



Grade 10 Sample Lesson Plan: Teen Relationships

SOLs

- Identify characteristics of healthy peer, family, and dating relationships

Objectives/Goals

- To consider the types of relationships that exist
- To identify healthy and unhealthy relationships
- To identify those in the school community who can assist students with relationship concerns.

Materials

- [Teen Relationships Powerpoint](#)

Procedure

Step 1

Creating a hook: Watch the [Science of Love](#) video (2 min 40s)

1. Ask students to consider the types of relationships that we have other than romantic relationships. This question will be posed again in the second slide of the powerpoint.

Step 2

- Powerpoint. Put students in small groups (4/5 works best) and progress slowly through the slides (1 – 14).
- Show a slide, allow group discussion time before calling in students to share responses.
- When the first reference of unhealthy relationships is mentioned ask “Who in the building might be able to help students in an unhealthy relationship”.
- Ensure that students are aware of the support structure within your building (and local community providers).

Step 3

- Read & React. Powerpoint Slides 15 – 18. These slides present 4 teen romantic relationships. Again, show slides and ask groups to discuss before reporting back.

Health Smart Virginia Sample Lesson Plan

- You could add movement to this activity by numbering each corner 1,2,3,& 4. After the relationship discussion students stand in the corner that best represents their answer. You can extend this by asking corners to present their case in order to persuade their peers to leave their original choice.
- Slide 19 is optional.
- This slide references a quiz at www.loveisrespect.org which in itself is a good resource for teen relationships. Students might disagree with the results but that will prompt a further discussion.

References

Andrew Milne, New Trier High School Life Noggin - [The Science of Love](#)