

## Building Healthy Relationships

### Learning Objectives

- I can identify the characteristics of healthy and unhealthy family, peer and dating relationships (10.11)

### Teacher Notes

- This lesson will include pauses for student thinking and discussion. Pause the video as instructed for student input.
- Students will engage in a walk about activity. Teacher will need to post paper on the walls of the classroom with writing prompts for the students to answer.

### Lesson Steps: Video Outline: [10.11 Building Healthy Relationships Video](#)

#### *Step 1 Introduction*

- Pre-Assessment
  - What makes a strong relationship?

#### *Step 2 Activity*

- The video will guide students through family, peer and dating relationships and how to build positive, long lasting relationships.
- Relationship Walkabout. Students will travel throughout the room to write examples or characteristics of different types of relationships from each of the following categories:
  - Healthy Family Relationships
  - Unhealthy Family Relationships
  - Healthy Peer Relationships
  - Unhealthy Peer Relationships
  - Healthy Dating Relationships
  - Unhealthy Dating Relationships

#### *Step 3 Closure*

- Exit Ticket: How do family relationships build the foundation for peer and dating relationships?



Sample Lesson Plan  
Virginia 2021 SOL Edition  
Created by: Loren Dragon  
**Building Healthy Relationships**  
**GR10-SE-17**  
**Grade 10- 10.1I**

## Assessments

- Pre: Questions will introduce topic, engage learners, and access prior knowledge
- Post: Relationship walkabout will allow students to categorize and identify what makes healthy and unhealthy relationships for family, peers and dating. Teacher will observe student responses to determine level of understanding.

## Extensions/Connections/Applications

- Extension: Students can write a creative short story depicting a healthy or unhealthy relationship from a fictional character's perspective

## Resources/References

- [Health Smart VA](#)
- [McGrawHill Education: Glencoe Teen Health](#)
- [10.1I Building Healthy Relationships Slides](#)