



Healthy Relationships



Communication Skills, Module 3



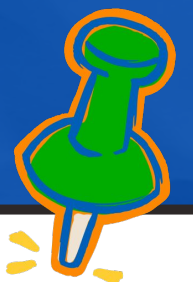
AGENDA



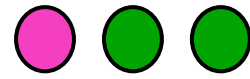
1. Brainstorm what characteristics might highlight an unhealthy relationship.



2. Apply the CHERISH acronym to various dating scenarios.



3. Reflect on what characteristics you would want to have in a healthy relationship.



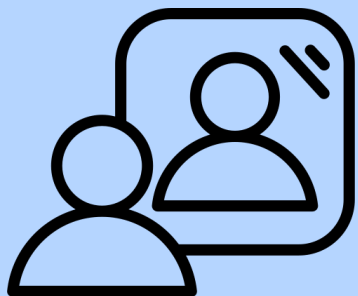
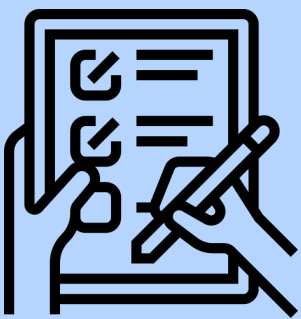
BRAINSTORM

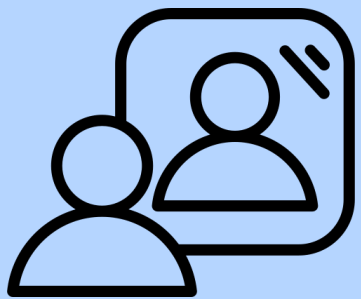
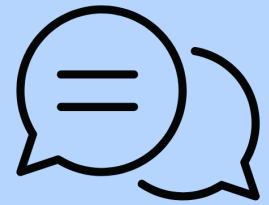


When you hear the words “unhealthy relationship” what does that mean to you?

What are some of the characteristics of healthy relationships?

While you may think that unhealthy relationships are limited to physical violence, there are actually many ways in which a dating relationship can be unhealthy, including: physical, emotional and verbal abuse (name calling, threats), sexual abuse (pressure or force to do something you don't feel comfortable with) and digital (harrassing, looking through your phone, sexting).





DISCUSS



When you hear the words “unhealthy relationship” what does that mean to you?





DIVE IN



Communication: In a healthy relationship, both people communicate well with each other. This doesn't mean that they have to agree all the time! They can talk openly about problems and respect each other's opinions.

Honesty: Honesty and trust are the cornerstones of healthy relationships. This means that you don't lie and you can be counted on to keep your word.

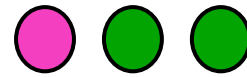
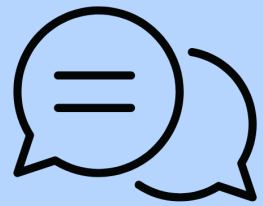
Equal: In healthy relationships, both people are equal. No one person controls the other or tells the other person what to do. You make decisions together without forcing or pressuring the other person. You are able to compromise on important issues.

Respect: In a healthy relationship, both people respect each other. When you respect someone, you place great value on them. You honor their ideas and opinions and privacy.

Independent: In a healthy relationship, it's very important for both people to stay independent. You can enjoy time apart with your friends or doing activities that you enjoy, such as sports, clubs, or hobbies.

Safe: In healthy relationships, you feel safe and secure with the other person. You are not afraid of physical or emotional harm.

Healthy Boundaries: In healthy relationships, both people have space to be themselves without feeling trapped or isolated. Healthy boundaries are clear and respected by both parties.

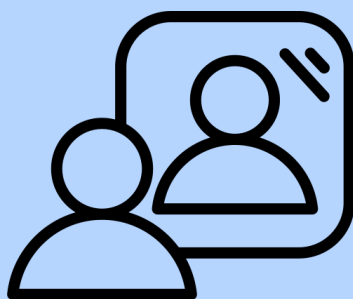


DIVE IN



According to the CDC in 2020:

- Nearly 1 in 11 female and 1 in 14 male high school students report having experienced physical dating violence
- 1 in 8 female and 1 in 26 male high school students report having experienced sexual dating violence.
- Overall 26% of women and 15% of men who were victims of contact sexual violence, physical violence, and/or stalking in their lifetime, first experienced these or other forms of violence before age 18.



ACTIVITY



Working in pairs and using the CHERISH concept, look at the 3 scenarios and decide if it's a healthy relationship or not. What advice would you give in each scenario?



High School

Worksheet

Name: _____

Date: _____

Healthy Relationships

Remember: Does your partner CHERISH you?

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Honesty: Honesty and trust are the cornerstones of healthy relationships. This means that you don't lie. You can be counted on to keep your word.

Equal: In healthy relationships, both people are equal. No one person controls the other or tells the other person what to do. You are able to compromise on important issues.

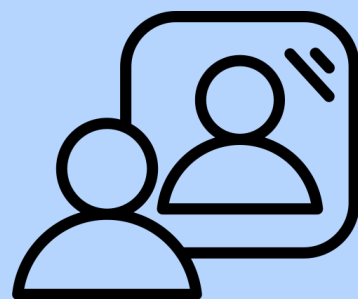
Respect: In a healthy relationship, both people respect each other. When you respect someone, you place great value on them. You honor their ideas, opinions, and privacy.

Independent: In a healthy relationship, it's very important for both people to stay independent. This doesn't mean you can't do stuff together. It means that you can still enjoy time apart with your friends or doing activities that you enjoy.

Safe: In healthy relationships, you feel safe and secure with the other person. You are not afraid of physical or emotional violence.

Healthy Boundaries: In healthy relationships, both people have space to be themselves without feeling trapped or isolated. Healthy boundaries are set together and are clear.

Scenario 1	Scenario 2	Scenario 3
Angelina has been best friends with Maria since kindergarten. But ever since Maria started dating Liam, things haven't been the same. It's true that Liam and Angelina don't like each other, but Maria hardly ever responds to texts, they never hang out together anymore, and Maria seems a little	In the locker room, Matt seems distracted and keeps checking his text messages. His friend Mario asks him what's going on. Matt explains that if he doesn't respond to his girlfriend's text message the second she sends it, she gets mad and thinks he's cheating on her. Once, she didn't talk to him	Marissa and Cedar have been dating for the whole school year. Every summer, Marissa works at a sleep away camp in another state, which she really enjoys. This year, Cedar wants her to stay so they can be together all summer. If Marissa goes away to camp, Cedar says he will feel bad.



REFLECT



What are some characteristics that you would want in a healthy relationship?

Home Connection



Home Connection

Healthy Relationships

Dear _____,

Today in class, we learned about healthy relationships and a strategy called **CHERISH** to recognize them.

- Communication:** In a healthy relationship, both people communicate well with each other. They can talk openly about problems and respect each other's opinions.
- Honesty:** Honesty and trust are the cornerstones of healthy relationships. This means that you don't lie. You can be counted on to keep your word.
- Equal:** In healthy relationships, both people are equal. No one person controls the other or tells the other person what to do. You can compromise on important issues.
- Respect:** In a healthy relationship, both people respect each other. When you respect someone, you place great value on them. You honor their ideas, opinions, and privacy.
- Independent:** In a healthy relationship, it's very important for both people to stay independent. This doesn't mean you can't do stuff together. It means you can still enjoy time apart from your friends or doing activities you enjoy.
- Safe:** In healthy relationships, you feel safe and secure with the other person. You are not afraid of physical or emotional violence.
- Healthy Boundaries:** In healthy relationships, both people have space to be themselves without feeling trapped or isolated. Healthy boundaries are set together and are clear.

Please encourage your student to practice using the **CHERISH** strategy at home.

Please do not hesitate to reach out with any questions or concerns.

Best,

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Professional Development



Take 5 minutes and reflect on your relationships
.Are they healthy?





Further Study

For Further Study:

- CDC: Preventing Teen Dating Violence:
<https://www.cdc.gov/violenceprevention/intimatepartnerviolence/teendatingviolence/fastfact.html>
- Love is Respect: *High School Educators Toolkit*:
<http://www.loveisrespect.org/wp-content/uploads/2016/08/highschool-educators-toolkit.pdf>
- Youth.gov: *Characteristics of Healthy & Unhealthy Relationships*:
<https://youth.gov/youth-topics/teen-dating-violence/characteristics>





Lesson Complete!

