



## Introduction (10 minutes)

*Read the introduction and answer the following questions:*

1. What are healthy relationships and boundaries, and why are they important?

2. Can you think of a time when you had a healthy relationship with someone? What made it healthy?

## Activity 1: What is a Healthy Relationship? (15 minutes)

*Work in pairs to discuss and answer the following questions:*

1. What are some characteristics of a healthy relationship? (List at least 3)

2. Can you think of a time when you had a healthy relationship with someone? What made it healthy?

## Activity 2: Boundary Setting (20 minutes)

*Work in groups to discuss and answer the following questions:*

1. What are some examples of boundaries you can set in a relationship? (List at least 2)

2. How can you communicate your boundaries to someone? (Role-play a scenario)

## Activity 3: Recognizing Unhealthy Relationships (20 minutes)

*Work in pairs to discuss and answer the following questions:*

1. What are some signs of an unhealthy relationship? (List at least 2)

2. Can you think of a time when you or someone you know was in an unhealthy relationship? What were some signs that it was unhealthy?

#### Activity 4: Communication Skills (25 minutes)

*Work in groups to discuss and answer the following questions:*

1. What are some effective communication skills you can use in a relationship? (List at least 2)

2. Role-play a scenario where you have to communicate your needs and boundaries to someone.

#### Activity 5: Quiz Time! (15 minutes)

*Complete the quiz to test your knowledge on healthy relationships and boundaries:*

1. What is a healthy relationship built on?
  - a. Mutual respect, trust, and communication
  - b. Power and control
  - c. Emotional manipulation
  - d. Physical attraction

Answer:

2. What is an example of a boundary you can set in a relationship?
  - a. Not sharing your phone password
  - b. Not spending time with friends
  - c. Not expressing your feelings
  - d. Not respecting someone's opinion

Answer:

## Conclusion (10 minutes)

*Reflect on what you have learned and answer the following questions:*

1. What did you learn about healthy relationships and boundaries?

2. How will you apply what you learned to your own relationships?

## Extension Activity (20 minutes)

*Create a public service announcement (PSA) about healthy relationships and boundaries:*

1. What message do you want to convey?

2. How can you effectively communicate your message to your audience?

[Space for PSA creation]

## Assessment (10 minutes)

---

*Complete the assessment to evaluate your understanding of healthy relationships and boundaries:*

1. Completed activities 1-5
2. Participation in class discussions and role-plays
3. Quality of PSA created in extension activity

## Teacher Notes and Guidance

---

*Notes and guidance for teachers:*

1. Encourage students to participate in class discussions and role-plays.
2. Provide feedback on student assessments and PSAs.
3. Encourage students to reflect on their own relationships and boundaries.

