

Sexual Health Education
Lesson 5

**Healthy Relationships
& Communication**

Lesson Objectives

- Identify different ways that people with and without disabilities can **communicate** in relationships
- Identify qualities of **healthy relationships**, and determine when relationships are **unhealthy**

Group Agreements



Anonymous Question Box

- Put your questions in here!
- You don't have to put your name on it!



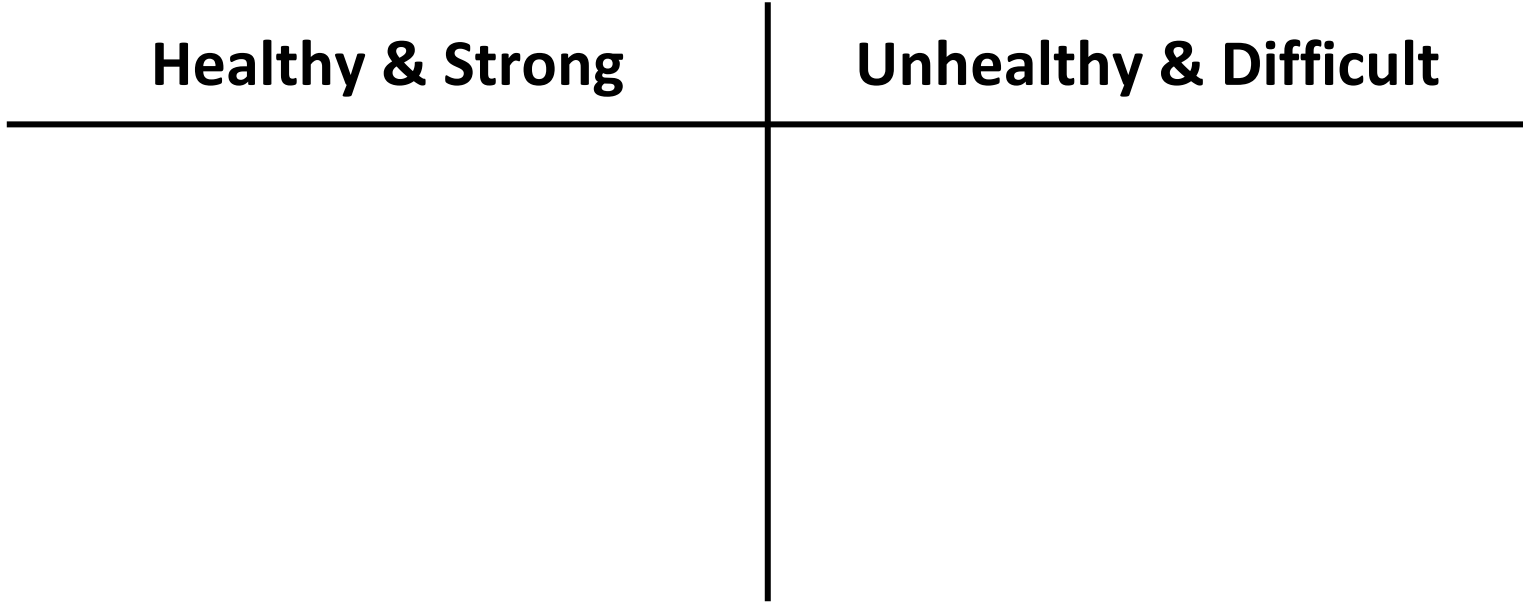
Warm Up

1. Think about an important relationship in your life right now. List a few things that make this relationship good and a few challenges you've had, or things that have made this relationship hard.

Defining Healthy Relationships

Healthy & Strong

Unhealthy & Difficult



Qualities of a Healthy Relationship

What is a healthy relationship?

Spell it out with CERTS!



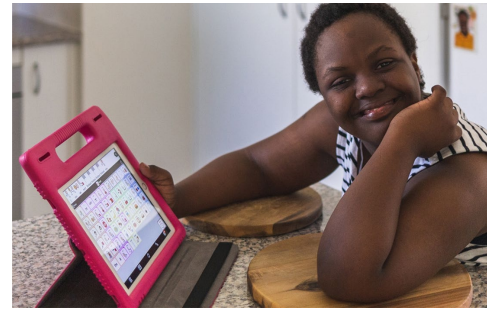
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|------------------|
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Communication in Relationships



- In order for a relationship to have CERTS, each partner must be familiar with the communication needs of the other.
- This includes understanding how a disability may impact a partner's communication needs.
- People with disabilities and people without disabilities all have a right to consent, equality, respect, trust and safety in relationships.



Relationship Spectrum

HEALTHY

UNHEALTHY



Debrief: Think, Pair, Share

- Did you agree with the placement of all of the cards during the spectrum activity? Why or Why Not?
- Would it be important to have the same beliefs or values as someone you were in a relationships with?
- How could you communicate with a partner to find out if they have similar or different beliefs and values?

Reflection

1. What are at least two qualities of healthy relationships?
2. What are at least two different modes of communication that people with or without disabilities might use in a relationship?
3. Where do you think someone could get help if their relationship feels unhealthy or unsafe?
 - **Speak to a trusted adult at school such as a social worker, school counselor, nurse, School-Based Health Center staff**
 - **Call the Love Is Respect Hotline: 1-866-331-9474 or Text “Lovelis” to the same number.**

Anonymous Question Box

- Let's answer some questions!
- Also, place any additional questions in the box.

