

MIDDLE/SENIOR HIGH SCHOOL RELATIONAL AGGRESSION

This program examines how friendships can change over time, and how a person can identify not only the change, but how to navigate the decisions on whether this friendship is healthy and supportive. The video outlines warning signs of an unhealthy or exploitive relationship, how to discuss problems, and how to end the friendship if needed.

TIME REQUIRED: 40-45 minutes, one class period

OBJECTIVES:

Students will learn:

- The characteristics of healthy and unhealthy relationships
- The importance of good communication skills and strong self-esteem
- That all persons have a right to respect and to set boundaries for themselves
- That relationships are mutual; requiring give and take

OUTLINE:

1. The students will begin by defining relational aggression
2. Next go over what is most important in a friendship (use handout)
3. Show clips of *Relationships; When They Help and When They Hurt*
4. Have students do role plays, listening for the breaks in the friendships involved
5. Go over how to be assertive with a friend with the outline and role play

MATERIALS:

Video: DVD of relationship clips: *Relationships: When They Help and When They Hurt*
Role plays of relational aggression

HANDOUT:

What Counts the Most?

FACILITIES:

Individual classroom
Ability to play a DVD
White/Chalkboard