

Developing Healthy Relationships

This lesson is designed to teach students about developing and maintaining healthy relationships and how having effective communication skills can help them accomplish this.

OBJECTIVES

Students will...

1. Learn about the characteristics of healthy and unhealthy relationships
2. Define key aspects of effective communication
3. Identify communication skills that they can improve upon

ACTIVITIES

PART 1

Content Knowledge

Lead a class discussion on healthy relationships. Explain to students that a relationship is any relation between people. These people can include parents, family members, friends, dating partners, classmates, teachers, and coworkers.

A healthy relationship is when people respect each other, and there is trust, honesty, and good communication.

Play the short video, [Healthy Relationships](#), for the class.

PART 2

Critical Thinking/Creative Application

Have students complete the *Healthy vs Unhealthy Relationship* worksheet below. Students should log in to MEFA Pathway and upload the completed worksheet to their *Document Library* located in their *Dashboard*.

PART 3

Applying Information

Next, lead a class discussion around communication. Ask students the questions below and provide them the answers after they have had time to discuss.

What is communication?

- Communication is a shared interaction between two or more individuals.

What are communication skills?

- Communication skills are used when giving and receiving information.

Grade Level: 7

MEFA PATHWAY SECTIONS WITHIN THIS LESSON:

- Document Library
- My Journal

DOMAIN:

- Social Emotional Learning

TIME:

- 60 minutes

MATERIALS NEEDED:

- Internet connection to work with the MEFA Pathway website
- *Healthy Relationships* [video](#)
- *Healthy vs Unhealthy* worksheet (included)
- *12 Tips to Effective Communication Skill* [video](#)

FUTURE READY SKILLS:

- Communication
- Emotional Intelligence
- Growth Mindset

VOCABULARY:

- Relationship
- Healthy Relationship
- Communication
- Communication Skills

Email any questions to:
info@mefapathway.org

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LESSON PLAN

Why are communication skills important?

- Being able to communicate effectively is one of the most important skills to learn. Without communication and mutual understanding, relationships can be difficult. Strong communication skills are needed to give and receive information clearly and accurately.

Play the video, [12 Tips to Effective Communication Skills](#)

As students view the video, ask them to write down the skills that are listed. A list of the 12 skills is included below for reference.

PART 4

Critical Thinking/Creative Application

Have students select three communication skills that they feel they can improve upon. Students should then create a presentation in PowerPoint on these three skills. The introduction should include answering the questions:

1. What is communication?
2. What are communication skills?
3. Why are communication skills important?

For each selected skill, students should provide 4-5 tactics that they can develop to improve that skill. The presentation should include appropriate graphics that add to the content on the slides. Encourage creativity - students can even create a short video and link from the presentation for each point explaining their tactics.

After completion, have students log in to MEFA Pathway and add their presentation to their *Document Library* in their *Dashboard*.

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Healthy vs Unhealthy Relationship Worksheet

Read the following list and mark each statement as “healthy” or “unhealthy.” Write “H” for “healthy” and “U” for “unhealthy”

1. The person listens to you and respects your opinions
2. The person does not want you to see other friends
3. The person calls you names or makes fun of you
4. If you tell the person “no,” the person listens
5. The person is honest with you
6. The person will still talk to you if you disagree
7. The person will yell at you if you disagree
8. The person is violent when he or she is angry
9. The person cares about your ideas and interests
10. The person tells you when he or she is angry
11. The person listens to you when you are upset
12. The person tells you what you are allowed or not allowed to do

Come up with some examples of your own.

Examples of a healthy relationship:

- 1.
- 2.
- 3.

Examples of an unhealthy relationship:

- 1.
- 2.
- 3.

12 Tips to Effective Communication Skills

1. Learn to listen
2. Pay attention to body language
3. Show respect
4. Maintain eye contact
5. Ask questions
6. Have emotional awareness
7. Avoid interrupting
8. Keep it positive
9. Speak clearly
10. Avoid using your phone
11. Think before you speak
12. Avoid filler words

Developing Healthy Relationship Grading Rubric

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CATEGORY	EXCELLENT 4	GOOD 3	SATISFACTORY 2	NEEDS IMPROVEMENT 1
Content Accuracy	All content on the presentation is accurate. There are no factual errors.	Most of the content is accurate but there is one piece of information that seems inaccurate.	The content is generally accurate, but one piece of information is clearly inaccurate.	The content is confusing or contains more than one factual error.
Sequencing of Information	The information is organized in a clear, logical way.	Most information is organized in a clear, logical way.	Some information is logically sequenced.	There is no clear plan for the organization of information.
Effectiveness	The presentation includes all material needed to give a good understanding of the topic.	The presentation is lacking one or two key elements.	The presentation is missing more than two key elements.	The presentation is lacking several key elements and has inaccuracies.
Use of Graphics	All graphics are attractive (size and colors) and support the topic of the presentation.	A few graphics are not attractive but all support the topic of the presentation.	All graphics are attractive but a few do not support the topic of the presentation.	Several graphics are unattractive AND detract from the content of the presentation.
Font Choice & Formatting	Font formats (size, bold, italic) have been carefully planned to enhance readability and content.	Font formats have been carefully planned to enhance readability.	Font formats have been carefully planned to complement the content. It may be a little hard to read.	Font formatting makes it very difficult to read the material.
Conventions. Student uses proper grammar, punctuation, and spelling.	The presentation has no misspellings or grammatical errors.	The presentation has 1- 2 misspellings, but no grammatical errors.	The presentation has 1- 2 grammatical errors but no misspellings.	The presentation has more than 2 grammatical and/or spelling errors.