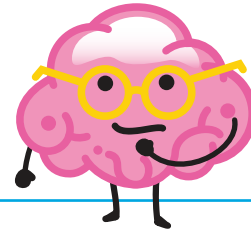


About Relationships - Level 1

Activity Handout



Video Viewing Guide

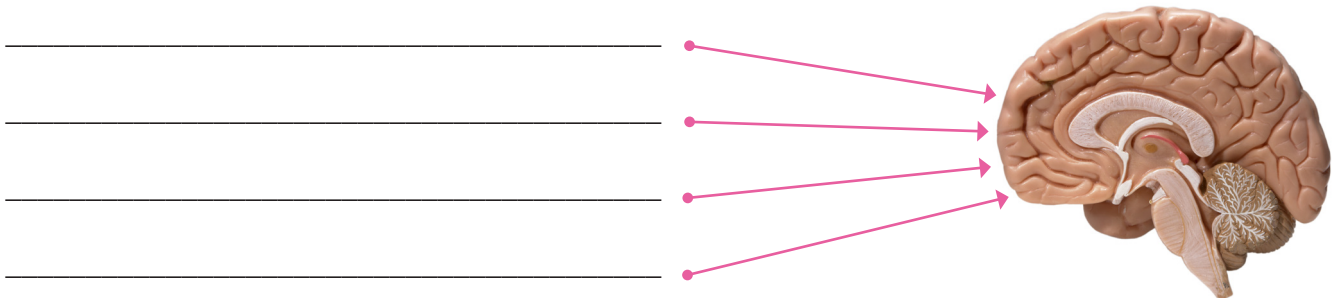
Do Now: Write 1-2 sentences in the box below in response to the question -
What do you think makes a relationship healthy versus unhealthy?

Steps to a Healthy Relationship -

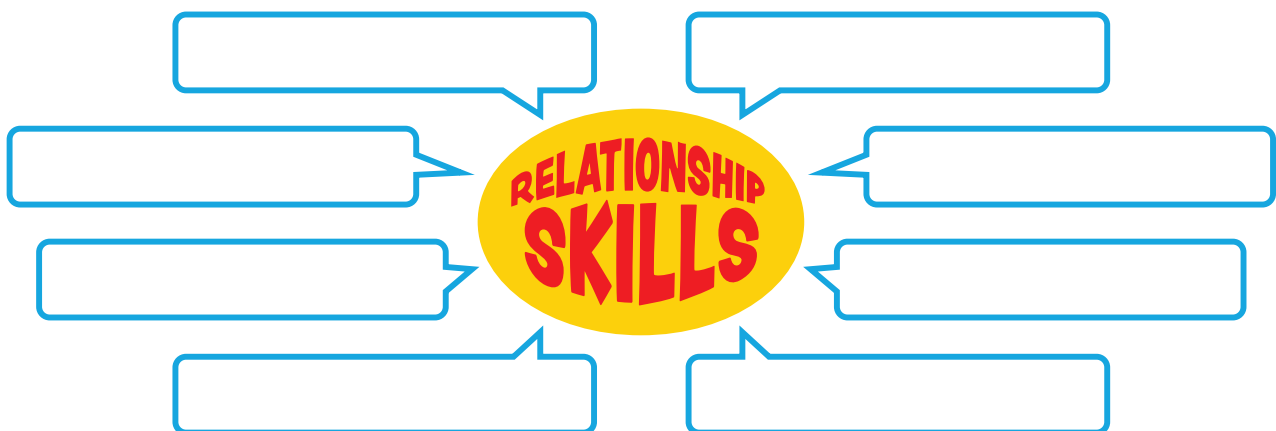
1. _____

2. _____

Graphic Organizer - Fill in the graphic organizer below with ways the brain helps up have healthy relationships.



Graphic Organizer - Fill in the graphic organizer with healthy relationship skills; summarize each one in 2-3 words.

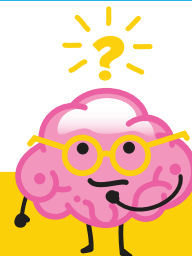


CFU #1 - Why do you think having a positive view of yourself is so important to having healthy relationships?

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CFU #2 - Which of the relationship skills shared do you think is the most important? Why?

Directions: Write 5-10 sentences in response to the following question. Use the box at the bottom to draw out your thoughts.



The first step to building healthy relationships is having a positive view of yourself. With that in mind, write a love note from you, to YOU!

[illegible]

Activity #1 - Independent Practice

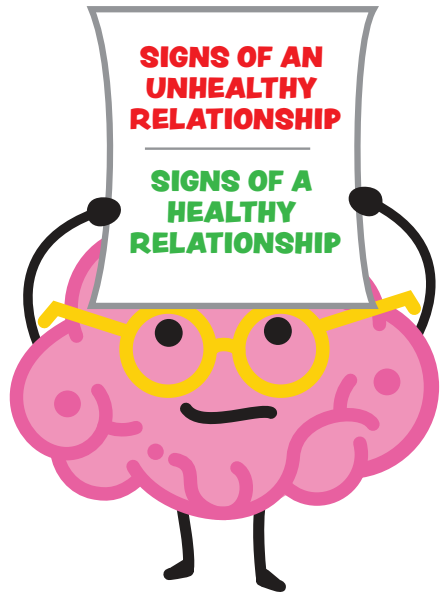
Directions: Complete the chart below with characteristics of a relationship with **healthy boundaries** on the left, and **unhealthy boundaries** on the right.

Healthy Boundaries	Unhealthy Boundaries

Activity #2 - Group Activity

Directions: In your group, come up with a short play demonstrating one behavior of an **unhealthy relationship**, and then “rewind” and replay the situation demonstrating how things would have looked in a **healthy relationship**.





Activity #3 - Extended Learning

Create a Poster - Create a large poster or mini poster with “**Red Flags**” (signs of an unhealthy relationship) and “**Green Flags**” (signs of a healthy relationship). Include at least 3 of each flag.

Brain Quiz

1. **True or False:** The first step of a healthy relationship is to focus on how you treat other people.
2. Which of the following is a healthy relationship skill?
 - A. Saying no when you feel uncomfortable
 - B. Having a positive view of yourself
 - C. Respecting other people's boundaries
 - D. All of the above
3. Which part of your brain helps you have healthy relationships?
 - A. Frontal Lobe
 - B. The gas pedal
 - C. The Limbic System
 - D. None of the above
4. The chemical in our brain called _____ increases when we do things that feel good or have healthy relationships
 - A. Boundaries
 - B. Frontal Lobe
 - C. Dopamine
 - D. Brake
5. **Free response:** Describe what it means to set a boundary in a relationship -

