

How to Maintain a Healthy Relationship's Lesson Plan (Chapter 3, Module 1, Lesson 8)		
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. 	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).
10 mins	<ol style="list-style-type: none"> 1. Recall ways to maintain a healthy relationship 2. Illustrate how role models affect one's behaviour 3. Explain the importance of having support systems 	<p>Questions and discussion: Ask the pre-assessment questions. If youth cannot provide the answers, fill the gaps with a lecture/video.</p> <p>Pre-assessment questions:</p> <ul style="list-style-type: none"> • How can we keep a healthy relationship? • What are some ways that we can practice healthy behaviours in a relationship? • What relationships in our life can help our health and well-being?
10 mins	Explain different forms of communication and their impacts on a relationship	Large group discussion about different forms of communication
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		