

SENIOR HIGH SCHOOL HEALTHY RELATIONSHIPS

This is a one day program that uses the student's knowledge of what they already think they know about dating relationships. Students are encouraged to explore what comprises a healthy relationship and what to look for in a respectful dating partner.

TIME REQUIRED: 40-45 minutes, one class period

OBJECTIVES:

- Students will be able to identify the characteristic of healthy relationships
- Students will explore and clarify their own values, beliefs and attitudes about intimate relationships
- Students will become empowered to make positive, healthy decisions about their own intimate relationships

OUTLINE:

1. Introduction of the topic of healthy dating relationships.
2. Show music video and discuss fairytale expectations people have about relationships. Are these expectations realistic?
3. Use small groups to reply to Dear Gabby letters.
4. Discuss some healthy ways to end a relationship.
5. Handouts
6. Closure

MATERIALS:

Videos: Music video, Breaking Up clips from *Dating Bill of Rights*
Dear Gabby Letters
Breaking Up Cards

HANDOUT:

Relationship Rules

FACILITIES:

Individual classroom
TV/VCR or DVD player
White/chalkboard