

Recognizing Healthy and Unhealthy Relationships' Lesson Plan (Chapter 1, Module 1, Lesson 1)		
Duration	Objective	Activity
5 mins	<ol style="list-style-type: none"> 1. Foster a sense of community where all know each other and feel comfortable in each other's presence 2. Establish guidelines for respectful and effective communication and collaboration within the group. 	<p>Introduce yourself and have students introduce themselves if they do not know each other. Start with a list of rules and have students add (large group activity).</p>
15 mins	<ol style="list-style-type: none"> 1. Recall Characteristics of healthy relationships 2. Explain the difference between healthy and unhealthy relationships 3. List the signs of a healthy relationship 4. List the signs of an unhealthy relationship 	<p>Questions and discussion: Ask the pre-assessment questions. If youth cannot provide the definition and characteristics of the questions below, fill the gaps with a lecture/video.</p> <p>Pre-assessment questions:</p> <ul style="list-style-type: none"> • What is a healthy relationship? • What is an unhealthy relationship? • What are the signs of healthy relationships? • What are the signs of unhealthy relationships?
5 mins	Distinguish between unhealthy and healthy relationship characteristics	Exercise: Identify unhealthy and healthy characteristics
5 mins	Each student is able to state at least one thing they will take away from the lesson	Ask students “ what is one thing you learned today? How will you use what you learned? Ask everyone to name one thing. Show a video highlighting key concepts.
Materials Required: Flip Chart/Whiteboard/Blackboard + Pen/Marker		