

Building Healthy Relationships



Alberta Education Health & Life Skills Program of Studies Outcomes

The student will...

- R - 9.5 Describe and analyze factors that contribute to the development of unhealthy relationships, and develop strategies to deal with unhealthy relationships.

Teacher Background

Adolescence is a time that is often marked by teens spending increasing amounts of time with their friends. It is also a time when they begin to experiment with dating relationships. It is important that teens reflect on what their values are concerning healthy and unhealthy relationships.

Objectives

- Students will explore the qualities of healthy and unhealthy relationships.
- Students will reflect on their values of what makes a healthy relationship and analyze how their current relationships fit with their values.
- Students will reflect on their own contribution to healthy relationships.

Materials

- Handout: *Rate My Relationship Skills*
- Handout: *Warning Signs of an Unhealthy Relationship*
- Recipe cards

Get Ready

Discuss the term “relationships” with students:

- What types of relationships do people have? e.g., sibling, girlfriends, boyfriends, colleagues, acquaintance, mentors.
- What makes some relationships different from others? e.g., age differences, close family vs distant relatives, how long you have known the person.
- Are there certain qualities that need to be present in all of those relationships? e.g. respect, honesty, reliability.

Activity 1: Recipe for Healthy Relationships

- Using recipe cards, have each student write their own “recipe for a healthy relationship”, e.g., 1 cup of trust, 2 tbsp of honesty, a pinch of humour. Possible qualities may include: respect, honesty, trust, equality, support, appreciation for individuality, good communication.
- As a class, discuss what students included in their “recipes”. Encourage students to add qualities they may not have thought about onto their recipe cards. Discuss how those qualities represent the values they hold about friendship. They can compare how their own relationships match up with those values.
- Have students transcribe the words onto the worksheet titled *Rate My Relationship Skills* under the heading “Ingredients for a Healthy Relationship” (the remaining portion of the worksheet will be filled in later).

Activity 2: Warning Signs

- Hand out the worksheet *Warning Signs of Unhealthy Relationships*. Explain that people can also become involved in unhealthy relationships. There are warning signs that they should pay attention to so that they can STOP, think about how the relationship may not be supporting their own values, and make the necessary changes.
- Instruct the students to write one word or phrase that is a warning sign of an unhealthy relationship on the worksheet. Post them around the room. Possible words/phrases include: put downs, jealousy, possessiveness, exclusion from other friendships, mood swings, criticism, walking on eggshells, demanding, controlling, threatening to hurt, hurting. Debrief each different warning sign.
- Referring back to their worksheet *Rate My Relationship Skills*, students will work individually to rate their own relationships according to their values. Emphasize that they should also rate how they match up, as it is important to reflect on their own good qualities and what they can improve.

Role Play (optional activity)

- Divide class into small groups. Instruct students to develop a role play depicting either a healthy relationship or an unhealthy one. After each performance, discuss why the relationship was healthy or unhealthy and how things could be different.

Conclusion

Adolescence is a time that is often marked by teens spending increasing amounts of time with their friends. It is also a time when they begin to experiment with dating relationships. It is important that teens reflect on what their values are concerning healthy and unhealthy relationships and develop strategies to deal with the unhealthy ones.

Take Home Activity

Review the website www.equalityrules.ca for some fun activities on building healthy relationships.

Assessment Strategy

- Students will identify qualities of a healthy relationship and warning signs of an unhealthy relationship.
- Students will reflect on how some of their relationships reflect their values of healthy relationships.
- Students will identify qualities they would like to improve in themselves that support healthy relationships.

Rate My Relationship Skills

Rate each quality using the scale **MOST OF THE TIME, SOMETIMES, RARELY**

Ingredients of a Healthy Relationship	With my Friends	With my Family Members
Honesty	Most of the time	Sometimes

Qualities I would like to improve in myself that support healthy relationships:

Changes I would like to make to my relationships:

Warning Signs of Unhealthy Relationships

