

How to Use This Document

The lessons and materials in this prevention unit are designed to be used together and in order.

Lessons: Each lesson contains ice breakers, an article explaining each health topic, a review for students to strengthen their understanding, and a slide for parents.

Materials: The materials provided in each lesson are designed to reinforce the main idea of each topic. These materials can be used in a whole class setting, in small groups, or individually.

Parent Post: Each lesson has a Parent Post created to keep grown-ups at home involved in what their student is learning! The posts include key topics and vocabulary that was used.

Connecticut State Standards

Standards: Healthy & Balanced Living Curriculum Framework

Health Education & Physical Education

- HR 1.1.12 Describe personal characteristics that make people unique and the benefits of living in a diverse society.
- HR 1.2.12 Identify characteristics of healthy and unhealthy relationships (communication, trust, boundaries, respect).
- HR 1.3.12 Identify how power and control differences in relationships can contribute to aggression and violence.
- HR 1.5.12 Demonstrate an understanding of how affirmative consent mitigates the impact and consequences of sexual pressure.
- HR 1.6.12 Evaluate effective strategies for handling challenges in relationships (e.g., family members, peers, and significant others).
- HR 1.9.12 Describe the consequences of prejudice, discrimination, racism, sexism on healthy relationships.

What is a
Healthy Relationship?

Would You Rather



OR



Live in an all glass house

Live in a house with no windows

Would You Rather



OR



**Live in a world without
internet**

**Live in a world without
cars**

What do we know about healthy relationships?

What is a healthy relationship?
What are some signs of a healthy relationship?

What are signs of an unhealthy relationship? What would you do if saw someone in an unhealthy relationship?

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A healthy relationship is...

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Am I in a Healthy Relationship?

Everyone in a relationship wants it to be happy and healthy. But since all relationships go through good times and bad times, it's not always easy to tell when things are not healthy.

All good relationships are based on certain things, like respect, trust, and friendship. It's also important to be happy with who you are. You need to respect, trust, and love yourself before you can love someone else. Here's what to know about healthy relationships.

What Qualities Do Healthy Relationships Have?

When you're first dating someone, everything may seem perfect. But sometimes it's just the newness of the situation that makes you see things in a positive light.

So think about whether your relationship has these qualities:

Respect. Does your partner listen when you say you're not comfortable doing something and then back off right away? Respect in a relationship means that each person values the other. It also means understanding and not challenging the other person's boundaries.

Trust. Say you're talking with someone from class and your partner walks by. Do they get upset? It's OK to feel a little jealousy sometimes — it's a natural emotion. But how a person reacts when feeling jealous is what matters. You can't have a healthy relationship if you don't trust each other.

Honesty. This is closely tied to trust because it's tough to have trust if one of you isn't being honest. Have you ever caught your partner in a big lie? For example, if your partner said they have to work on Friday night but then you find out later they were at the movies with friends. The next time you hear a work excuse you might have trouble believing it.

Support. It's not just in bad times that your partner should support you. Some people are great when things are going poorly for you but aren't as interested in hearing about the good things in your life. In a healthy relationship, your partner is there with a shoulder to cry on when you find out your parents are getting divorced and to celebrate when you get the lead in a play.

Read, “Am I in a Healthy Relationship”, focus and take notes on:

- What qualities are important in a healthy relationship?
- What are signs and examples of an unhealthy relationship?

What is a Healthy Relationship?

A healthy relationship is one where both people feel safe, respected, supported, and free to be themselves, while communicating honestly and respecting each other's boundaries.

Signs of a Healthy Relationship

A healthy relationship makes you feel respected, safe, and supported!

Signs of a healthy relationship:

Mutual Respect	Trust	Honesty	Support
Fairness	Identity	Communication	Clear Boundaries

What is an Unhealthy Relationship

An **unhealthy relationship** is where one or both people feel bad about themselves, pressured, controlled, or unsafe.

Unhealthy relationships aren't defined by how much someone says they care — they're defined by how they treat you.

Signs of an Unhealthy Relationship

In an unhealthy relationship, there may be:

Emotional &
Behavioral Warning
Signs

Control & Power
Imbalances

Communication
Problems

Boundary & Consent
Issues

Digital Red Flags

Physical Safety
Concerns

Negative Consequences of an Unhealthy Relationship

Unhealthy relationships can harm your mental health, safety, friendships, and future.

Negative consequences of being in an unhealthy relationship:

- Emotional & Mental Health Effects

- Increased stress, anxiety or depression
- Lower self-esteem

- Communication & Social Effects

- Becoming isolated from friends and family
- Losing trust in others or difficulty forming healthy relationships later

Negative Consequences of an Unhealthy Relationship

Unhealthy relationships can harm your mental health, safety, friendships, and future.

Negative consequences of being in an unhealthy relationship:

- **Safety & Control Issues**

- Experiencing manipulation, pressure or intimidation
- Increased risk of emotional, verbal, digital or physical harm

- **Digital & Reputation Consequences**

- Pressure to share passwords, location, or private messages
- Risk of private photographs or messages shared without consent

Negative Consequences of an Unhealthy Relationship

Unhealthy relationships can harm your mental health, safety, friendships, and future.

Negative consequences of being in an unhealthy relationship:

- Academic & Life Impact

- Trouble concentrating or declining school performance
- Increased absences or withdrawal from activities

- Identity & Growth Effects

- Giving up goals, interests or values
- Difficulty setting boundaries in future relationships

Healthy Relationships

Why are we learning about healthy relationships?

Learning about healthy relationships is important in 9th-12th grade because this is a key stage where individuals are forming habits, beliefs, and skills that affect their safety, wellbeing, and relationships in the future.

Getting Help

If **you** are in a in an unhealthy relationship, some strategies are:

1. Recognize the signs
2. Trust your feelings
3. Talk to someone you trust

4. Make a safety plan, if needed
5. Set boundaries
6. Seek professional help

Getting Help

If **your friend** is in an unhealthy relationship, some strategies are:

1. Listen without judging
2. Validate their feelings
3. Encourage trusted adult support

4. Avoid direct confrontation or social media drama
5. Share resources

Let's Review!

What is a healthy relationship?
What are the signs of a healthy relationship?

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What are signs of an unhealthy relationship? What can someone do if they are in an unhealthy relationship?

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Parents!

- Healthy relationships help individuals feel **safe, respected, and supported**, not scared, controlled or pressured.
- Teenagers are learning how relationships work, and might not always recognize **unhealthy behavior right away**.
- Not all unhealthy relationships involve physical harm- **emotional control, jealousy, and online pressure** also matter.
- Talking about **boundaries, consent, and online behavior** helps teenagers make safer choices.
- Parents can **model** and have **conversations** about healthy relationships every day through how they **communicate, handle conflict, and show respect**.
- Knowing where to help (school counselors, other trusted adults, or hotlines) can make a difference if an individual needs support.