



## Grade 10 Sample Lesson Plan: What Makes a Healthy Relationship?

### SOLs

- Identify characteristics of healthy peer, family, and dating relationships

### Objectives/Goals

- Students will be able to identify and explain characteristics of a healthy peer, family and dating relationship.
- Students will reflect on what characteristics they would want in a healthy relationship.

### Materials

- What Makes a Healthy Relationship? ppt
- [What Makes a Healthy Relationship?](https://youtu.be/kwzzfN2gKtY) -Video: <https://youtu.be/kwzzfN2gKtY>
- Communication Styles Handout [Printed]
- My Ideal Partner Handout [Printed]
- White screen and projector or large monitor, computer

### Procedure

#### Step 1

- On the projector show What Makes a Healthy Relationship? ppt Slide: #1: What makes a healthy relationship?
- Pair/Share/Discuss: Allow students to share their answers with others.

#### Step 2

- On the projector go through the remaining slides on: What Makes a Healthy Relationship?-ppt

#### Step 3

- Students will stand and find a partner to read through the Communication Styles Handout; students should discuss and converse about the topics on the slides and handout while the instructor monitors and guides the discussions

## Health Smart Virginia Sample Lesson Plan

### *Step 4*

#### Exit Ticket:

- Students will complete My Ideal Partner Handout

#### **Assessment Idea**

- My Ideal Partner Handout

#### **References**

- Be Real. Be Ready. Lesson 8: Expect Respect SF (part 1)
- Kimberly Ohara-Borowski M.Ed. Ocean View High School

#### **Handout**

The next page includes a handout for the lesson. The handout is designed for print use only.

# My Ideal Partner

Directions:

Think about what you hope to find in future partners. Write down your responses to each of these questions to identify what traits you are looking for in a future partner. Please answer in complete sentences.

1. How would your ideal partner treat you? How would you treat your ideal partner?
2. What kind of person is your ideal partner?
3. What are this person's goals in life?
4. How does your ideal partner act with their family?
5. How does your ideal partner act in public? In private?
6. Who are your ideal partner's friends? What are they like?
7. What type of relationship would you like to have? (ex: monogamous, open, friendship)
8. What else is important to you in a partner?

## Communication Styles: Passive, Aggressive Assertive

<b>Passive</b>	<b>Aggressive</b>	<b>Assertive</b>
<p>Not speaking up when you want something. Giving in and/or saying “yes” when you really don’t want to. Acting this way in order to be liked, to be nice or not hurt the other person’s feelings.</p>	<p>Trying to get your own way or stand up for yourself by putting someone else down or violating that person’s rights. Taking what you want. Threatening or forcing a person to give you something.</p>	<p>Giving people an honest “no” to things you don’t want. Asking straight for what you want without putting them down. Not using other people, and not letting yourself be used. Values self equal to others.</p>
<p><b>Speech:</b></p> <ul style="list-style-type: none"> <li>• Saying Nothing</li> <li>• “Ums”</li> <li>• Is not direct</li> <li>• Is afraid to speak up</li> </ul>	<p><b>Speech:</b></p> <ul style="list-style-type: none"> <li>• Put down words, say nothing while you take what you want</li> </ul>	<p><b>Speech:</b></p> <ul style="list-style-type: none"> <li>• Honest</li> <li>• Direct words</li> <li>• Uses a conversational tone</li> </ul>
<p><b>Voice:</b></p> <ul style="list-style-type: none"> <li>• Soft</li> <li>• Whining</li> <li>• Staying quiet not speaking up</li> </ul>	<p><b>Voice:</b></p> <ul style="list-style-type: none"> <li>• Loud</li> <li>• Cold</li> <li>• Tense</li> </ul>	<p><b>Voice:</b></p> <ul style="list-style-type: none"> <li>• Clear</li> <li>• Firm</li> <li>• Loud enough to hear but not too loud</li> </ul>
<p><b>Eyes:</b></p> <ul style="list-style-type: none"> <li>• Avoids looking at people</li> <li>• Looking away</li> <li>• Shows little or no expression</li> </ul>	<p><b>Eyes:</b></p> <ul style="list-style-type: none"> <li>• Cold</li> <li>• Staring</li> <li>• Angry</li> </ul>	<p><b>Eyes:</b></p> <ul style="list-style-type: none"> <li>• Direct eye contact but not staring</li> <li>• Shows expressions that match the message</li> </ul>
<p><b>Posture:</b></p> <ul style="list-style-type: none"> <li>• Slouches and withdraws</li> <li>• Shoulders and head down</li> <li>• Nervousness</li> <li>• Rocking back and forth</li> </ul>	<p><b>Posture:</b></p> <ul style="list-style-type: none"> <li>• Hands on hips</li> <li>• Stiff</li> <li>• Rigid</li> </ul>	<p><b>Posture:</b></p> <ul style="list-style-type: none"> <li>• Balanced</li> <li>• Head and shoulders up</li> </ul>
<p><b>Hands:</b></p> <ul style="list-style-type: none"> <li>• Fidgety</li> </ul>	<p><b>Hands:</b></p> <ul style="list-style-type: none"> <li>• Clenched</li> <li>• Pointing finger</li> <li>• Pounding fist</li> </ul>	<p><b>Hands:</b></p> <ul style="list-style-type: none"> <li>• Relaxed Motions</li> </ul>
<p><b>The Results:</b>  <b>You usually don’t get what you want. The other person wins, and you feel like you have been used.</b></p>	<p><b>The Results:</b>  <b>You may get what you want but the other person loses.</b></p>	<p><b>The Results:</b>  <b>You often get what you want. You keep your self-respect. You respect and don’t hurt others.</b></p>