



Educator Guide: Characteristics of a Relationship Lesson

Recommended for Grades:

6th

Time:

3 minutes

National Health Education Standards:

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.
- Standard 4: Use interpersonal communication skills to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning Objectives:

After completing this lesson students will be able to:

1. Describe what a healthy relationship may look like.
2. Differentiate between healthy and unhealthy relationships.

Lesson Description:

In this lesson students will learn about some characteristics of a healthy relationship and some red flags of an unhealthy relationship. The importance of talking with a trusted adult if students find themselves in an unhealthy relationship is mentioned.



Pre and Post-Test Questions:

Use the following questions with your students in any way that you see fit (on paper, using a survey tool, etc.) You may choose to combine questions from various lessons and activities that your students participate in. Correct answer choices are bolded.

1. Which of these could signal an unhealthy relationship? Choose two answers that apply.
 - a. **Intimidation**
 - b. Communication
 - c. Individuality
 - d. **Control**
 - e. Respect

2. Which of these are characteristics of a healthy relationship? Choose three answers that apply.
 - a. **Compromise**
 - b. Dependence
 - c. **Individuality**
 - d. **Honesty**
 - e. Anger

Vocabulary:

Use the following list of vocabulary as a reference for yourself or your students as you complete the Characteristics of a Relationship Lesson. You may choose to use this list in any way that fits your needs.

- Communication – the sharing of information, thoughts and emotions
- Compromise – each person gives up something that they want to come to an agreement
- Control – to influence or direct someone's behavior
- Dependence – relying on someone else for everything
- Dishonesty – lying or keeping information from others
- Disrespect – to not value someone and not treat them well
- Honesty – to be open and truthful
- Individuality – qualities of a person that make them who they are and distinguishes them from others
- Intimidation – when one person tries to control parts of another person's life by making that person fearful or timid
- Respect – to admire, value and treat someone well
- Trust – to believe that someone is being honest with you

Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



Mental Health Resources for Families and Educators

988 Suicide & Crisis Lifeline, call 988 or 988lifeline.org

Anxiety and Depression Association of America, adaa.org

Centers for Disease Control and Prevention (CDC), cdc.gov/childrensmentalhealth/

Children and Adults with Attention-Deficit Hyperactivity Disorder, chadd.org

Children's Wisconsin, childrenswi.org

Children's Wisconsin Shine Through, <https://shinethrough.childrenswi.org/parents>

The Institute for Child and Family Well-Being,
<https://uwm.edu/icfw/tools-and-resources-3-2/>

KidsHealth, kidshealth.org

Mental Health America, mentalhealthamerica.net

National Alliance on Mental Illness (NAMI), nami.org

National Institute of Mental Health (NIMH), nimh.nih.gov

Wisconsin Department of Public Instruction (Student Services/Prevention and Wellness), dpi.wi.gov/sspw/mental-health



Transcript

Slide 1

No matter what type of relationship you're talking about, you want to make sure it's a healthy one. It's important to think about who you want your true friends to be and as you get older, who you may want to be in a dating relationship with. Click on each characteristic of a healthy relationship to learn more about it.

Respect

Having respect in a relationship means both people value each other, treat each other well and understand the other person's boundaries.

Honesty

Honesty means being open and truthful when sharing thoughts and feelings with each other. Honesty builds trust and strengthens a relationship.

Trust

In a relationship, trust means believing that the other person is being honest and truthful with you, and that you can rely on them. It makes it easier to give each other the benefit of the doubt.

Communication

Communication is the sharing of information, thoughts and emotions. It involves both speaking and listening. Good communication is a two-way street.

Compromise

In a relationship, each person doesn't always get his or her way. To compromise means that each person gives up something that they want to come to an agreement.

Individuality

Neither person in a relationship should have to change who they are. Each person should continue seeing their friends and doing the things they love.

Conclusion

All of these things are the foundation of a healthy relationship. If any of these characteristics are missing, the relationship will not be able to grow or remain strong.

Slide 2

There are also some red flags when it comes to relationships. These are all characteristics that can signal an unhealthy relationship. Click on each one to learn more.

Disrespect

Disrespect in a relationship could include making fun of the opinions and interests of the other person or destroying something of theirs. It could also include pressuring the other person to do something that they're uncomfortable with.

Intimidation

Intimidation is when one person tries to control parts of the other's life by making the other person fearful or timid. In a dating relationship, one partner may attempt to keep their partner from friends and family or threaten violence or a break-up.

Control

Control in a relationship is when one person in the relationship makes all the decisions and tells the other person what to do, what to wear or who they can and can't spend time with.

Dishonesty

Dishonesty is when one person lies to or keeps information from the other. This makes it very hard to trust each other.

Dependence

Dependence is when one person can't seem to do anything, or make any decisions, without the other person.

Anger

Anger is a strong feeling, and if it leads to harsh words or physical violence, that's an indication of an unhealthy relationship.

Conclusion

These are all things that can damage the foundation of a relationship. If any of these are present in a relationship, it's not a healthy one. It's important to talk with a trusted adult if you find yourself in an unhealthy relationship.

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Contact us:

**Children's Wisconsin
E-Learning Center**

(866) 228-5670

healthykids@childrenswi.org

