

High School Health

Lesson #10: Building Healthy Relationships

Objectives:

- In this lesson you will...
 1. Analyze characteristics of healthy relationships
 2. Explain how to build and maintain healthy family and peer relationships
 3. Explain the connection between healthy relationships and positive emotional health

Vocabulary

• Acquaintance- _____

• Biological- _____

• Compromise- _____

• Empathy- _____

• Relationship- _____

Name: _____

Student Journal

Lesson 9: Building Healthy Relationships

Health terms

acquaintance
biological
compromise
empathy
peers
relationship

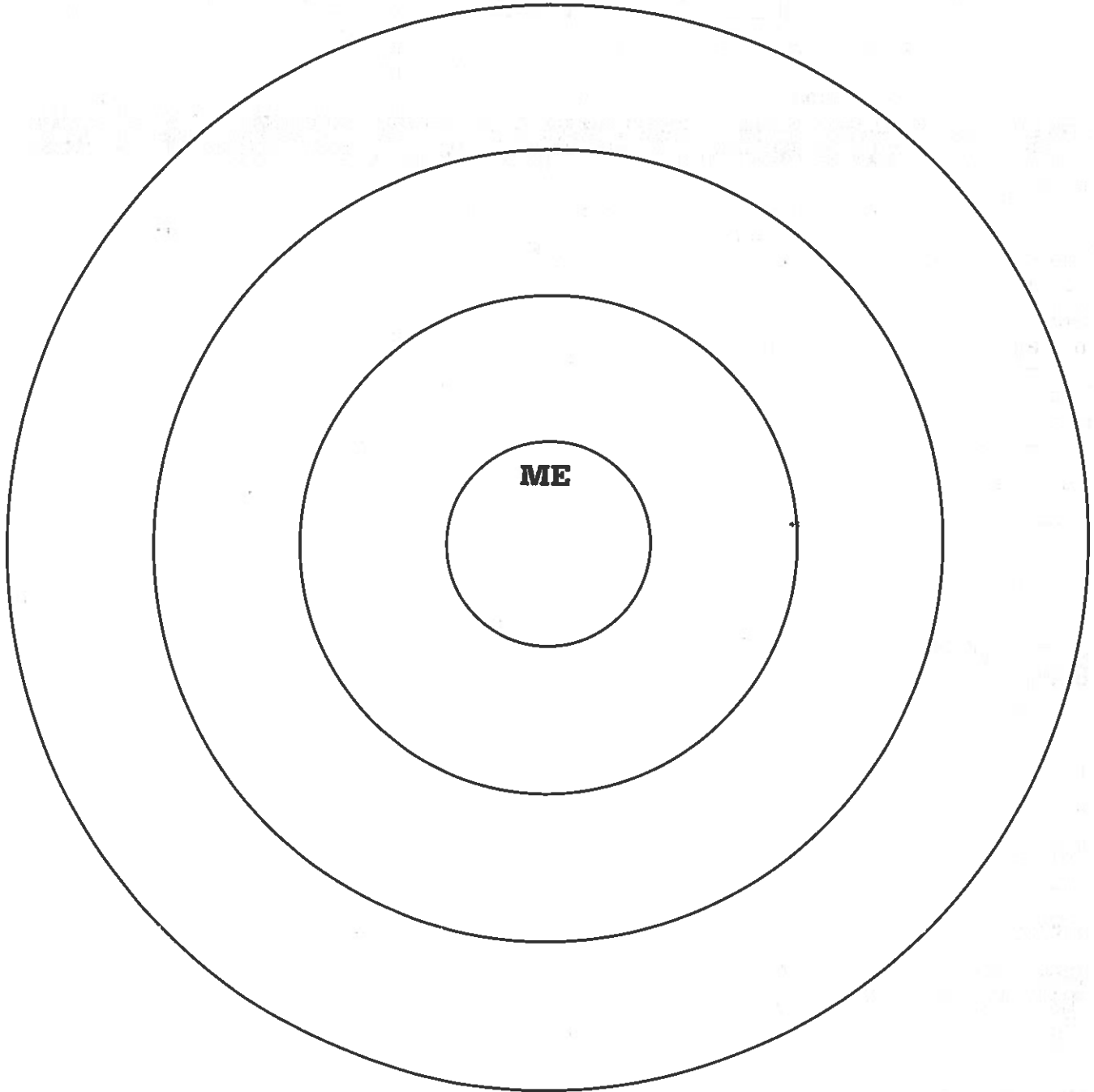
Journal entry

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

Class discussion notes

Relationship Circles

Directions: Write your name in the small circle at the center. Then think about all the different relationships in your life—your family, close friends, boyfriend or girlfriend, other peers (people your age) or adults at school, and people in the community. Write the names of these people in the different circles, based on how close you feel your relationship with each person is.



Assessing My Relationships

Directions: Describe how each of these qualities of healthy relationships is demonstrated in the relationships you have, and give a specific example for each one. If you don't think any of your relationships have this quality, describe a relationship in which you'd like to have or improve this quality and explain why. Then answer the questions.

Honesty and trust

Relationship that has this quality: _____

Example: _____

Clear communication

Relationship that has this quality: _____

Example: _____

Acceptance and respect

Relationship that has this quality: _____

Example: _____

Empathy (ability to put yourself in the other person's place)

Relationship that has this quality: _____

Example: _____

Showing care and concern

Relationship that has this quality: _____

Example: _____

(continued)