

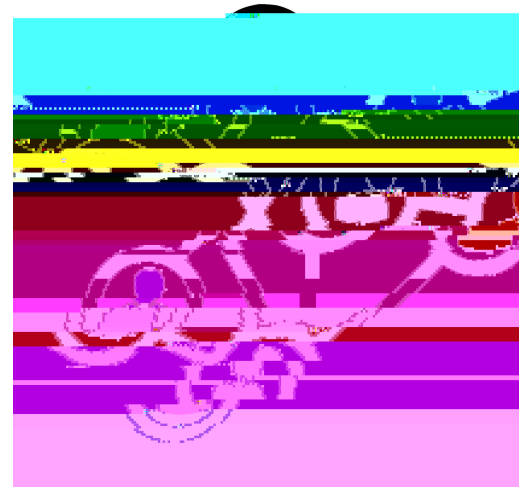


Characteristics of a Quality Friendship

With a partner, brainstorm a list of what you both think are the most important qualities for a friend to have (Example: honesty, kindness, etc.).
Share your list with the class.

Discuss:

What Do
You Value
in a
Friend?



Essential Question



How do we make sure we are safe and happy in our relationships?

If you need resources or support for your sexual health...

Learning Intentions



Teaching Agreement

It's important to know that. . .

1. I am a mandated reporter, which means I'm required to report suspected abuse or neglect.
2. We will be examining sexual health through research, evidence, and scientific facts.

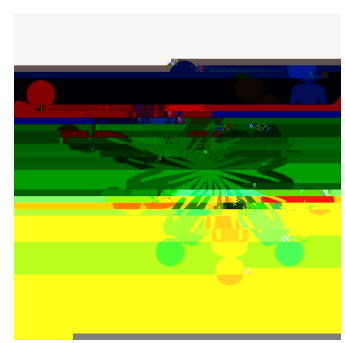


Questions to Discuss



What are the different types of relationships?

Human Relationships: Connection is in Our Biology



Human beings are wired to connect with other humans.

Our sexuality is only one part of the need for connection and it has ensured humankind has continued for many years on Earth.

We also have many other ways to feel connected, which, is why throughout our lives we will have relationships of all different kinds.

When you become an adult, having a loving, committed relationship can bring great joy, beauty, and happiness to your life.

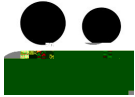
Understanding how to have safe and healthy relationships is one of the most important things you will ever learn.



Know Your Terms: Relationships



Family Relationships: Relationships within our biological family (sibling, parent, relatives). Many people also have close relationships with people whom they consider family, but may not be biologically related to us.



Friendships: Relationships with our peers and/or classmates



Professional Relationships: Relationships with people at work and/or school



Romantic Relationships: Relationships between partners in which love, affection, and/or sexual intimacy may be shared in committed relationships, for example marriage.

1. Look back at your list you created for “ou




Friendship Inventory

What makes a relationship safe and healthy?

What is the Difference Between Healthy and Unhealthy Relationships?





Healthy v.
Unhealthy
Relationships

List 3-5 characteristics
of healthy
relationships

List 3-5 characteristics
of unhealthy
relationships

Unhealthy v. Healthy Relationships Online



Know the signs of unhealthy online relationships:

1. A person who you don't know in real life tries to get information or "friend you"
2. A person asks you to share partly nude or fully nude photos/videos of yourself
3. A person asks for your location or tries to get information about where you live/go to school
4. A person threatens you with bullying, violence, or "outing you."



Healthy v. Unhealthy Relationships

Add to your T-Chart.
What else could you
include after watching
and discussing the two
videos about online
relationships?

The image shows a screenshot of a digital T-chart template. The title bar at the top reads "Healthy v. Unhealthy Relationships". Below the title, there are two columns: "Healthy Relationships" on the left and "Unhealthy Relationships" on the right. The text "List some characteristics of a healthy relationship and some characteristics of an unhealthy relationship" is written across the top of the columns. The table below is mostly empty, with a few faint, illegible markings in the top-left cell of the "Healthy Relationships" column.

Healthy Relationships		Unhealthy Relationships

Universal Human Rights



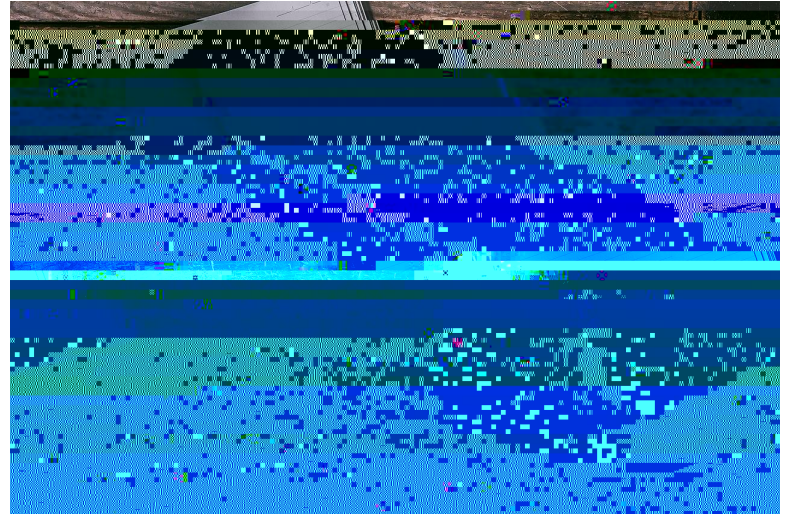
Every human being deserves to be treated





Exit Slip

What can you do to make sure your friendships or other relationships are healthy and happy?



At Home Connection





At Home

Sources



[What Are the Different Types of Attraction?](#)

[Building Healthy Relationships \(For Teens\)](#)

[Characteristics of Healthy & Unhealthy Relationships | Youth.gov](#)

[Universal Declaration of Human Rights | United Nations](#)