Organizer: Connect for Freedom

Age/Grade Level: Ages 17–18 (12th Grade)

Lesson Title: Healthy Relationships & Lifestyle Choices

Instructional Time Required: One Session

Lesson Objectives: Youth should be able to:

- Understand the importance of healthy relationships.
- Identify characteristics of a healthy relationship.
- Understand the difference between a healthy and unhealthy relationship.
- Define consent and identify when it cannot be given.
- Understand the importance of setting boundaries in a relationship.

Lesson Overview:

This lesson starts with learning about the importance of healthy relationships. Participants will learn about the characteristics of a healthy relationship and an unhealthy relationship. They will also learn how to maintain a healthy relationship. Participants will watch a video called “The Surprising Key to Building a Healthy Relationship that Lasts” created by Tedx Talks. This video describes the key to a healthy and lasting relationship, the most common blocks to using this key, and how to remove the blocks. Participants will learn about the importance of setting boundaries in a relationship as well as consent. Participants will watch a video called “Understanding Consent” created by Teaching Sexual Health Alberta Human Services. We recommend taking time on the consent slide, video, and discussion because it is an extremely important topic for youth to understand and feel comfortable discussing. Participants will watch a video called “Don’t Let Pressure End Up As Sexual Abuse” created by Fight Child Abuse, which depicts a young girl who feels pressured in a social situation to do certain things even though it makes her feel uncomfortable. It highlights the importance of spotting red flags to protect yourself from a potentially dangerous situation. Participants will read about a real-life story in which a girl is feeling pressured to participate in sexual things with her boyfriend even though it makes her feel uncomfortable. This is an important scenario for youth to be aware of to protect themselves from ending up in a similar situation.

National Center for Missing & Exploited Children. "*Education*." MissingKids.org. https://www.missingkids.org/education
RAINN. "*Consent 101: Respect, Boundaries, & Building Trust*." RAINN.org. https://rainn.org/articles/what-is-consent

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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.

Lesson Enrichment Activity: Healthy Relationship Jeopardy

Lesson Handout: *Therapist Aid LLC* Attachment Styles

Youth Assessment Recommendations:

- Have you or someone you know ever been in an unhealthy relationship?
- List five characteristics of an unhealthy relationship.
- Explain what consent is and why it is important.
- What are the scenarios in which consent cannot be given?
- What would you do if one of your friends showed signs of being 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.

National Center for Missing & Exploited Children. "*Education*." MissingKids.org. https://www.missingkids.org/education
RAINN. "*Consent 101: Respect, Boundaries, & Building Trust*." RAINN.org. https://rainn.org/articles/what-is-consent

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