

7th GRADE: ABUSE

LESSON 3 OVERVIEW

Healthy Relationships



Lesson Time:

30 Minutes

Materials Provided:

- Handout: Song lyrics (printed one per student)

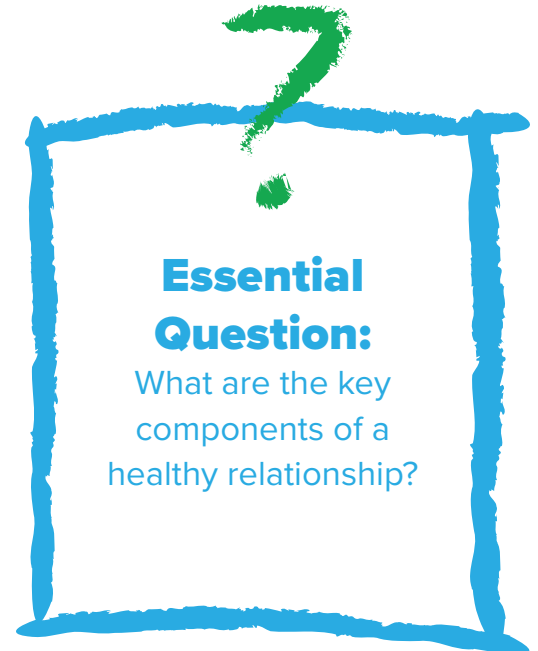
Materials Needed:

- WhiteBoard
- Markers
- Writing Utensils

Objectives:

Students will be able to:

1. Recognize the key components of healthy and unhealthy relationships.
2. Employ healthy relationship skills.



Healthy Relationships

Lesson Introduction: (4 minutes)

Raise your hand if you know who Aretha Franklin is. (Allow students to respond. If someone answers that she is a famous African American singer/songwriter, follow up with a question to see if they can name her most famous song. If no one answers, provide them with the information above.) Her most famous song is a song called RESPECT! In that song, she literally spells out what she is looking for in a relationship, R-E-S-P-E-C-T, find out what it means to me! Can you think of other musical artists who have written songs about positive relationships? (Allow students to respond. Some responses may include: Salena, Lonestar, Charlie Puth, and Jake Scott, among others.) Our last lesson on abuse focuses on healthy relationships. The older you get, the more you will increase your social activity including possibly having a boyfriend or girlfriend. The earlier you learn about and work toward healthy relationships, the more likely you are to have boundaries, respect, and safety in those relationships.

Healthy	Unhealthy

Core Lesson: Activity #1: Healthy Boundaries (8 minutes)

(Make a T-Chart on the board with the headings “Healthy” and “Unhealthy.”)

When it comes to having a good friendship or dating relationship or marriage, what do you think are healthy or good things to do and what are some unhealthy or bad things to do? (Allow for discussion and add their suggestions. Some examples of their possible answers are found below.)

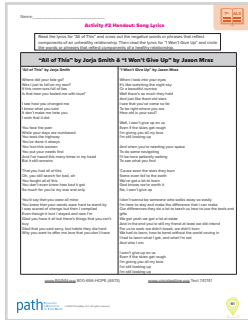
- Healthy:**
- *Feeling valued
 - *Having open and honest communication
 - *Having respect for boundaries
 - *Being supportive of one another
 - *Trusting one another
 - *Able to spend time with friends
 - *Problem-solving and anger control

- Unhealthy:**
- *Being controlled and taken advantage of
 - *Lack of trust
 - *Presence of jealousy
 - *Requiring constant contact via phone/text/social media
 - *Having to spend time with just that one person
 - *Unable to let go of or leave a relationship
 - *Abuse or violence of any kind

If a relationship feels heavy and causes you to feel concerned, it may be that it’s not a healthy match for you. Someone who’s not secure and supportive may have trouble being a good partner. It’s ok if you’re the one who’s not ready for a relationship yet (Nemours, 2023). Remember that if you find yourself in an unhealthy or possibly abusive situation, you must never feel obligated to be silent. There are resources and people on our campus who are available to you. There are also crisis hotlines and websites such as RAINN and others where you can message

Core Lesson (cont)

Slide/Handout



Lesson Script/Talking Points

or talk to someone 24/7. Some of these will be listed at the bottom of your activity handout today.

Activity #2 Handout: Song Lyrics (15 minutes)

I want you to think about some of your favorite songs. Without saying them out loud, I bet you can think of some songs that describe negative relationships - maybe about break-ups, taking advantage of people, or abuse. Today, I want us to analyze the lyrics to two songs. One is “All of This” by Jorja Smith and the other is “I Won’t Give Up” by Jason Mraz. *(Provide each student with a printed copy of the handout.)* Starting with the first song “All of This,” read the lyrics and cross out negative words/phrases that reflect components of an unhealthy relationship. *(Allow 3-5 minutes for students to analyze lyrics.)* Now let’s look at the song “I Won’t Give Up.” Read these lyrics and circle positive words or phrases that reflect characteristics of a healthy relationship. *(Allow students 3-5 minutes to analyze lyrics.)* I will ask for volunteers to share some of their examples.

What words or phrases did you find that represent some components of an unhealthy relationship? *(Allow students to respond with examples that they crossed out. Refer to the answer key for possible answers if necessary.)*

Looking at the first song, tell us why you chose some of these words and phrases that point to an unhealthy relationship? *(Allow students to respond and reinforce that these are characteristics of unhealthy relationships.)* Great job. Now let’s examine the second song and talk about the words and phrases you chose there. *(Allow students to respond and encourage discussion of responses.)* What is being described in the chorus, “I won’t give up, even if the skies get rough” is a relationship that can withstand experiencing challenges and even disagreements, yet each person remains faithful and desires to grow and become better in that relationship. He clearly respects and honors her and their relationship. All of the phrases we have discussed with the song, “I Won’t Give Up” represent a commitment to the long-term development of a healthy relationship, one built on respect and love and not focused on control.

Closing: Essential Question (3 minutes)

What are the key components of a healthy relationship? *(Allow for responses.)*

Today we have learned a lot about the difference between healthy and unhealthy relationships. If you had to pick one word to fill in the blank in this statement, what would it be? Healthy relationships are always based on _____. What would that word be? *(Allow students to respond, if no one responds “respect” offer it as an answer to this question.)*

References:

Lochrie, A. S. (Ed.). (2023, October). Am I in a healthy relationship? (for teens) | nemours kidshealth. KidsHealth. <https://kidshealth.org/en/teens/healthy-relationship.html>

Teen relationships. Teen Relationships | Healthy Relationships | Family | Extension | UGA FACS. (n.d.). <https://www.fcs.uga.edu/extension/family-healthy-relationships-teen-relationships>

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Name: _____



Activity #2 Handout: Song Lyrics

Read the lyrics for “All of This” and cross out the negative words or phrases that reflect components of an unhealthy relationship. Then read the lyrics for “I Won’t Give Up” and circle the words or phrases that reflect components of a healthy relationship.

“All of This” by Jorja Smith	“I Won’t Give Up” by Jason Mraz
<p>“All of This” by Jorja Smith</p> <p>Where did your fate go? Was I just to fall on my own? If this room was full of lies Is that how you fooled me with love?</p> <p>I see how you changed me I know what you said It don’t make me hate you I wish that it did</p> <p>You face the pain While your days are numbered You took the highway You’ve done it always You hurt this woman You put your needs first And I’ve heard this many times in my head But it still remains</p> <p>That you had all of this Oh, you still search for bad, oh You fought all of this You don’t even know how bad it got So much for you’re my one and only</p> <p>You’d say that you were all mine You knew that your words were hard to stand by I was scared of change but then I complied Even though it hurt I stayed and now I’m Glad you have it all but there’s things that you can’t buy Glad that you said sorry, but habits they die hard Why you want to offer me love that you don’t have</p>	<p>“I Won’t Give Up” by Jason Mraz</p> <p>When I look into your eyes It’s like watching the night sky Or a beautiful sunrise Well there’s so much they hold And just like them old stars I see that you’ve come so far To be right where you are How old is your soul?</p> <p>Well, I won’t give up on us Even if the skies get rough I’m giving you all my love I’m still looking up</p> <p>And when you’re needing your space To do some navigating I’ll be here patiently waiting To see what you find</p> <p>‘Cause even the stars they burn Some even fall to the earth We’ve got a lot to learn God knows we’re worth it No, I won’t give up</p> <p>I don’t wanna be someone who walks away so easily I’m here to stay and make the difference that I can make Our differences they do a lot to teach us how to use the tools and gifts We got yeah we got a lot at stake And in the end you’re still my friend at least we did intend For us to work we didn’t break, we didn’t burn We had to learn, how to bend without the world caving in I had to learn what I got, and what I’m not And who I am</p> <p>I won’t give up on us Even if the skies get rough I’m giving you all my love I’m still looking up I’m still looking up</p>

www.RAINN.org 800-656-HOPE (4673)

www.crisistextline.org Text 741741

Name: _____



Activity #2 Handout: Song Lyrics - Answer Key

Read the lyrics for “All of This” and cross out the negative words or phrases that reflect components of an unhealthy relationship. Then read the lyrics for “I Won’t Give Up” and circle the words or phrases that reflect components of a healthy relationship.

“All of This” by Jorja Smith	“I Won’t Give Up” by Jason Mraz
<p>“All of This” by Jorja Smith</p> <p>Where did your fate go? Was I just to fall on my own? If this room was full of lies Is that how you fooled me with love?</p> <p>I see how you changed me I know what you said It don’t make me hate you I wish that it did</p> <p>You face the pain While your days are numbered You took the highway You’ve done it always You hurt this woman You put your needs first And I’ve heard this many times in my head But it still remains</p> <p>That you had all of this Oh, you still search for bad, oh You fought all of this You don’t even know how bad it got So much for you’re my one and only</p> <p>You’d say that you were all mine You knew that your words were hard to stand by I was scared of change but then I complied Even though it hurt I stayed and now I’m Glad you have it all but there’s things that you can’t buy Glad that you said sorry, but habits they die hard Why you want to offer me love that you don’t have</p>	<p>“I Won’t Give Up” by Jason Mraz</p> <p>When <u>I look into your eyes</u> It’s like watching the night sky Or a <u>beautiful sunrise</u> Well there’s so much they hold And just like them old stars I see that <u>you’ve come so far</u> To be right where you are How old is your soul?</p> <p>Well, <u>I won’t give up on us</u> Even if the skies get rough <u>I’m giving you all my love</u> I’m still looking up</p> <p>And when <u>you’re needing your space</u> To do some navigating I’ll <u>be here patiently waiting</u> To see what you find</p> <p>‘Cause even the stars they burn Some even fall to the earth <u>We’ve got a lot to learn</u> God knows <u>we’re worth it</u> No, <u>I won’t give up</u></p> <p><u>I don’t wanna be someone who walks away</u> so easily <u>I’m here to stay and make the difference that I can make</u> <u>Our differences they do a lot to teach us</u> how to use the tools and gifts We got yeah <u>we got a lot at stake</u> And in the end you’re still my friend at least we did intend For us to work we didn’t break, we didn’t burn We had to learn, <u>how to bend without the world caving in</u> I had to learn what I got, and what I’m not And who I am</p> <p><u>I won’t give up on us</u> Even if the skies get rough <u>I’m giving you all my love</u> I’m still looking up I’m still looking up</p>

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