

Exploring Positive Relationships: Freshmen

Apr 17, 2018

	Lessons	Standards
Last Week Apr 9-13	Early Release – No AG (Mon) How can you be a Social Resource (Tues) ASB Elections & Mr. SHS Assembly (Fri)	SEL 1: Self-Regulation SEL 2: Social Belonging
This Week Apr 16-20	Exploring Positive Relationships (Tues)	SEL 1: Self-Regulation SEL 2: Social Belonging
Next Week Apr 23-27	Class Elections (Mon) Overcoming Relational Challenges (Tues) Grade Day – No School (Fri)	SEL 1: Self-Regulation SEL 2: Social Belonging

Materials: Relationship Spectrum (Attached), Relationship Bill of Rights (In box, Attached)

Procedure:

1. Begin advisory according to personal preference.
2. Take attendance.
3. Read Announcements.
4. **Objective:** The lesson for today will help freshmen to explore positive relationships and identify how to build and maintain positive relationships in their lives.
5. As we begin talking about positive relationships, we are talking about positive relationships with both your friends in general and with a boyfriend or girlfriend. All relationships require healthy and positive aspects in order to thrive and benefit all parties involved. As we talk today, you may find that some of the things we talk about are more relevant to boyfriend and girlfriend relationships and others to friend relationships.
6. First, Let's brainstorm. What do you think are some key features of positive relationships in general? Designate a student to list all the aspects of positive relationships that students suggest on the board.
7. Project the "Relationship Spectrum" pdf file and read through both slides. Highlight the aspects of a healthy relationship. Ask students for specific examples of healthy ways of dealing with relationship issues.
8. Hand out the Relationship Bill of Rights. Read through the first five rights.
9. Give each student time to think and add their own relationship bill of rights. After students have time to think and write down their responses, ask students to volunteer any rights that they added to their list and why they think they are important.
10. End advisory according to personal preference.