



Curated By: Connect for Freedom

Grade Level: 9th Grade

Lesson Title: Relationship Standards & Setting Boundaries

Instructional Time Required: One Class Session

Lesson Objectives: Students should be able to:

- Understand the difference between a healthy and unhealthy relationship.
- Define and understand what consent is.
- List characteristics of an unhealthy relationship.
- Understand the importance of setting boundaries in a relationship.
- Identify a relationship and unhealthy relationship when provided with scenarios.

Lesson Overview:

This lesson starts by highlighting the importance of healthy relationships and how they contribute to happiness and overall well-being. Students will learn about the characteristics of both healthy and unhealthy relationships. Students will learn about two different relationships scenarios, and they must determine whether it is a healthy or unhealthy relationship and explain why. Students will watch a video called “Building Healthy Relationships” created by Oasis Mental Health Applications which dives more deeply into the topics of healthy and unhealthy relationships. Students will learn about setting boundaries in a relationship and the importance of consent. Students will watch a video called “What is Consent?” created by Your Story Studio. It is important to ensure students understand that consent can be revoked at any time during a sexual encounter, and that consent cannot be given if someone is pressured or influenced to do so, under the influence of drugs or alcohol, or asleep and/or unconscious.

Key Terms in Lesson:

Consent- when two people agree to engage in a sexual act. Consent can be revoked at any time during a sexual encounter. A sexual act without consent from both parties is sexual assault.

Sexual assault- when someone touches another person in a sexual manner without consent or makes another person touch them in a sexual manner without consent.

New Jersey Student Learning Standards Addressed in This Lesson:

- 2.1.8.SSH.3: Demonstrate communication skills that will support healthy relationships.
- 2.1.8.SSH.4: Compare and contrast the characteristics of healthy and unhealthy relationships.
- 2.1.8.SSH.8: Identify factors that can affect the ability to give or perceive consent to sexual activity (e.g., body image, self-esteem, alcohol, other substances).
- 2.3.8.PS.1: Assess the degree of risk in a variety of situations, and identify strategies needed to reduce deliberate and non-deliberate injuries to self and others (e.g., digital safety, sexting, dating violence, domestic violence, gang violence, human trafficking, nonconsensual sexual encounters, other threats of violence).
- 2.3.8.PS.2: Define sexual consent and sexual agency.
- 2.3.8.PS.3: Define interpersonal and sexual violence and describe their impacts on sexual health (e.g., sexual harassment, sexual assault, sexual abuse, incest, rape, domestic violence, coercion, dating violence).

Lesson Enrichment Activity: Healthy Relationship Jeopardy

Lesson Handout: RHNTC The Healthy Relationship Wheel

Student Assessment Recommendations:

- Describe the difference between a healthy and unhealthy relationship.
- List five red flags of an unhealthy relationship.
- Identify the scenarios in which consent cannot be given. Can you think of any other examples?
- Do you think that unhealthy relationships are common?
- What would you do if one of your friends was in an unhealthy relationship?

Important Notice: Connect for Freedom has compiled information and materials from the Department of Homeland Security's Blue Campaign, Polaris Project, Thorn, National Center for Missing & Exploited Children, and other reputable organizations.