



High School Engagement- Grade 12

Healthy Relationships & Lifestyle Choices

PREVENTION THROUGH EDUCATION IS THE SOLUTION

Connect for Freedom is a 501(c)(3) nonprofit committed to providing free **online safety** and **human trafficking awareness** materials to education stakeholders.



Lesson



Healthy Relationships & Lifestyle Choices

Lesson Outline

1. Introduction to Healthy Relationships
2. Tedx Talks “The Surprising Key to Building a Healthy Relationship That Lasts” Video (8.5 min.)
 - Discussion Question
3. Setting Boundaries
4. Consent
5. Teaching Sexual Health Alberta Health Services
“Understanding Consent” Video (3 min.)
 - Discussion Question
6. Fight Child Abuse “Don’t Let Pressure End Up as Sexual Abuse” Video (4.5 min.)
 - Discussion Questions
7. Real Life Story- Sandra
8. Therapist Aid LLC Handout: Attachment Styles
9. Activity

Importance of Healthy Relationships

Healthy romantic relationships are important to happiness and overall wellbeing.



96% of teens report mental/emotional abuse in their dating relationships.

The Dibble Institute

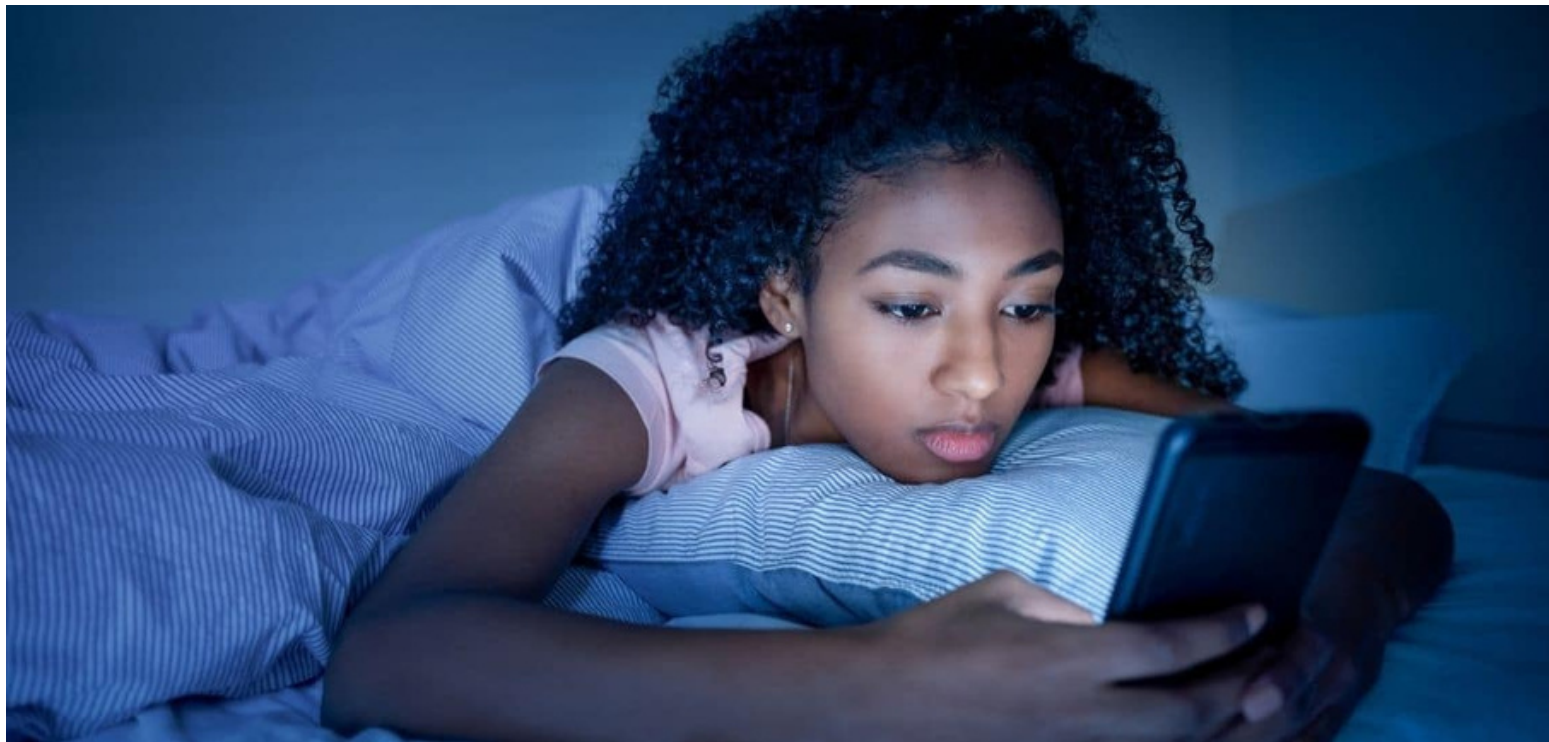
Negative interactions and relationships with partners can lead to increased risk of anxiety, depression, and suicidal thoughts.

Mental Health Foundation

Relationship issues are a major factor of teen suicides, which is the second leading cause of teenage death.

The Dibble Institute

Characteristics of an Unhealthy Relationship



- Physical aggression or abuse
- Emotional manipulation
- Name calling
- Controlling
- Cruel and mean communication
- Shaming and/or blaming their partner
- Extreme possessiveness and jealousy
- Pressure for sexual activity
- Threats and/or abuse

Characteristics of a Healthy Relationship



- Respect one another
- Honest communication
- Open to positive change
- Supportive during difficult times
- Kind and caring
- Want the best for one another
- Respect one another's boundaries
- Loyalty and trust
- Feel safe and secure



How to Maintain a Healthy Relationship



Manage your own anger.

Make decisions together.

Communicate honestly with one another.

Be generous without expectations.

TEDx Talks “The Surprising Key to Building a Healthy Relationship that Lasts” Video



Duration: 8:31 minutes

Source: <https://www.youtube.com/watch?v=Xvb-v83qJ8U>

Think about what a healthy relationship looks like to you. Think about those in your life who you see in healthy relationships.

What do you think are some important factors to having a healthy relationship that were not mentioned in the Tedx Talk?

Setting Boundaries for Dating

Setting boundaries for dating is important to having a healthy relationship.



Know yourself. Having self-worth and confidence will help you walk away from any relationship that does not serve you.

Know what your expectations are. Being aware of what is unacceptable behavior in a relationship will help you walk away from an unhealthy relationship.

Know when to walk away. Keeping yourself safe is the most important thing you can do for yourself. Don't ever stay with someone who makes you feel unsafe or uncomfortable.

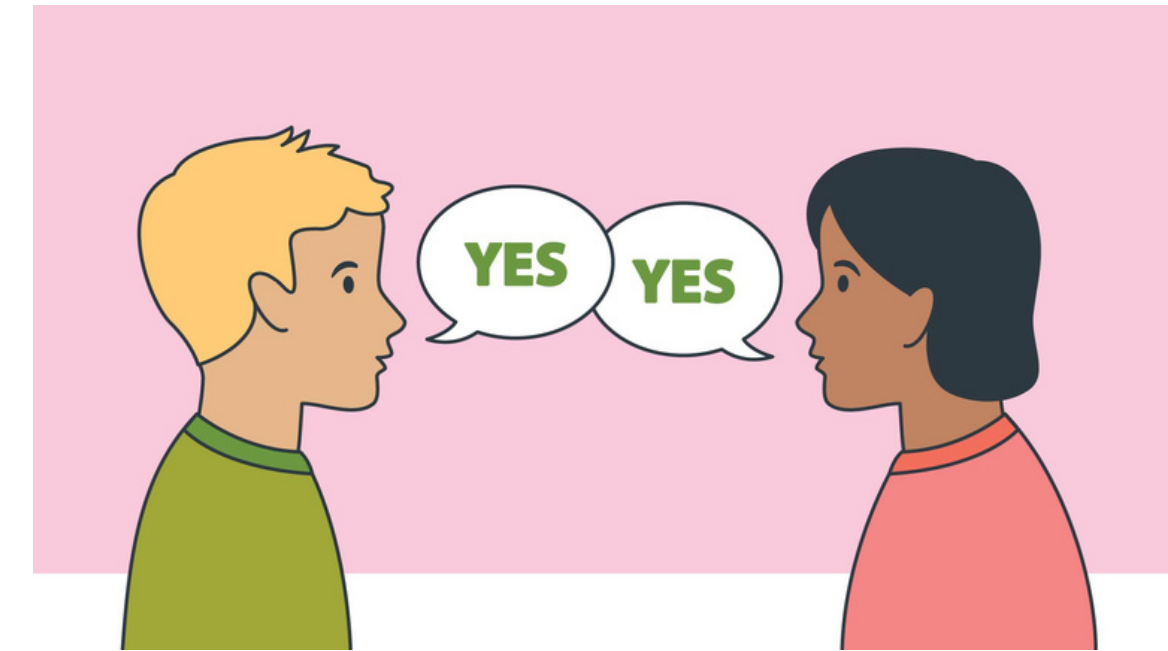
Consent

Consent is when two people agree to engage in a sexual act.



Consent cannot be given if someone is:

- Pressured or threatened to do so
- Under the influence of drugs or alcohol
- Asleep or unconscious



Consent can be revoked at any time during a sexual encounter. A sexual act without consent from both parties is **sexual assault.**

Teaching Sexual Health Alberta Health Services “Understanding Consent” Video



Duration: 3:02 minutes

Source: <https://www.youtube.com/watch?v=raxPKkIDF2k>

What are some examples of situations where someone cannot give consent?

What would you do if you saw someone being pressured to engage in sexual activity at a party but they were unable to consent?

Fight Child Abuse “Don’t Let Pressure End Up As Sexual Abuse” Video



Duration: 4:35 minutes

Source: <https://www.youtube.com/watch?v=F9ICVyLSHvc>

Fight Child Abuse “Don’t Let Pressure End Up As Sexual Abuse” Discussion Questions

The class should get into 2 groups and the teacher will designate each group a number. Each group will work together and answer the questions with their group number. Then each group will take turns presenting the answers to the class.

Group 1 Questions

Make a list of red flags that Willow overlooked in this video.

At what point do you think Willow should have gone home?

Group 2 Questions

Come up with a list of ideas of how you would handle the situation.

Who would you recommend turning to if you were in this situation?

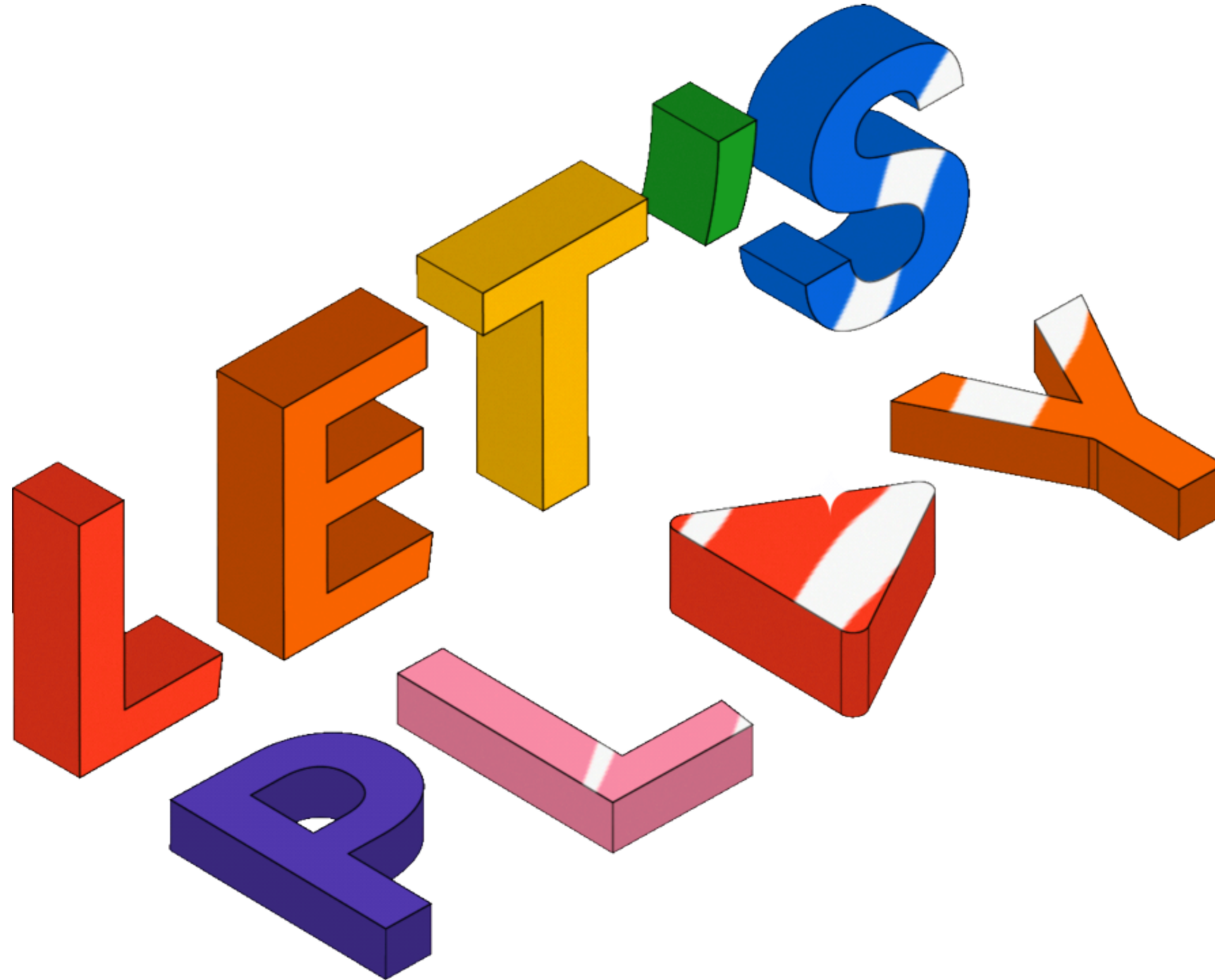
Real Life Story- Sandra

Sandra, 17, immigrated to the U.S. when she was 15. She has always been shy at school and has trouble connecting with her peers because of her limited English skills. She often chatted with an employee in the school cafeteria who speaks Spanish.

When Sandra first started school, she was very motivated but has recently been absent frequently and seems tired and distracted. The cafeteria worker continued to check in with Sandra and encouraged Sandra to keep coming to school.

One day, the cafeteria worker noticed Sandra has been crying and asked her if she is okay. Sandra disclosed that she was in an abusive relationship and that her boyfriend had convinced her to film videos of them engaging in sex acts, even though it made her uncomfortable. She learned that her boyfriend had been selling the videos on the Internet. When she tried to break up with him, he threatened to send the videos to her family and members of her church if she told anyone or if she refused to continue filming. She is scared that her family will disown her and is afraid of calling the police because she believes she will be deported.

Activity



Activity

We recommend playing
Connect for Freedom
Healthy Relationship
Jeopardy.

THE
END

Lesson Handout from Therapist Aid LLC

Attachment Styles

connection in romantic relationships

Attachment styles refer to how people think about and behave in relationships. Someone with secure attachment believes their close relationships are trustworthy, whereas someone with insecure attachment tends to distrust or worry about their bond with others.

Attachment styles are established in childhood and strongly impact romantic relationships throughout life.

♥ Secure

Engages in healthy relationships with good intimacy, communication, and autonomy. Expresses needs well, trusts their partner, and finds the relationship fulfilling.

- ✓ committed to relationship, but independent
- ✓ attentive, affectionate, and accepting
- ✓ able to handle and resolve conflict

♥ Insecure

Anxious

Worries about their partner's availability and commitment. Often feels incomplete without their partner and may seek excessive reassurance or struggle with jealousy.

- ✓ distrustful of partner and relationship
- ✓ afraid of abandonment, rejection, & conflict
- ✓ sensitive to criticism & hungry for approval

Avoidant

Can come across as aloof and emotionally detached. Tends to avoid intimacy, vulnerability, and commitment, often spending time away from their partner.

- ✓ overly rigid, guarded, and distant
- ✓ uncomfortable with emotions and conflict
- ✓ difficulty expressing needs and wants

Anxious-Avoidant

Alternates between anxious and avoidant attachment. Simultaneously desires and distrusts intimacy with their partner, resulting in contradictory, inconsistent behavior.

- ✓ tendency toward emotional extremes
- ✓ difficulty maintaining healthy boundaries
- ✓ prone to high-conflict relationships

i Additional Info

- Most people have a primary attachment style, but it's common to have some traits from other styles.
- Early parenting, childhood events, and adult experiences all play a role in determining attachment style.
- People with insecure attachment can become more secure by adopting new beliefs and behaviors.
- Partners in a relationship can influence each other's attachment styles, either negatively or positively.

Links to Lesson Materials

[Tedx Talks “The Surprising Key to Building a Healthy Relationship That Lasts” Video](#)

[Teaching Sexual Health Alberta Health Services “Understanding Consent” Video](#)

[Fight Child Abuse “Don’t Let Pressure End Up as Sexual Abuse” Video](#)

[Therapist Aid LLC "Attachment Styles" Handout](#)

[Connect for Freedom Healthy Relationship Jeopardy](#)

Recap of Lesson

Signs of a healthy relationship:

- Respect one another
- Honest communication
- Open to positive change
- Supportive during difficult times
- Feel safe and secure
- Kind and caring
- Want the best for one another
- Respect one another's boundaries
- Loyal and trustworthy

Consent is when two people agree to engage in a sexual act.

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