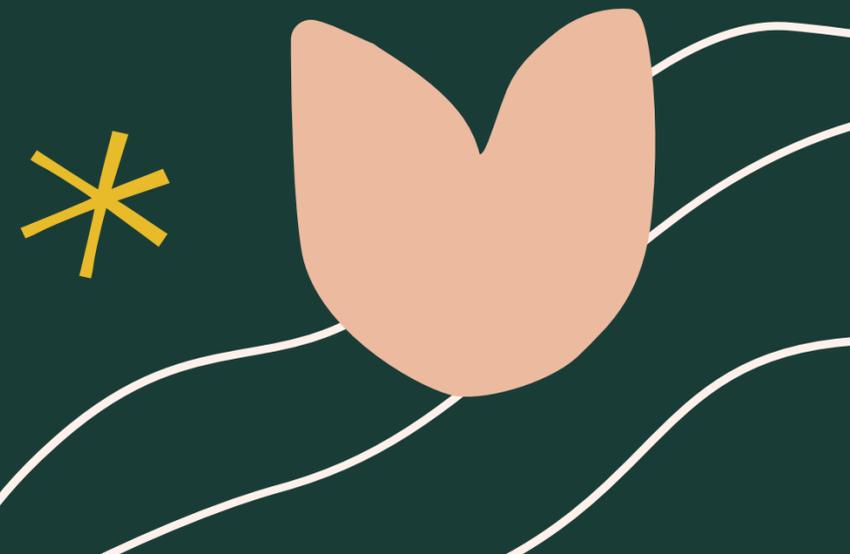
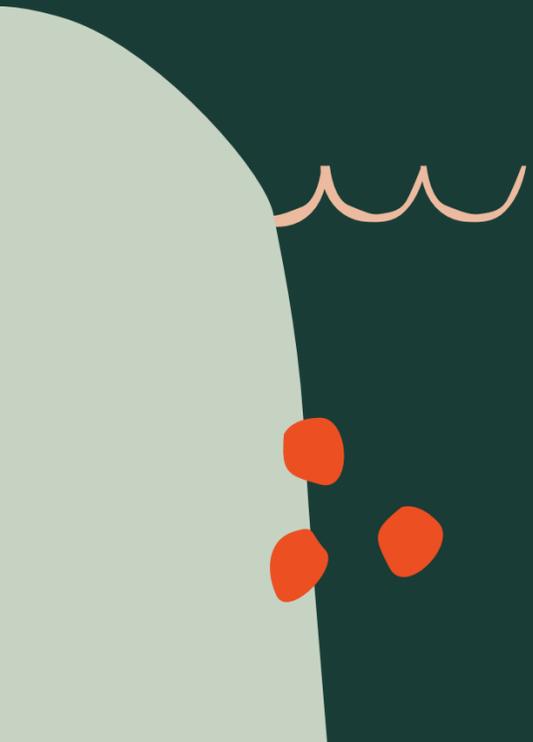
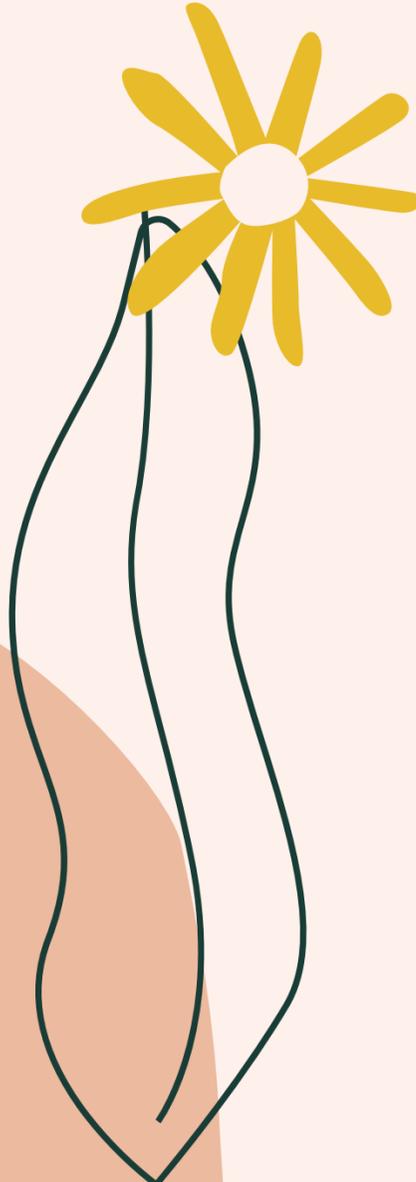
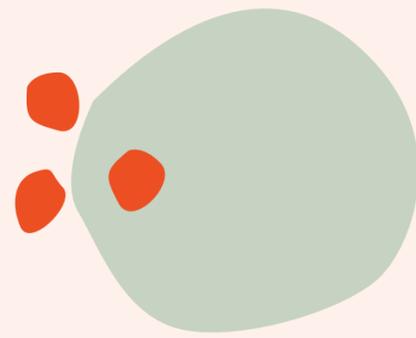


HEALTHY RELATIONSHIPS





Healthy Relationships

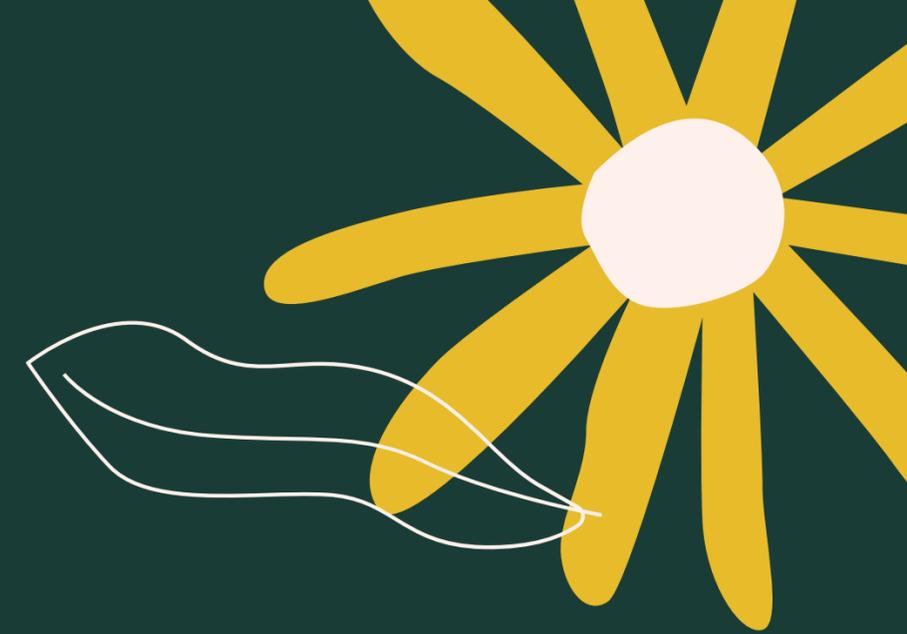


WHAT IS A RELATIONSHIP?

a relationship is an interpersonal connection between two or more people. These connections can be between platonic, friendly, romantic, intimate, familial, or even professional.

WHAT MAKES IT HEALTHY?

Broadly, a healthy relationship is one in which each party has respect for both themselves and each other. There are several characteristics, traits, and behaviours that can be used to measure the health of a relationship.

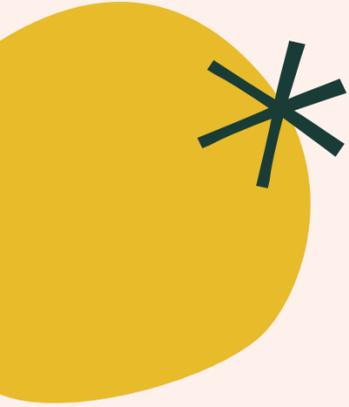


What characteristics do you think are important for a healthy relationship?



optional: use this slide to insert mentimeter or word cloud to share student ideas. If using a whiteboard or blackboard, skip this slide!



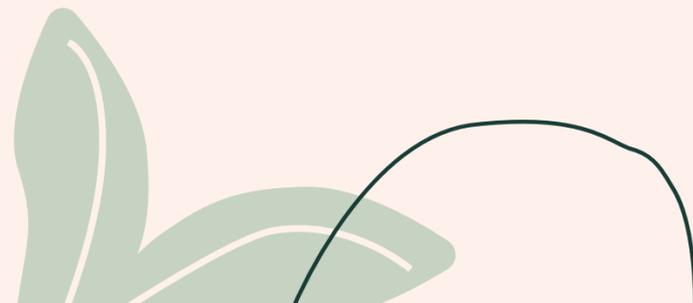


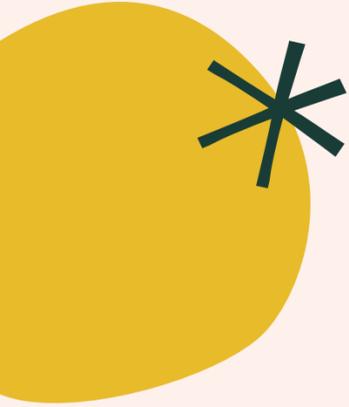
SOME CHARACTERISTICS OF HEALTHY RELATIONSHIPS

TRUST

COMPROMISE

INDIVIDUALITY





SOME CHARACTERISTICS OF HEALTHY RELATIONSHIPS

TRUST

Relationships require people to place trust in each other and give each other the benefit of the doubt.

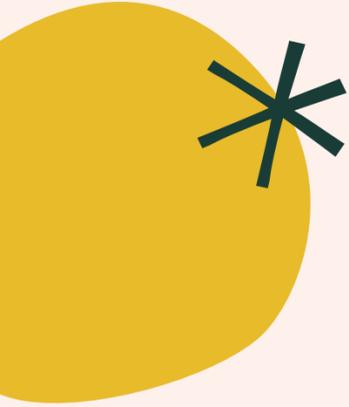
COMPROMISE

When dating someone, each partner will not always get their own way. Compromising means each person should acknowledge different points of view, and be able and willing to give and take.

INDIVIDUALITY

Although compromise can lend itself to a healthy relationship, partners should not compromise who they truly are for their partner. Each partner should feel supported in continuing with their own hobbies, friends, and passions.





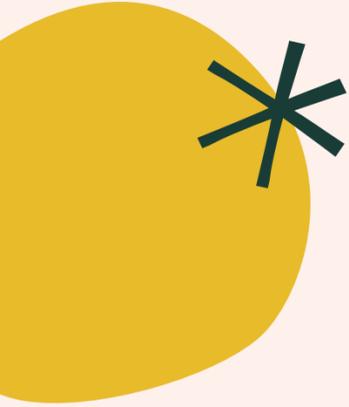
SOME CHARACTERISTICS OF HEALTHY RELATIONSHIPS

GOOD COMMUNICATION

UNDERSTANDING

SELF-CONFIDENCE





SOME CHARACTERISTICS OF HEALTHY RELATIONSHIPS

GOOD COMMUNICATION

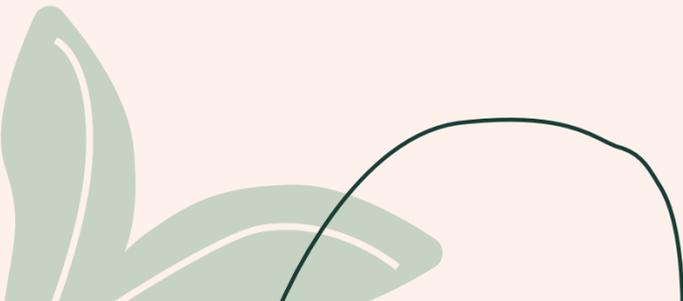
Relationships require honesty, which means practising open and truthful communication with each other. This can also involve respecting wishes to wait until one or both partners are ready and willing to talk.

UNDERSTANDING

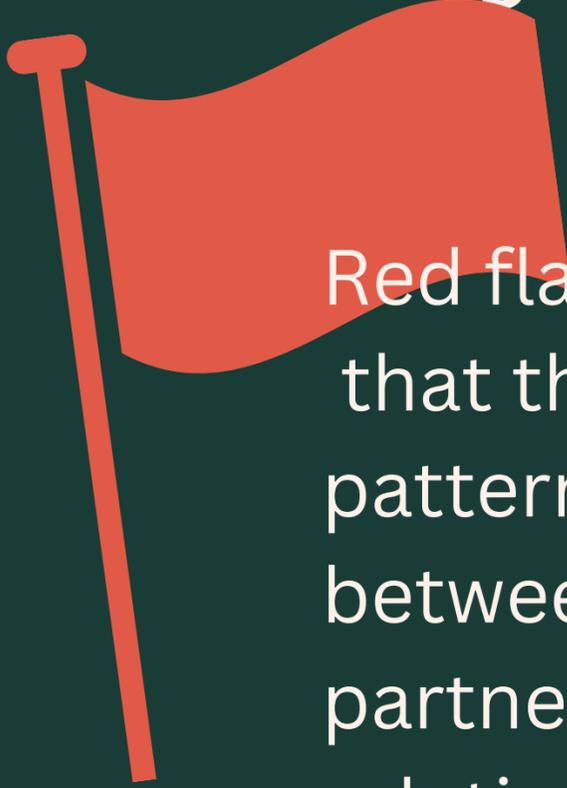
Each partner in a relationship should take time to make sure they are understanding and respecting what the other may be thinking, feeling, or dealing with. This can require patience and practise.

SELF-CONFIDENCE

When all parties have confidence in themselves, they are able to contribute to building and growing the relationship by being comfortable enough in themselves and their opinions to be open with who they really are.



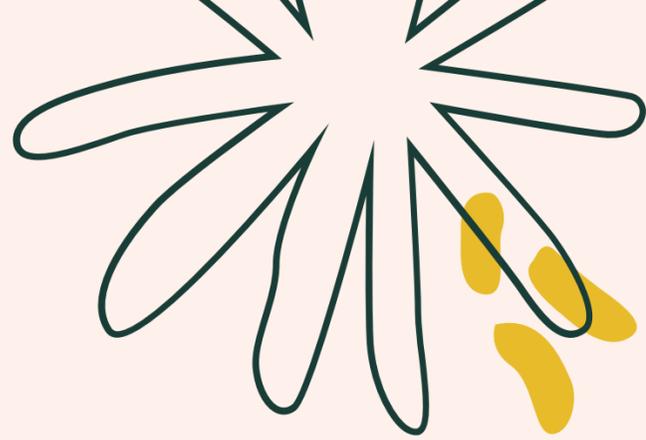
Red Flag/ Green Flag



Red flags are warning signs that there may be unhealthy patterns or behaviours between you and your partner. Especially in new relationships, judgement can be clouded, making it more difficult to recognize red flags.



Green flags are signs and affirmations of healthy patterns and behaviours within relationships.



Relationship Scenarios:

do they raise red flags or green flags?



SCENARIO 1

Victor's friends often make plans with him, and then when the day comes to hang out, they ghost him. They're still getting together, just not including Victor. Anytime he brings it up, they tell him it's "not deep", and they just forgot.

SCENARIO 2

Jane, Larry, and Tim love to watch movies together. Jane and Larry love disaster movies, while Tim prefers rom-coms. Jane and Larry always tell Tim that their group should watch a disaster movie, as they make the majority. Tim doesn't really mind, but wishes they'd watch another genre sometimes.

SCENARIO 3

Ollie and Trent have been friends for as long as they can remember. Recently, Ollie has asked for a little more space when they have sleepovers, and instead of sleeping in Trent's room, Ollie sleeps in the guest room. Trent is a little disappointed, but makes sure to make up the spare bed for Ollie whenever they ask.



Romantic Relationship

Scenarios:

do they raise red flags or green
flags?



SCENARIO 1

Ghalla told her girlfriend, Ari, that she has the right to go through her phone at any point. Ghalla has been cheated on in the past, and this allowance makes her feel safe in the relationship. Ari doesn't like it, but her friends think it's weird and controlling.

SCENARIO 2

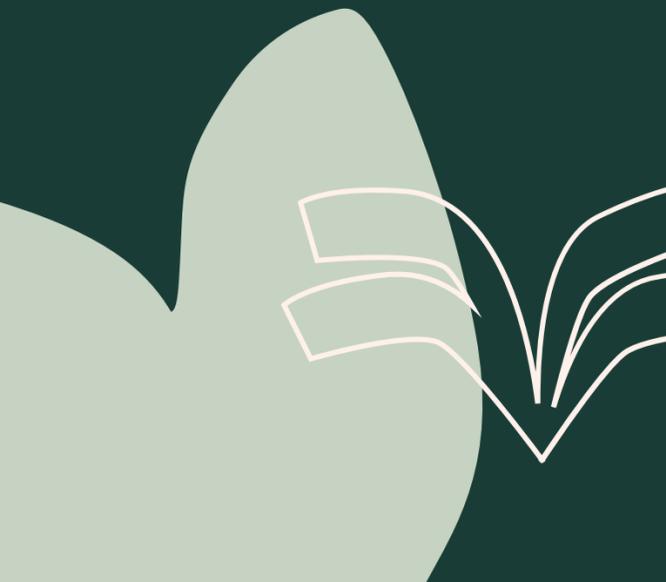
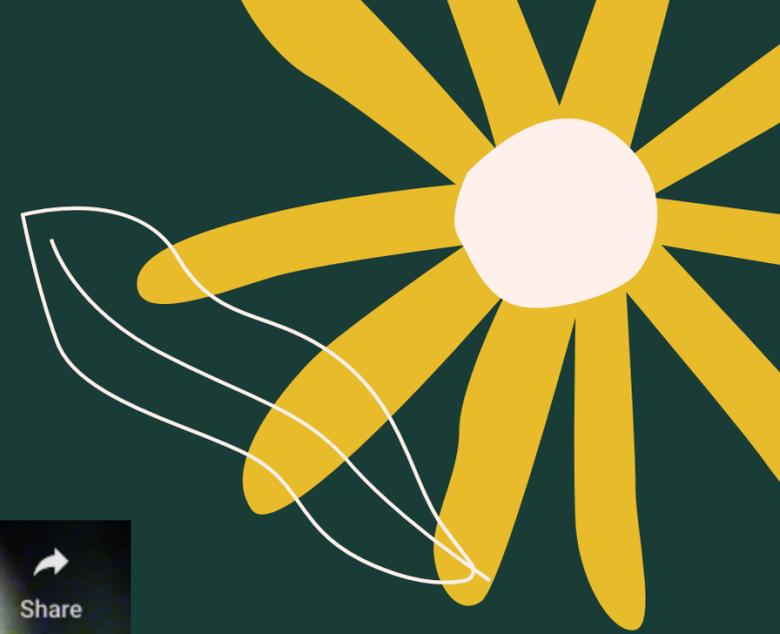
Billy and Izzy have been dating for a long time, and Izzy is really wanting to take things to the next level. Billy isn't ready yet, so they haven't had sex. Every few weeks, they have a conversation to see where Billy's comfort levels are.

SCENARIO 3

Deion and Tristan are friends with benefits. They are also good friends, and like to hang out a lot. Recently, Tristan has started to casually date Elizabeth, but they never actually asked Deion about his comfort level with the whole thing. Deion and Tristan never had a discussion about being exclusive.

red flag or green flag?

DISCUSS AS A CLASS

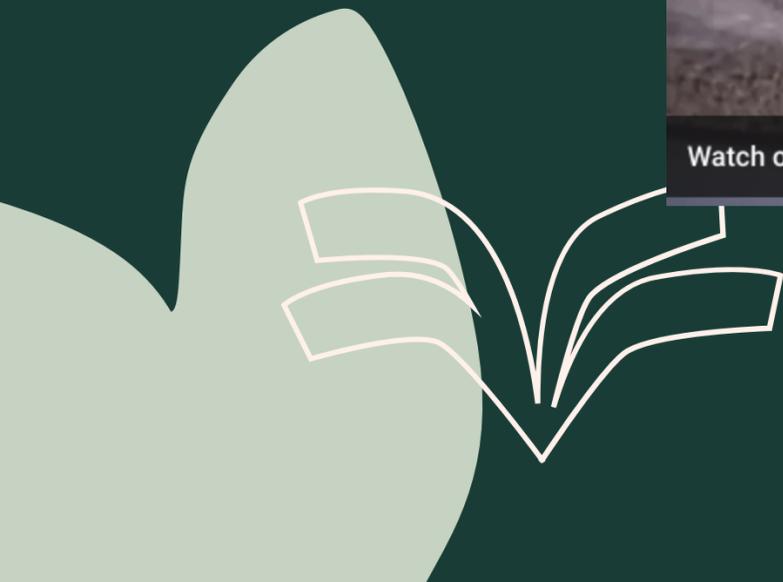
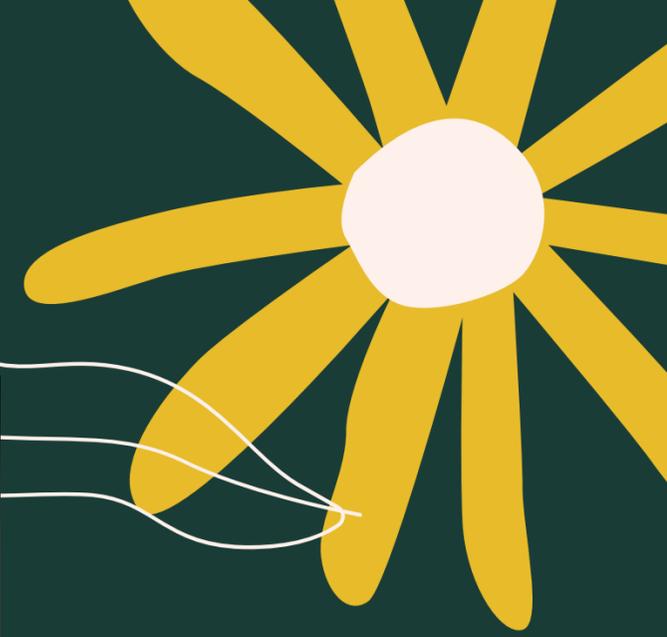


red flag or green flag?

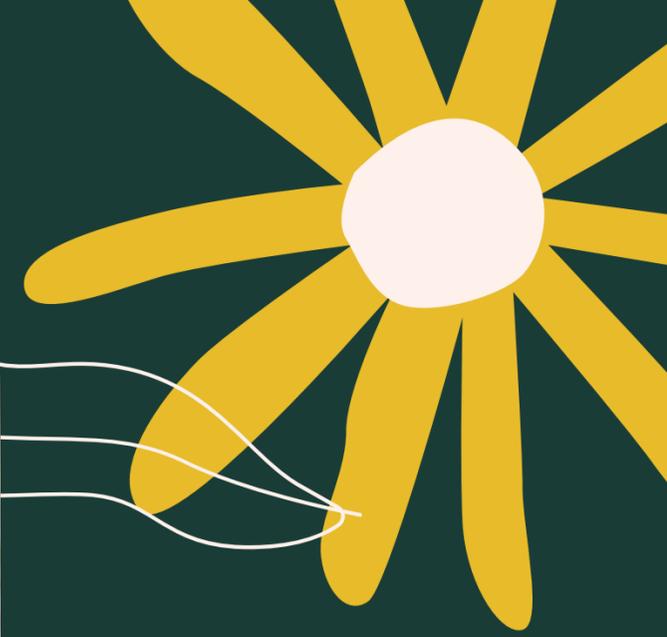
DISCUSS AS A CLASS



red flag or green flag?



red flag or green flag?



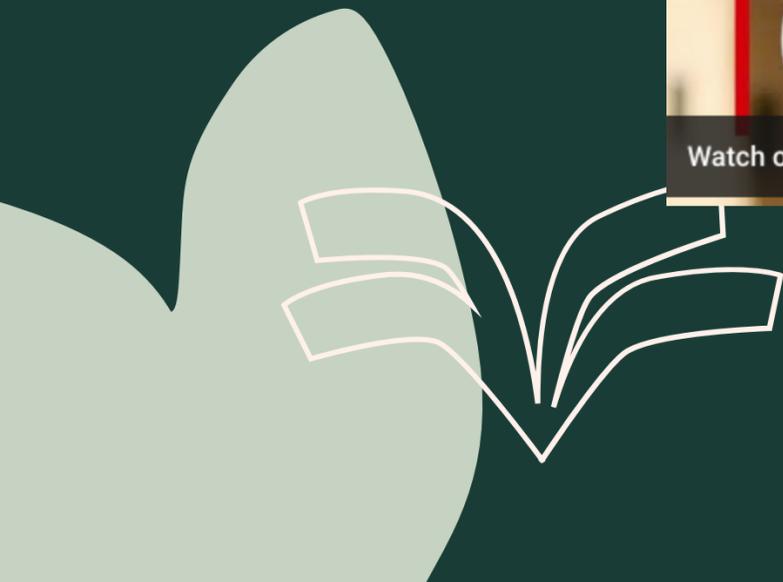
N Trouble in Devi and Paxton's Love Story? | Never Have I Ever | Netflix India

NETFLIX

Share

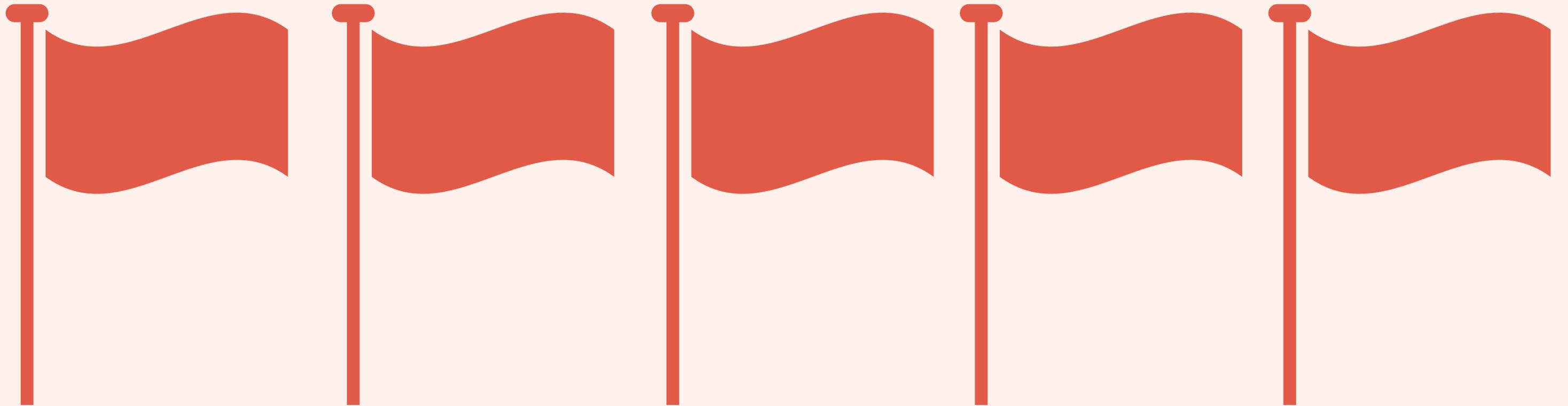
CLIP

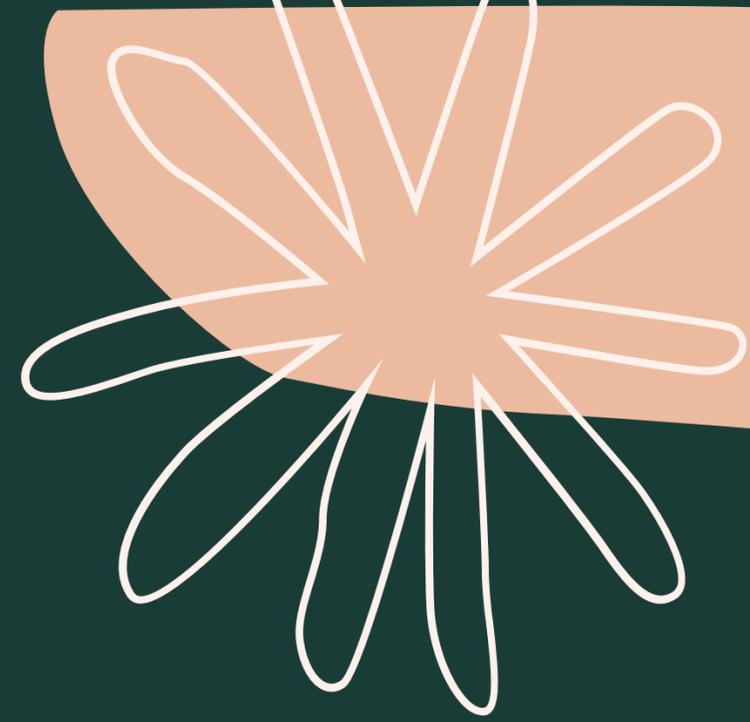
Watch on YouTube

A video player interface showing a scene from the Netflix series 'Never Have I Ever'. The main image is a young woman with dark hair, a nose ring, and hoop earrings, wearing a white t-shirt with banana prints and a backpack. She has a surprised or concerned expression. A red play button is overlaid on her mouth. The background shows a school hallway with lockers and a bulletin board. The video player includes a 'NETFLIX' logo in red, a 'Share' button in the top right, and a 'CLIP' label in white with a red vertical bar on the left. At the bottom left, it says 'Watch on YouTube' with the YouTube logo.



Our Collection of Red Flags





In- Class Activity

IN GROUPS, CREATE A SHORT SKIT (NO
LONGER THAN 2 MINUTES) DEPICTING THE
FLAG YOU RECEIVED

