

# HEALTHY RELATIONSHIPS

## A Five Week-One Hour Course

Examining the Myths, Components & Characteristics of, and Implementing the Tools That Enable All Relationships to be Healthy.

Class Goals: 1.To understand the components of a healthy relationship.

2. To state what is important to *you* in a relationship: a) values b) opinions

3. To articulate concrete ways to improve upon negative situations

### Course Overview:

\*Define Relationship

\*Examine the characteristics of relationships

\*Examine the myths of abusive relationships

\*RESPECT: The foundation of every healthy relationship

\*Evaluating our relationships with RESPECT being the standard.

\*Exploring the various types of relationships: family, casual, professional, dating

\*Acknowledging the Basic Rights, the Basic Truths, and Basic Responsibilities in our relationships.

\*Finding and implementing the tools for making every relationship healthy.

\*Communication, Trust, Respect: the Building Blocks of good relationships

\*The goal is *Mutual Respect* by utilizing sympathy, compassion, and empathy.

\*Bystander Intervention and the part it plays in minimizing or stopping altogether incidences of bullying and dating violence in the school and elsewhere.

\*The need for Self-Respect (addresses acceptable and unacceptable speech and behavior between males and females), i.e., dating violence.

\*Conflict Resolutions

\*Gender Equality

\*\*I PLEDGE Campaign, consisting of a Press Release, a Letter to Parents, and Pledge cards for students to sign.

\*Poster Contest (lower level): Students will design posters encouraging school-wide mutual respect, anti-bullying, positive self-esteem, etc.

\*2 minute Presentations (upper level): Students will work together to create a live presentation dealing with topics covered during the course.