Organizer: Connect for Freedom

Age/Grade Level: Ages 11–12 (6th Grade)

Lesson Title: Healthy Relationships & How to Cultivate Them

Instructional Time Required: One Session

Lesson Objectives: Youth should be able to:

- Recognize the signs of an unhealthy relationship.
- Understand the importance of taking time to get to know someone.
- Identify why it may be hard to leave an unhealthy relationship.
- Understand why an unhealthy relationship is dangerous.
- List signs of a healthy relationship.

Lesson Overview:

This lesson starts off with data on teen relationships and depicts how common unhealthy relationships are within teen dating. Participants will learn signs of an unhealthy relationship so that they are able to identify if a relationship is healthy or unhealthy. Participants will watch a video called "Healthy Relationships" created by the National Center for Missing & Exploited Children. This video depicts an unhealthy relationship and how a young girl is being manipulated by her significant other with the use of the internet. After watching the video and having a discussion, participants will hear about why it is so crucial for them to take time to get to know someone before getting into a serious relationship. It is important to emphasize that it takes time to really get to know someone and understand the type of person they are. Participants will watch a video called "Don't Confuse Love & Abuse" by DayOneNY, which depicts a toxic and abusive relationship where the young girl feels stuck and is afraid to leave. This is important for the participants to see because we often wonder why someone doesn't leave an unhealthy or toxic relationship, but it is not always as easy when you are the one in that situation. Participants will learn about different reasons why it may be difficult to leave.

Key Terms in Lesson:

National Center for Missing & Exploited Children. "*Education*." MissingKids.org. https://www.missingkids.org/education

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Dating violence- the physical, emotional, or sexual abuse, and stalking, committed by a person in a romantic or intimate relationship with the victim. It can occur in current or former relationships and encompasses a range of abusive behaviors, including control, intimidation, physical harm, sexual coercion, and digital abuse.

Lesson Activity: Relationship Red Flags BINGO

Lesson Handout: *The Dibble Institute* Facts About Dating Violence

Youth Assessment Recommendations:

- Have you or someone you know been in an abusive relationship?
- What are some signs of an unhealthy relationship?
- What are some signs of a healthy relationship?
- Do you think it is important to get to know someone before you start dating them? Why or why not?
- What would you do if someone you cared about was being abused by their significant other?

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

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