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| January Advisor Lesson |

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| SUBJECT |
| HEALTHY RELATIONSHIPS |

OVERVIEW

The purpose of this activity is to heighten awareness of what constitutes a good relationship and to help students learn to evaluate their own relationships.

| phases | TEACHER GUIDE |
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| OBJECTIVES | * To understand components of a healthy relationship
* Evaluate your own relationships (family, friends, romantic)
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| introduction | 1. Give each student a copy of the “Evaluating YourRelationship” worksheet.
2. Explain that it can be used to evaluate any type of relationship including a romantic relationship, friendship, or family relationship.
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| ACTIVITY | * Ask them to think of a relationship, past or present, that is important to them and use the worksheet to evaluate that relationship. Give them 10-15 minutes to fill out the sheet.
1. After they have had time to complete the worksheet, ask students to score their answers by giving one point for “yes”response to questions 2, 3, 4, 6, 9, 11, 12, 13 and 14. Also give one point for each “no” response to questions 1, 5, 7, 8 and 10.
2. Tell them what the scores mean:
3. 1-3: There are few constructive elements in this relationship. You may want to think about your reasons for continuing the relationship, or work toward improving it.
4. 4-6: This relationship has problems that might be resolved by working on honesty and communication.
5. 7-10: There is the basis for a good relationship. Focus on the positive elements and work on improving the destructive ones.
6. 10-14: You're doing well and have what it takes to build a successful and satisfying relationship.
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| follow-up | After they have finished scoring their worksheets, have the students fill out the follow-up questions. *“Is it possible for a bad relationship to improve?”**“What does it take to make**a relationship better?”* |

**Evaluating a Relationship**

*Answer each question by circling yes or no.*

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| 1. Do you feel that the other person in this relationship does not understand you?
 | **YES / NO** |
| 1. Are you able to speak freely to him or her about things that bother you?
 | **YES / NO** |
| 1. Do you take a genuine interest in each other’s lives?
 | **YES / NO** |
| 1. Do both of you pursue individual interests?
 | **YES / NO** |
| 1. Is this relationship the only important relationship in your life?
 | **YES / NO** |
| 1. Do you believe that you are a worthwhile person outside of this relationship?
 | **YES / NO** |
| 1. Do you expect this person to meet all of your emotional or physical needs?
 | **YES / NO** |
| 1. Is your relationship often threatened by others?
 | **YES / NO** |
| 1. Can you be yourself in this relationship?
 | **YES / NO** |
| 1. Are you uncomfortable sharing your feelings with this person?
 | **YES / NO** |
| 1. Do you both work to improve the relationship?
 | **YES / NO** |
| 1. Do you feel good about yourself?
 | **YES / NO** |
| 1. Do you feel you have become a better person because of this relationship?
 | **YES / NO** |
| 1. Can you both accept changes in roles and feelings within the relationship?
 | **YES / NO** |

The strengths of this relationship are:

The weaknesses of this relationship are:

I am most proud of the way we have:

We could improve our relationship by: