

EIGHTH GRADE HEALTHY RELATIONSHIPS

This lesson explores the dynamics of healthy relationships. Using an activity called “Daisy,” students will identify differences between caring and controlling behaviors.

TIME REQUIRED: 40 to 45 minutes or one class period

OBJECTIVES:

- Students will recognize and discuss the characteristics of healthy relationships
- Students will begin to problem solve, evaluate and think critically about their relationships
- Students will begin to recognize and respect their own rights and those of others;
- Students will identify resources and persons who could help them.

OUTLINE:

1. Introduction- using the Star Activity
2. Video: *If I Was Your Girlfriend*
3. Introduction of daisy activity & distribution of petals
4. Discussion of petals and situations as students place them on “LOVES ME” “LOVES ME NOT” flowers
5. Handouts and closure

MATERIALS:

Video: *If I Was Your Girlfriend*
Daisy Activity and Star of Life

HANDOUTS:

Being Controlled

FACILITIES:

Individual classroom with capacity for group activity breakout
White/chalkboard/magnetic board
Ability to use DVD