what to do if you see or experience an unhealthy relationship.
- Everyone deserves healthy relationships. You can also get support by texting: LOVEIS to 22522
- Thank students for their participation and ask if they have any questions.



5. Closing

5 minutes, Large
Group Activity

- Answer any questions in the Question Box.
- Preview Next Session: Healthy Relationships Part 2
- Direct the students' attention to the Words of Wisdom on the wall. Ask a volunteer to read the words and to share with the group what those words mean to him or her and how they relate to today's session and activities.



Love one another and do not strive for another's undoing.

- Seneca

- Remind students there are additional resources on their handout, or that you are available to talk anytime.

**Native
STAND**

Students Together Against Negative Decisions