

Lesson #10

Building Healthy Relationships

Objectives

- Analyze characteristics of healthy relationships
- Explain how to build and maintain healthy family and peer relationships
- Explain the connection between healthy relationships and positive emotional health

Journal Entry Question

- Define the word *relationship*. What does it mean? What kinds of things do you think are important in a relationship?

Class Discussion Notes

Qualities of Healthy Relationships

- **Honesty and trust**
- **Clear communication**
- **Acceptance and respect**
- **Empathy**

- **Acceptance and respect**
- **Empathy**
- **Showing care and concern**
- **Sharing experiences**
- **Getting and giving support**
- **Ability to work out differences**
- **Personal responsibility**