



Educator Guide: Which Characteristics Do You See? Activity

Recommended for Grades:

6th

Time:

4 minutes

Prerequisites:

For students to be successful in this activity, they would benefit from participating in the following lesson:

- Characteristics of a Relationship

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.
- Standard 7: Demonstrate practices and behaviors 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 activity students will be able to:

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

Activity Description:

In this activity students will apply their knowledge of relationships to identify which characteristics they see in various relationships. They will listen to three teens briefly talk about a relationship they are in and then identify which characteristics they think are present in that relationship.



Vocabulary:

Use the following list of vocabulary as a reference for yourself or your students as you complete the Which Characteristics Do You See? Activity. 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
- Disrespect – to not value someone and not treat them well
- 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
- Relationship – a connection between two people
- 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

Intro

Let's see if you can tell the difference between a healthy relationship and an unhealthy one. After viewing each short video you'll be asked to identify some characteristics of the relationship being discussed.

Video 1

Jonah: Corey and I are tight. We always have each other's backs. We respect each other and I trust him with my life. We don't always agree on everything, but we know how to compromise.

Question 1

Which characteristics do you see in this relationship? Choose all that apply.

- A. Respect
- B. Trust
- C. Intimidation
- D. Control
- E. Compromise
- F. Anger

Question 1 Remediation

Corey and Jonah seem to have a healthy relationship that includes mutual respect and trust. And when they don't agree on something, they are able to come to a compromise.

Video 2

Josh: Nikki and I started hanging out more last month. I really like her, but she doesn't seem to like some of my friends. So, she's always trying to tell me who I can and can't hang out with. And sometimes when we're with her friends they make fun of me. But she really is a lot of fun to be around.



Question 2

Which characteristics do you see in this relationship? Choose all that apply.

- A. Disrespect
- B. Trust
- C. Control
- D. Compromise
- E. Anger
- F. Communication

Question 2 Remediation

While Josh may think Nikki is fun to be around, it doesn't sound like they have a very healthy relationship. It sounds like Nikki is trying to control who Josh spends time with and the fact that she makes fun of him around her friends is disrespectful.

Video 3

Bree: Jenayah and I are best friends. We've known each other since kindergarten, and we've always been totally honest with each other. I trust her completely. She's totally into sports, and I'm definitely not, but it's ok to have different interests. That's what makes life interesting!

Question 3

Which characteristics do you see in this relationship? Choose all that apply.

- A. Honesty
- B. Trust
- C. Control
- D. Intimidation
- E. Individuality
- F. Communication

Question 3 Remediation

It sounds like Jenayah and Bree have a healthy relationship based on honesty, communication and trust. They celebrate their individuality and realize that they don't need to have all the same interests in order to be best friends.



Conclusion

Now that you've seen and heard about both positive and negative characteristics, you'll be prepared to recognize these characteristics in your own relationships.



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