#### Health

4.ICR.1.6 Contrast healthy and unhealthy relationships.

#### **Focus Step**

"The Relationship Game" Refer to the Relationship cards for the materials you will need to complete the activity. Each student will be given a game board and each table group will be given pre-cut "game pieces" and one die per table group. The person with the next closest birthday will go first and the student will rotate to the right. The first person will roll the die and select the number of cards based on the number rolled (Roll 6, pick up cards). The student will read the qualities on the cards and determine where they would classify each quality on their individual game board (Must Have, Would Be Nice, Does Not Matter, Do Not Want). After all the game pieces are played and classified, students will discuss with their group members if they would have classified some of the cards differently. It is okay for students to have some disagreement between classification as it is about personal preference. You will refer to the game during the rest of the lesson.

#### **Statement of Objectives:**

Relationships with family, friends, classmates and others are important to our health and well-being. By the end of this lesson, you will be able to state the difference between healthy and unhealthy relationships.

#### **Teacher Input:**

Use the following script to accompany the PPT

**Slide 2:** Healthy Relationships are based on mutual respect, care, and consideration This includes treating others with kindness and being considerate about their feelings. Trust is another quality that allows people to depend on one another, basically meaning that promises are kept. Each person in a healthy relationship should feel valued and heard. When planning events choose not only things that you like, but that your friends enjoy as well.

**Slide 3: Brainstorm -** Think back to the Relationship Game we just played. Can anyone think of some characteristics that would be classified as healthy relationship qualities? **Students should be able to come up with the following: Respectful, thoughtful, kind, trustworthy, polite, honest, humble, and respected by others.** 

**Slide 4:** Unhealthy relationships are opposite behaviors than we discussed in healthy relationships. Friends that put each other down instead of building them up, telling lies, or saying hurtful things about someone's culture or family.

Slide 5: Brainstorm - Think back again to the relationship game. Can anyone think of some characteristics that would be classified as unhealthy relationship qualities? Students should be able to come up with the following: Disrespectful, dishonest, rude, untrustworthy, cocky, aggressive, needs to be the center of attention, has a bad attitude, pouts a lot, bossy, gossips, demanding, selfish, bad temper, starts conflicts.

**Slide 6:** During the relationship game I am sure most of you were classifying these healthy and unhealthy characteristics without even knowing it. The characteristics that you put in your Must Have and Do Not Want sections were these healthy and unhealthy qualities.

Slide 7: What about the characteristics that you selected for "Would Be Nice" or "Does Not Matter? Raise your hand if you will share a characteristic that you classified as "Would be Nice" or "Does not Matter"? Examples may include: Likes to play an instrument, likes hiking, likes swimming, likes hip hop music, likes country music, athletic, can sing, vegetarian, enjoys movies, likes shopping, shy, types of hair, etc. Why did you characterize these cards this way? Students should be able to tell you that these are based on the things that they like personally or value for the "Would Be Nice" and things they do not care for, do, or think about might be placed in the "Does Not Matter" section. Do you think other members of your table group might classify them differently?? Why is that?? Students should be able to tell you that everyone is an individual and has different likes and dislikes. Is it possible that your preferences could be influenced by someone or something other than you? Can someone provide an example??

**Slide 8:** Analyzing influences - What are some influences that you have in your life? Students should be able to guess based on the pictures: Family, friends, culture, movies, T.V., Internet, and music.

**Slide 9:** Think Pair Share - Analyze how different influences can have a positive or negative influence on our relationships. Give an example of how being untrustworthy could have a negative influence on a relationship. Give an example of being trustworthy could have a positive influence on a relationship.

**Slide 10:** Analyze the influence - Each student will have a GREEN, and RED card to hold up. If they think the situation demonstrates healthy characteristics and influences the relationship in a positive way they will hold up their GREEN card, if they think the situation demonstrates unhealthy characteristics and influences the relationship in a negative way they will hold up their RED card.

**Slide 11:** Jennah came to school on the first day wearing her hijab. Students in her class did not understand the meaning of it and began making fun of her.

Slide 12: Jennah came to school on the first day wearing her hijab. Students in her class did not understand the meaning of it and began making fun of her. Xavier, another student in the class, stood up and told them to be quiet! They stated that a hijab is a head covering worn in Jennah's religion. Xavier asked his classmates how would they feel if someone made fun of the cross that they wear on a chain around their neck?

**Slide 13:** Ty was invited to see the new Marvel movie with his buddies but instead he went to his little brother's basketball game to cheer him on.

Slide 14: During lunch at school one day, Victoria was talking to her friends about a new video game she had been playing. Her friends were shocked and told her that it is so weird that she plays video games. They said she should do normal girl things instead.

Slide 15: Riley loves to paint and draw. She is very proud of her art work, but she doesn't like showing them off. Her friend Sarah is always giving her high praise for her works and supported her decision when Riley decided to submit her artwork to a contest.

Potential Integration: ELA

#### **Assessment:**

Students will read the following scenario and then complete the written response question provided. Feel free to copy the scenario into the end of the PPT or use the worksheet provided for written response for all students. \*Feel free to change the scenario as it would best fit your students' needs.

#### Scenario-

Sandra and Kimberly have been friends since kindergarten but as they enter fourth grade they have noticed that some of their interests have changed. Sandra is very interested in playing sports while Kimberly is interested in the arts and literature. Some of their other friends have said they shouldn't be friends anymore since they have become so different.

What advice would you give Sandra and Kimberly in regards to their friendship? Make sure to be specific and explain your thoughts and opinion on the internal and external factors of their relationship.

**Closure:** Being able to contrast relationships that are healthy with those that are unhealthy will help you find true friends and avoid others who might hurt you or get you in trouble.

### Relationship Cards

Thoughtful	Likes Hiking	Likes Swimming	Enjoys Running	Likes Sports
Athletic	Plays Music	Likes Hip Hop Music	Likes Country Music	Dishonest
Trustworthy	Gossips	Plays Video Games	Can Sing	Can Dance
Uses Social Media	Is Respected by Others	Wealthy	Has a Good Relationship With Parents	Has Lots of Friends
Uses Instagram	Uses Twitter	Rude	Respectful	Disrespectful
Good Sense of Humor	Loud	Obnoxious	Polite	Uses Good Manners

Wants to go to College	Likes to Exercise	Reads A Lot	Has a Bad Attitude	Pouts A Lot
Needs A Lot Of Attention	Independent	Honest	Speaks Own Mind	Goes To Church
Saves Money	Values Friendship	Values Family	Thoughtful	Considerate Of Others
Aggressive	Assertive	Passive	Bossy	Demanding
Enjoys Riding a Bike	Likes The Beach	Likes The Mountains	From The East Coast	From The South
From The Midwest	From The West Coast	Free Spirit	Spontaneous	Well-Organized

Enjoys Movies	Intelligent	Listens to Others	Spiritual	Enjoys Art
Enjoys Theater	Enjoys Music	Enjoys Shopping	Likes Golf	Likes Tennis
Likes Baseball	Likes Basketball	Likes Football	Has Goals	Makes Good Decisions
Has a Dog	Likes Cats	Enjoys Fishing	Lives in Same Town	Lives more than 60 miles away
Enjoys Being Outdoors	Confident	Cocky	Has Straight Hair	Wears Glasses
Has Curly Hair	Generous	Selfish	Unselfish	Needs to be Center of Attention

Likes to Travel	Easy to Talk To	Take Selfies	Respectful of Others	Does Well in School
Expresses Gratitude to Others	Respects Differences in Others	Self-Centered	Humble	Kind
Generous	Selfish	Enjoys Listening to Music	Competitive	Not Competitive
Carefree	Bad Temper	Artistic	Likes the Beach	Likes the Mountains
Always Follows the Rules	Energetic	Avoids Gossip	Resolves Conflict	Likes to Read
Helps Others	Likes to Talk	Is Quiet	Positive Attitude	Sees the Best in Others
Listens to Others	Funny	Gets Along with Others	Negative Attitude	Participates in Charitable/Service Work

## Must Have

## Would Be Nice

# Does Not Matter

Do Not Want

Potential Integration: ELA	
Name:	Date:
Assessment 4.ICR.1.6 C	Contrast Healthy & Unhealthy Relationships
Read the following scenario and answer	er the question following in complete sentences.
noticed that some of their interests ha	Is since kindergarten but as they enter fourth grade they have eve changed. Sandra is very interested in playing sports while iterature. Some of their other friends have said they ey have become so different.
	and Kimberly in regards to their friendship? Make sure to be d opinion on the internal and external factors of their
	·