
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

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.