

9th GRADE: ABUSE

LESSON 3 OVERVIEW

Healthy and Unhealthy Relationships



Lesson Time:
30 Minutes

Materials Provided:

- Video: [Building Healthy Relationships \(For Teens\)](#) (2:42)
- Handout: “Relationships Quiz” (printed one per student)
- Lesson Slides [Download](#)

Materials Needed:

- Projector with Video/Audio Capability

Objectives:

Students will be able to:

1. Identify the key components of a healthy relationship.
2. List the characteristics and behaviors of an unhealthy dating relationship or friendship.



Healthy and Unhealthy Relationships



Slide/Handout

Lesson Script/Talking Points

Lesson Introduction: (2 minutes)

Slide 1: Lesson Intro Quotes

Lesson Intro Quotes

"Most good relationships are built on mutual trust and respect."
MONA SUTPHEN

"Knowledge will give you power, but character respect."
BRUCE LEE

"Unhealthy relationships keep our self-esteem low."
SAM OWEN

You can probably guess today's lesson topic as I read these quotes:

(Facilitator displays the following quotes using Lesson Intro Quotes Slide 1))

"Most good relationships are built on mutual trust and respect." - Mona Sutphen

"Knowledge will give you power, but character respect." - Bruce Lee

"Unhealthy relationships keep our self-esteem low." - Sam Owen

As we wrap up our series of lessons on abuse, I want us to analyze what healthy and unhealthy dating relationships and friendships look like. We all know people who can be manipulative, jealous, and emotionally draining. It's important to be able to manage those relationships, or at the very least, gracefully step away from them when needed.

Healthy Relationships

1. Respect - accept and value each other
2. Trust - feel secure and are loyal
3. Honesty - open and honest; no lies
4. Support - being helpful and caring
5. Fairness/Equality - willing to compromise and give-and-take
6. Individuality- maintaining personal growth and identity
7. Good Communication - talking and listening in a respectful way
8. Boundaries - respecting limits and "no" is honored

Slide 2: Healthy Relationships (8 minutes)

Let's look at the characteristics of healthy and unhealthy relationships.

(Display Slide 2)

First, what are healthy relationship qualities?

- **Respect** - accepts you as you are and values you and your opinion, thoughts, and morals
- **Trust** - feeling secure and are loyal to each other; never extremely jealous or controlling
- **Honesty** - they are open and honest and don't lie about where they go or what they do
- **Support** - supports you, listens, is there for you in good and especially in difficult times
- **Fairness/equality** - willing to compromise, equal give-and-take, fair balance of hanging out with each other's friends and family, neither gets his or her way all of the time
- **Individuality** - makes compromises, you maintain personal growth and identity and can be yourself without sacrificing interests and hobbies, you don't pretend to like something or give up things you do like
- **Good communication** - share feelings in conversation where you talk and listen in a respectful way, no expectations of constant texting or talking, no excessive arguing
- **Boundaries** - limits are discussed and respected and "no" is honored (Teens for Courage, n.d.)

Unhealthy Relationships

1. Control - friend or partner tries to control your actions
2. Disrespect - makes fun or criticizes you
3. Dishonesty - lies and keeps things from you
4. Dependence - expectation to always be together
5. Abusive - threat or actual physical, emotional, or sexual violence or abuse

What makes an unhealthy relationship? (Display Slide 3)

- **Control** - your friend or partner tries to control your actions, can be manipulative
- **Disrespect** - they make fun or criticize you, your thoughts, ideas, or morals
- **Dishonesty** - they lie to you and keep things from you
- **Dependence** - there's an expectation to always be together, tells you they can't live without you

Core Lesson (cont)

Slide/Handout

Lesson Script/Talking Points

- **Abusive** - they threaten or are physically, emotionally, or sexually violent or abusive (Teens for Courage, n.d.)

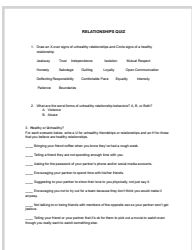
Remember that it's not safe to stay in a relationship that involves abusive behavior of any kind.

Think about a significant relationship you have whether it is a romantic relationship or just a friendship. Is it a healthy relationship?

To identify warning signs of unhealthy dating/friendships, ask yourself, does he/she... (Allow students to comment or ask for clarification as you read through the list.)

- Get angry when I don't drop everything for him or her?
- Criticize how I look or dress; say I'll never be able to find anyone else?
- Keep me from seeing friends or from talking to other guys/girls?
- Want me to quit an activity, even though I love it?
- Ever raise a hand when angry, like he or she is about to hit me? Here's a video that does a good job of further explaining healthy and unhealthy friendships and relationships.

https://www.youtube.com/watch?v=ELLaMPiPqPM&ab_channel=OasisMentalHealthApplications (2:42)



Activity 2: Handout “Relationships Quiz” (16 minutes)

At this time, all boys move to one side of the room and take a seat, and all the girls move to the other side of the room and take a seat. Now, I want the boys to stand up and count off by four. Each boy who is number 4 should remain standing while all others sit. Then, I want the girls to stand up and count off by three. Each girl who is number 3 should remain standing while all others sit.

One in three women and one in four men will experience relationship abuse in their life. (CDC, 2024) This is a staggering statistic, but abuse is very real. The students standing represent the number of all of you that can statistically expect to be victims of relationship abuse for males and females. Ok, you can return to your seats now.

Let's practice to see what we know. Each of you will take the “Relationships Quiz” to check your understanding of healthy and unhealthy relationships. (Distribute the quiz and allow the students to have a few moments to complete the handout. Once the students have finished, ask the questions to the class and allow them to answer together as a class. Encourage discussion of each scenario (“Does everyone agree with this?” etc.) and use the answer sheet provided to ensure that the students have a firm grasp of the elements of a healthy/unhealthy relationship.)

Closing: Essential Question (4 minutes)

What are the key components of a healthy relationship? (Allow for responses.) What are some of the characteristics and behaviors of unhealthy relationships? (Allow for responses.)

Please do not say anyone's name aloud, but I want you to think about some people you know who may be in an unhealthy relationship. They can be adults or students. What are some ways to help someone who is in an unhealthy relationship? (Allow for responses.) Thank you for sharing. If after our lessons on abuse, you believe you or someone you know is being abused, talk to our school counselor or a trusted adult.

Core Lesson (cont)



References:

Centers for Disease Control and Prevention. (2024b, May 16). *About intimate partner violence*. Centers for Disease Control and Prevention. https://www.cdc.gov/intimate-partner-violence/about/#cdc_behavioral_basics_quick-quick-facts-and-stats

Healthy relationships 101. Teens for Courage. (n.d.). <https://www.teensforcourage.org/healthy-relationships-101/>

YouTube. (2020, May 26). *Building healthy relationships (for teens)*. YouTube. <https://www.youtube.com/watch?v=ELLaMPiPqPM>

[Click Here to Provide Feedback on this Lesson](#)

Name: _____ Date: _____

RELATIONSHIPS QUIZ

1. Draw an X over signs of unhealthy relationships and Circle signs of a healthy relationship.

Jealousy Trust Independence Isolation Mutual Respect
 Honesty Sabotage Guilting Loyalty Open Communication
 Deflecting Responsibility Comfortable Pace Equality Intensity
 Patience Boundaries

2. What are the worst forms of unhealthy relationship behaviors? A, B, or Both?
 A. Violence
 B. Abuse

3. **Healthy or Unhealthy?**

For each scenario below, write a U for unhealthy friendships or relationships and an H for those that you believe are healthy relationships.

___ Bringing your friend coffee when you know they've had a rough week.

___ Telling a friend they are not spending enough time with you.

___ Asking for the password of your partner's phone and/or social media accounts.

___ Encouraging your partner to spend time with his/her friends.

___ Suggesting to your partner to show their love to you physically, not just say it.

___ Encouraging you not to try out for a team because they don't think you would make it anyway.

___ Not talking to or being friends with members of the opposite sex so your partner won't get jealous.

___ Telling your friend or your partner that it's ok for them to pick out a movie to watch even though you really want to watch something else.

Name: _____ Date: _____

RELATIONSHIPS QUIZ

1. Draw an X over signs of unhealthy relationships and Circle signs of a healthy relationship.

~~Jealousy~~ **Trust** **Independence** ~~Isolation~~ **Mutual Respect**
Honesty ~~Sabotage~~ ~~Guilt~~ **Loyalty** **Open Communication**
~~Deflecting Responsibility~~ **Comfortable Pace** **Equality** ~~Intensity~~
Patience **Boundaries**

2. What are the worst forms of unhealthy relationship behaviors? A, B, or Both?
- A. Violence
B. Abuse

(Answer: Both)

3. Healthy or Unhealthy?

For each scenario below, write a U for unhealthy friendships or relationships and an H for those that you believe are healthy relationships.

 H Bringing your friend coffee when you know they've had a rough week.

 U Telling a friend they are not spending enough time with you.

 U Asking for the password to your partner's phone and/or social media accounts.

 H Encouraging your partner to spend time with his/her friends.

 U Suggesting to your partner to show their love to you physically, not just say it.

 U Encouraging you not to try out for a team because they don't think you would make it anyway.

 U Not talking to or being friends with members of the opposite sex so your partner won't get jealous.

 H Telling your friend or your partner that it's ok for them to pick out a movie to watch even though you really want to watch something else.