
Relationships

Session 6: Relationships

Goals:

- Understand healthy versus unhealthy reasons to be in a relationship and qualities in those relationships
- Learn about dating, create a dating plan, and understand signs of interest and disinterest in a relationship
- Understand the importance of communication, choice, and boundaries with current or future relationships

Session 6:

Relationships

Objectives:

At the end of this session, students will be able to:

- Identify two healthy and two unhealthy reasons to get into a relationship and two healthy and two unhealthy qualities in a relationship
- Develop a dating plan and be able to identify a sign of interest and disinterest in a relationship
- Practice communication skills in dealing with sexually pressured situations

Anonymous Question Box

Introduction to the Anonymous Question Box:

The Anonymous Question Box is a way for students to ask questions that they may not feel comfortable asking during class time, though students are encouraged to ask lots of questions during class time as well.

Anonymous Question Box Guidelines:

- Everyone must put a paper in the box. If students do not have a questions at that time, they can write a statement about what they learned in class that day, a specific topic of interest, or write "no question". This ensures questions remain anonymous.
- No Names. Questions are anonymous and are not to be used t hurt or embarrass others. Questions with names on them will not be read out loud.
- No personal questions of the instructor.
- Nobody can take anything out of the Question Box, except for the instructor.

Healthy and Unhealthy Relationships

Dating

What Would You Say?

Be FIRM

Figure out your boundaries

I don't want to...

Reason why

Make a suggestion

Scenario

You are going on a date with someone for the first time. You decide to meet them at a pizza restaurant at 7pm. When you get there, you say “hi” and sit down across from them.

They ask how you are doing and they say they have already put in an order for a large pepperoni pizza. You are a vegetarian.

Use the Be FIRM model to address this situation.

Be FIRM

Figure out your boundaries

I don't want to...

Reason why

Make a suggestion

Example Response

“Thank you so much for ordering already. I am a vegetarian. I don’t want to eat pepperoni because I was raised a vegetarian, so why don’t I ask the server if we can change our pizza to be half pepperoni and half veggie? That way we can both get what we want.”

Example Response

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Be FIRM

Figure out your boundaries

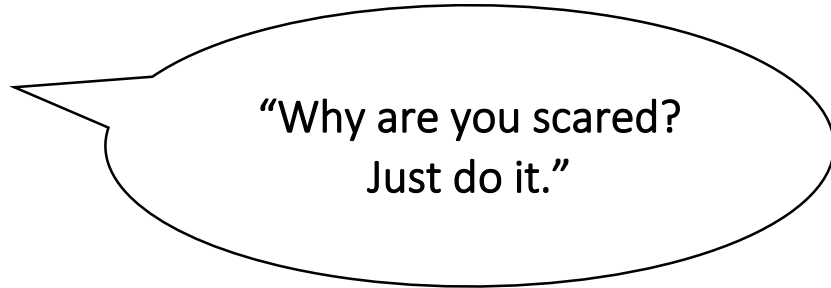
I don't want to...

Reason why

Make a suggestion

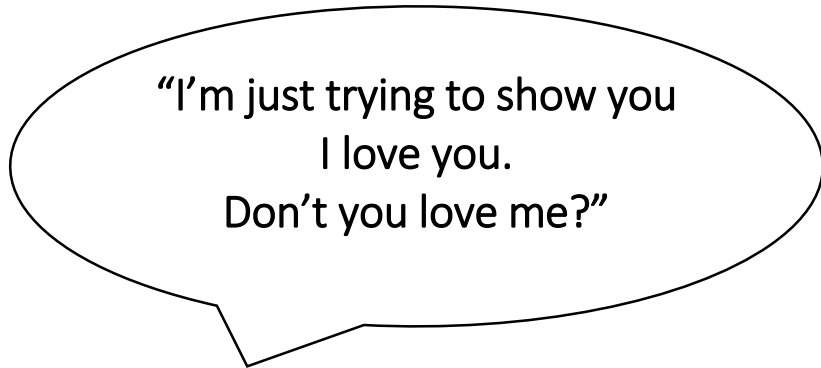
What Would You Say?

What would you say if a friend was making fun of you for not having sex?



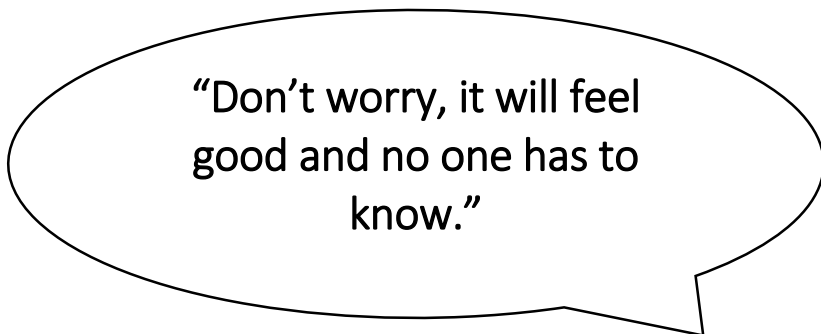
Two horizontal lines for writing a response.

What would you say if a partner is pressuring you to have sex?



Two horizontal lines for writing a response.

What would you say if a partner did not want to use a condom?



Two horizontal lines for writing a response.

Relationship Qualities Spectrum

Relationship Spectrum



Appendix G.6: Relationship Qualities

Trust



Respect



Honesty



Mapping My Date

3 traits that I want in a partner are...

- 1.
- 2.
- 3.

If I wanted to be in a relationship, a place I might meet someone is...

A sign that my date is **not** interested is...
(ex. walks away)

A sign that my date is interested is...
(ex. laughing together)

If I wanted to show my date that I am interested I might...
(ex. smile)

I could ask someone on a date by...

If they say "No" I can...

2 activities we could do together or places we could go on a date are...

- 1.
- 2.

Communicates



Respects your body



Make decisions together



Laughter



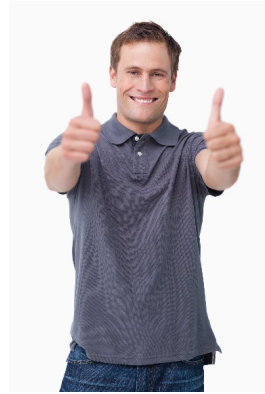
Support



Friendship



Asks for consent



Encouragement



Jealousy



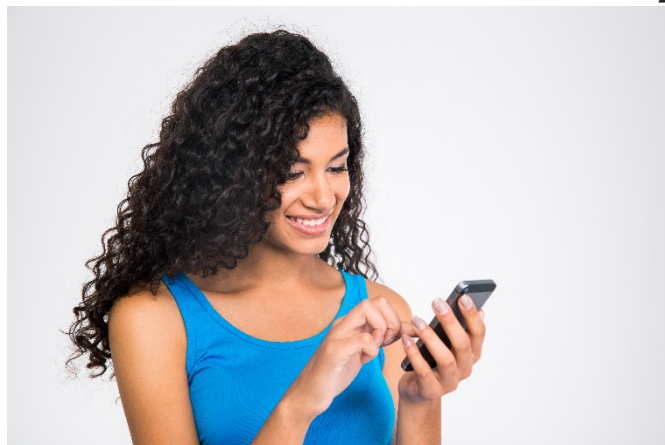
Buys you gifts



Makes you feel safe



Calls/texts every day



Spend time together



Demands things in return



Yells



Lies



Threatens your safety



Hits or slaps you



Cheats



Controls what you do



Asks you to take sexual pictures



Criticizes you



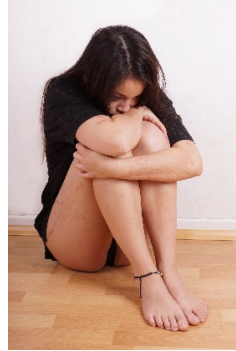
Talks about you behind your back



Tells you not to see your friends and family



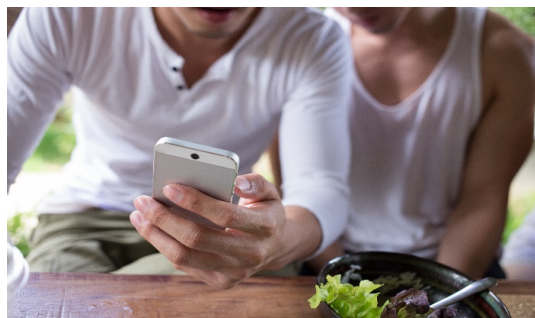
**Threatens to hurt themselves
to get what they want**



**Your partner calls to check
where you are all the time**



**Asks for the passwords to
your social media accounts**



Asks you to do sexual things for money



Makes you feel bad about your body



Appreciates your personal style



Threatens to “out” your sexual orientation or gender identity



Online Safety & Social Media "Red Flags"



Riley Jones (public profile)

About Me

Age: 15
School: Lincoln High School
City: Los Angeles, CA
Job: Starbucks barista
Email: rileyj44@yahoo.net

Status Update

Riley Jones checked in at **Lincoln H.S. Library**
Ugh! Today I got stuck with Cam and Skylar for the science fair project. They are so dumb! Why do I have to work with them?? I'll be at the library tonight to pick up the slack :(
Text if you need me: (650) 555-4321

FREE Phone!*

*Must enter your address and phone number to claim



Picture Update



85 and sunny - love this hot weather!
#summertime #beachday



Jamie Allen

Looks like fun! We should get together to catch up sometime soon!

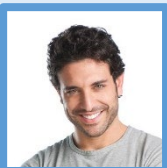
Suggested Friends



Sam Hill
(17 mutual friends)



Karen Wu
(5 mutual friends)



Tim Brown
(no mutual friends)



Tim Brown

WOW!! Maybe this hot weather will make you want to strip off some of those clothes? Send some pics ;)

Status Update

Life sucks!! My family never understands. At least they are at work all day so I can have the house to myself... #ihatemylife #grounded #bored #homealone



Alex Cruz

Sorry you're dealing with this again babe :(
Want me to come over? I've been hoping for some alone time with you...



Riley Jones (private profile)

About Me

School: Lincoln High School
City: Los Angeles, CA

Status Update

We got our science fair projects today... It's going to be so much work! First group meeting is tonight to get a jump start!



Nora Isa

I know, right? This project is gonna take forever! My group is meeting Thursday if you want to join us :)

FREE Phone!*

*Must enter your address and phone number to claim



Picture Update



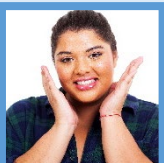
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Jamie Allen

Looks like fun! We should get together to catch up sometime soon!

Friends



Alex Cruz

(56 mutual friends)



Nora Isa

(44 mutual friends)



Sam Hill

(17 mutual friends)



Jamie Allen

(8 mutual friends)



Sam Hill

So lucky! It's still pretty cold over here on the East Coast. Looking forward to seeing you at camp! :D

Status Update

Phew! Finally taking some #metime to recharge tonight. Let me know if you want to hang out this weekend! #selfcare



Alex Cruz

Good for you babe! We all need time alone to relax sometimes. Want to go to the movies on Sunday? Check with your parents and let me know!



Draw yourself.

_____ (**circle:** public or private)

About Me

Fill in some basic information about yourself that is **safe** to share online.

Status Update

Write a status update and two comment responses from friends.

FREE Phone!*

*Would you click this?
circle: yes or no



Friends

Draw 3 friends and write their names.

Picture Update

Draw a picture and add a caption. Then write a comment response from a friend.