Organizer: Connect for Freedom

Age/Grade Level: Ages 13–14 (8th Grade)

Lesson Title: Healthy Relationships Lead to Safe Decision Making

Instructional Time Required: One Session

Lesson Objectives: Youth should be able to:

- Understand the difference between a healthy and unhealthy relationship.
- Define and understand what consent is.
- List characteristics of a healthy relationship.
- Understand the importance of setting boundaries in a relationship.
- Define sexting and understand the dangers of it.

Lesson Overview:

This lesson starts with learning statistics about youth dating and the characteristics of healthy and unhealthy relationships. Participants will watch a video called "Healthy and Unhealthy Behaviors in Teenage Relationships" created by Always. This video further discusses behaviors to develop a healthy relationship. Participants will learn about the importance of getting to know someone before dating and how crucial it is to set boundaries while dating. Participants will learn about consent and watch a video called "Teens & Why Consent is Important?" created by the American Academy of Pediatrics. We recommend focusing on the discussion questions that follow the video to facilitate an engaging and thoughtful conversation with youth on this important topic. Participants will also learn about sexting, which is an important topic to highlight as well. Participants will learn about NCMEC's "Take It Down" service if their nude images or videos ever get leaked and watch a short video on it to learn more.

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.

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/share-the-facts/consent-101-respect-boundaries-and-building-trust/
National Center for Missing & Exploited Children. "*Sexting.*" MissingKids.org. https://www.missingkids.org/netsmartz/topics/sexting
National Center for Missing & Exploited Children. "*Take It Down*." TakeItDown.NCMEC.org. https://takeitdown.ncmec.org/

© 2026 Connect For Freedom, Inc.

Sexting- the sharing and receiving of sexually explicit messages and nude or partially nude images via cell phones.

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 vs. Unhealthy Relationships

Lesson Handout: *US Department of Health & Human Services* Dangers of Sexting

Youth Assessment Recommendations:

- Describe the difference between a healthy and unhealthy relationship.
- List five characteristics of a healthy relationship.
- Define what consent is and why it is important.
- Do you think that sexting is common in relationships?
- Do you think that NCMEC's "Take It Down" free service can be helpful if someone's nude images or videos are posted online? Why or why not?

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/share-the-facts/consent-101-respect-boundaries-and-building-trust/
National Center for Missing & Exploited Children. "*Sexting.*" MissingKids.org. https://www.missingkids.org/netsmartz/topics/sexting
National Center for Missing & Exploited Children. "*Take It Down*." TakeItDown.NCMEC.org. https://takeitdown.ncmec.org/

© 2026 Connect For Freedom, Inc.