

Healthy Sexual Relationships' Lesson Plan (Chapter 5, Module 3, Lesson 16)

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. Define a healthy sexual Relationship 2. Identify important steps before having sex 	<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"> • What does a healthy sexual relationship mean to you? • How do you think communication plays a role in a healthy sexual relationship? • How can you make sure that your sexual relationship is respectful and safe for all partners? • Why is it important to talk openly about sexual health and relationships?
10 mins	Engage in a thoughtful discussion about healthy sexual relationships, including consent, communication, and respect	Large group discussion about healthy sexual relationships
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