Organizer: Connect for Freedom

Age/Grade Level: Ages 14–15 (9th Grade)

Lesson Title: Relationship Standards & Setting Boundaries

Instructional Time Required: One Session

Lesson Objectives: Youth should be able to:

- Understand the difference between a healthy and an 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 an 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. Participants will learn about the characteristics of both healthy and unhealthy relationships. Participants will learn about two different relationship scenarios, and they must determine whether it is a healthy or unhealthy relationship and explain why. Participants 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. Participants will learn about setting boundaries in a relationship and the importance of consent. Participants will watch a video called "What is Consent?" created by Your Story Studio. It is important to ensure youth 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.

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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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: *RHNTC* The Healthy Relationship Wheel

Youth Assessment Recommendations:

- Describe the difference between a healthy and an 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.

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