

# Figuring Out Friendships

A Lesson Plan from Rights, Respect, Responsibility: A K-12 Curriculum  
Fostering respect and responsibility through age-appropriate sexuality education.

TARGET GRADE: (S B E F 5B O E

TIME: 40 Minutes

MATERIALS NEEDED:  
X

## ADVANCE PREPARATION FOR LESSON:

- Talk with the IT person at your school to be sure you can access the video, Healthy vs. Unhealthy Relationships (<https://www.youtube.com/watch?v=Gn7ZQ2x0cOE>)
- Have the video queued up to the start to avoid any ads or delays at the beginning.

## LEARNING OBJECTIVES:

By the end of this lesson, students will be able to:

1. Describe at least 3 healthy and 3 unhealthy characteristics of relationships. [Knowledge]
2. Compare at least 2 positive and 2 negative ways friends and peers can influence relationships. [Knowledge]
3. Identify at least two trusted adults they would talk to about a relationship. [Knowledge]

## PROCEDURE:

**STEP 1:** Tell students that today you are going to talk about healthy and unhealthy aspects of relationships and who they  
FDQ W DON WR DERXW WKHP \$VN VWXGHQW  
ZKHQ , VD\ WKH ZRUG μUHODWLRQVKLS"¶ ,  
means dating or ro PDQFH DVN 3'RHV D UHODWLRQV  
KDYH WR PHDQ WZR SHRSOH GDWLQJ"´ 1R  
GLIIHUHQW NLQGV RI UHODWLRQVKLSV WKD  
(Possible answers include: friendship, romantic, relationship between family members or between a child and an adult such as a parent, teacher, coach, doctor, etc.). Tell students that for this class you want to focus on relationships that children or teens might have with each other, whether friendships or dating relationships. (3 minutes)

**STEP 2:** Tell students that they are going to watch a video about healthy and unhealthy relationships. Next, hand out the Healthy and Unhealthy Relationship Quiz and ask students to pair up with someone and complete it together. Then have the pairs discuss those that they might not agree on. (10 minutes)



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After collecting some responses, tell students you want to focus on talking with someone about it.

**Note to the Teacher:**  
 them and then begin the follow-up discussion below. (2 minutes)

**STEP 5:** Tell students that there are many different people they can talk with if they are having a problem in a friendship or other relationship. Sometimes people talk with other friends or classmates, but sometimes it can be really helpful to talk with a trusted adult. 3 DVV RXW WKH 3 7UXVWHG \$GXOW´ KDQGRXW 5HDG DQG UHYLH students to think of a few adults in their life who they have gone to with a question or a problem or who they can imagine going to with a problem in the future. Divide the board/newsprint into three categories: Family, adult neighbors and friends, and Adult KHOSHUV LQ WKH VFKRRO RU FRPPXQLW\ \$VN VWXGHQWV 3: KI be trusted adults in your life? As students brainstorm suggestions, record their answers under the appropriate columns.

**Note to the Teacher:** parents or family friends, next door neighbor, parent of a friend; under teachers, principals, school nurses, police officers, doctors, clergy. Tell students to remember that the most important thing is always to go to an adult who makes them feel safe and comfortable; someone who is trustworthy. If a person they trust does something to make them feel uncomfortable or unsafe, there are always other trusted adults they can go to. (8 minutes)

**STEP 6:** 3 DVV RXW WKH 3 & LUFOH WorsheLU TeW students RPHZER UN purpose of this homework activity is to show that they are surrounded by adults who care about them and who can help them to solve a problem that may be too big to solve on their own. Tell students that the center circle iV ODEHOHG 3 0H´ 6D\ 3 \$URXQG \R have your family, and each family is unique. For homework, write the names of the people in your family you can talk with or go to if you are having a problem in a friendship or relationship, or some other problem. In WKH QH[W FLUFOH LV 3 \$GXOW 1F DQG )ULHQGV´ ,Q WKLV FLUFOH ZULWH WKH QDPHV RI WKH W category who you could go to about a friendship or relationship problem, or some other problem. The outside circle is labeled 3 \$GXOW +HOSHUV LQ WKH 6FKRRO DQG & These are the people who surround you when you are away from home. Write the names of people in school and the community who you could ask to discuss a relationship issue or some other problem. On the bottom of the handout, have students fill out the following statement:

3 , I , ZDQWHG WR WDON ZLWK VRPHRQH DERXW D IULHQGVKLS R KDYLQJ WKH WZR SHRSOH IURP P\ FLUFOHV RI WUXVW , ZRXOC

Encourage students to share their homework with a trusted family member. (2 minutes)

**Note to the Teacher:**  
 consultation with a family member but tell them that this is not a requirement. It is possible that a student does not have a trusted adult in their home or family. In such a case, the student should feel empowered to fill out the worksheet on their own.

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### RECOMMENDED ASSESSMENT OF LEARNING OBJECTIVES AT CONCLUSION OF LESSON:

Learning objective one will be measured through student responses to the Healthy and Unhealthy Relationships Quiz.

/H DUQLQJ REMHFWLYH WZR ZLOO EH DVVHV VHG WKURXJK WKH  
, QIOXH QFHV RQ 5HODWLRQVKLSV' WKDW VWXGHQWV FRPSOHWH

Learning objective three will be measured through student completion of the Circles of Trust Homework assignment.

### HOMEWORK:

3 & LUFOHV RI 7UXVW' ZRUNVKHHW DV GHVFULEHG DERYH

## TRUSTED ADULTS

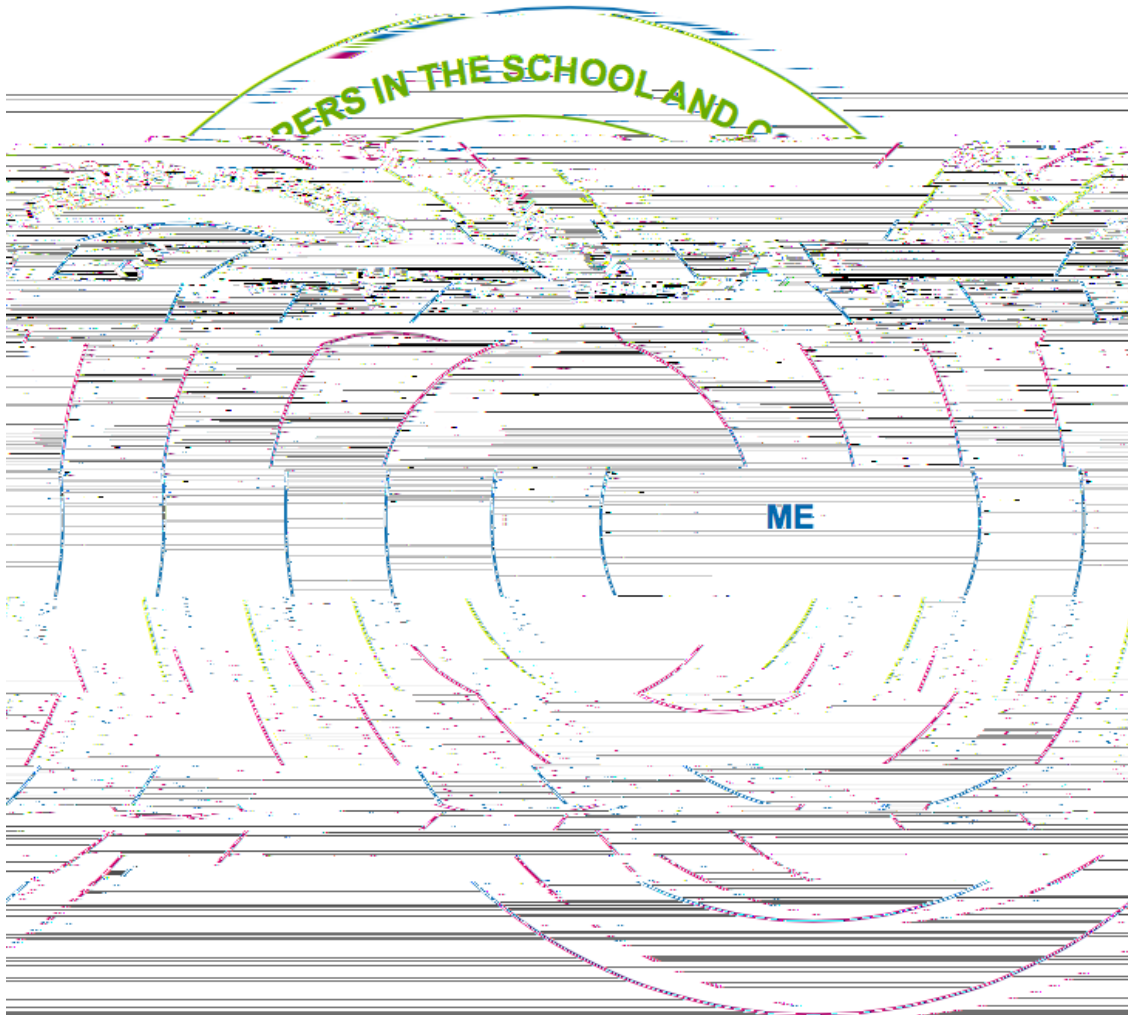
Who is a trusted adult? A trusted adult is someone you can talk with about anything; someone you feel happy being around; someone who is a good listener; or someone who has helped you before.

What kinds of things can you tell a trusted adult about? Anything you want to; things that make you feel scared, uncomfortable, or confused; a problem you are having including a problem in a friendship or other relationship that is a problem. A trusted adult will try to help you no matter what the problem is.

What would a trusted adult do if you told them that something bad or dangerous had happened to you or you were worried that something might happen to you? A trusted adult would try to help you solve the problem, be understanding, get help, and work hard to keep you safer.

Do I only need one trusted adult in my life? Some people have one person who they

'LUHFWLRQV ,Q HDFK FLUFOH VXUURXQGLQJ ³0H ´ ZULWH WKH  
could go to about a friendship or relationship problem, or some other problem.



If I wanted to talk with someone about a friendship or other relationship problem I was having, the two people from my circles of trust I would most likely go to first are:

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## HEALTHY AND UNHEALTHY FRIENDSHIP QUIZ

**True or False:** In a healthy relationship friends and or romantic partners...

1. \_\_\_\_\_ Put pressure on each other to do something they may not want to do.

2. \_\_\_\_\_ Interested in how the other person is feeling, share personal information and trust each other.

3. \_\_\_\_\_ Do what the other  
SHUVRQ ZDQWV VR WKH\ ZRQ¶W JHW  
mad at them.

BBBBB 'RQ¶W JHW LQVXOWHG RU  
take it seriously when the other



True or False  
Answer Key

## HEALTHY AND UNHEALTHY