



# Healthy Relationships 101

## Middle School Grade Program

### **Program Description:**

*Healthy Relationships 101* explores the facets of what makes a healthy relationship. Setting and communicating personal boundaries, identifying warning signs of unhealthy relationships, and identifying societal influences that impact relationships are discussed through engaging activities, multi-media, and thoughtful reflection. A video highlights insight from teens of a similar age about healthy and unhealthy relationships. In addition to this, facts on Human Trafficking are introduced. The program meets clarifying objectives of the NC Healthful Living Essential Standards. Health educator and student interactions are used to demystify “Healthy Relationships 101”.

### **Program Design:**

- Interactive demonstrations and videos illustrate the characteristics of both unhealthy and healthy relationships, boundary setting, and communication.
- A video presents examples and signs of healthy and unhealthy relationships from the viewpoint of teenagers.
- A Prezi program helps students focus on the content

### **Objectives for Students:**

- List characteristics of unhealthy and healthy relationships.
- Discuss how to find help for self or a friend who is in an unhealthy relationship.
- Identify media messages surrounding relationships and utilize a checklist to analyze whether the relationship shown is healthy or unhealthy.
- Define and set personal boundaries through healthy communication strategies.
- Discuss what Human Trafficking is and tips to avoid being a victim.

### **Healthful Living Essential Standards, Grades 6-12**

The following Healthful Living Essential Standards clarifying objectives are addressed to varying degrees by this intervention.

### **Middle School**

#### **Grade 6**

**6.ICR.1 Understand healthy and effective interpersonal communication and relationships.**

- 6.ICR.1.1 Classify behaviors as either productive or counterproductive to group functioning
- 6.ICR.1.2 Implement verbal and non-verbal communication skills that are effective for a variety of purposes and audiences.
- 6.ICR.1.3 Use strategies to communicate care, consideration, and respect for others

**6.ICR.2 Apply strategies and skills for developing and maintaining healthy relationships.**

- 6.ICR.2.1 Explain the impact of early sexual activity outside of marriage on physical, mental, emotional, and social health.
- 6.ICR.2.2 Summarize the responsibilities of parenthood.
- 6.ICR.2.3 Use effective refusal skills to avoid negative peer pressure, sexual behaviors, and sexual harassment.
- 6.ICR.2.4 Use resources in the family, school, and community to report sexual harassment and bullying.
- 6.ICR.2.5 Summarize strategies for predicting and avoiding conflict.
- 6.ICR.2.6 Design nonviolent solutions to conflicts based on an understanding of the perspectives of those involved in the conflicts.
- 6.ICR.2.7 Explain the signs of an abusive relationship and access resources for help.

**Grade 7**

**7.ICR.1 Understand healthy and effective interpersonal communication and relationships.**

- 7.ICR.1.1 Contrast characteristics of healthy and unhealthy relationships.
- 7.ICR.1.2 Predict short-term and long-term consequences of violence to perpetrators, victims, and bystanders.
- 7.ICR.1.3 Illustrate strategies that can be used to manage anger in healthy and non-hurtful ways.
- 7.ICR.1.4 Use structured thinking to avoid becoming a perpetrator or victim in cyber-bullying.
- 7.ICR.1.5 Explain why tolerance is beneficial in a society characterized by diversity.
- 7.ICR.1.6 Illustrate the appropriate role of bystanders in preventing and stopping bullying and violence.

**7.ICR.2 Remember abstinence from sexual activity outside of marriage as a positive choice for young people.**

- 7.ICR.2.1 Explain the effects of culture, media, and family values on decisions related to becoming or remaining abstinent.
- 7.ICR.2.2 Identify the positive benefits of abstinence from sexual activity outside of marriage.

**7.ICR.3 Apply strategies that develop and maintain reproductive and sexual health.**

7.ICR.3.1 Recognize common STDs (including HIV and HPV), modes of transmission, symptoms, effects if untreated, and methods of prevention.

7.ICR.3.2 Summarize the safe and effective use of FDA-approved methods of preventing sexually transmitted diseases.

7.ICR.3.3 Recognize that sexual harassment may contribute to sexual abuse, sexual assault and sex trafficking and the feelings that result from these behaviors.

7.ICR.3.4 Use strategies to be safe, reject inappropriate or unwanted sexual advances, and to report incidences to an adult when assistance is needed.

## Grade 8

### **8.ICR.1 Understand healthy and effective interpersonal communication and relationships.**

8.ICR.1.1 Contrast characteristics of healthy and unhealthy relationships for friendships and for dating.

8.ICR.1.2 Identify the reasons that people engage in violent behaviors (bullying, hazing, dating violence, sexual assault, family violence, verbal abuse, sex trafficking) and resources for seeking help.

8.ICR.1.3 Explain the effects of tolerance and intolerance on individuals and society.

8.ICR.1.4 Illustrate communication skills that build and maintain healthy relationships.

8.ICR.1.5 Use decision-making strategies appropriate for responding to unknown people via the Internet, telephone, and face-to-face.

8.ICR.1.6 Recognize resources that can be used to deal with unhealthy relationships.

### **8.ICR.2 Remember that abstinence from sexual activity outside of marriage means a positive choice for young people.**

8.ICR.2.1 Recall abstinence as voluntarily refraining from intimate sexual behavior that could lead to unintended pregnancy and disease.

8.ICR.2.2 Recall skills and strategies for abstaining from sexual activity outside of marriage.

### **8.ICR.3 Analyze strategies that develop and maintain reproductive and sexual health.**

8.ICR.3.1 Explain the health, legal, financial, and social consequences of adolescent and unintended pregnancy and the advantages of delaying parenthood.

8.ICR.3.2 Evaluate methods of FDA-approved contraceptives in terms of their safety and their effectiveness in preventing unintended pregnancy.

8.ICR.3.3 Select family, school, and community resources for the prevention of sexual risk taking through abstinence and safer sex practices.

8.ICR.3.4 Summarize ways to avoid being a victim or perpetrator of sexual abuse via digital media (including social network sites, texting, and cell phone).