



## **Relationship Spectrum Cards for Healthy Relationships and Communication Lesson 10th Grade Sexual Health Education Lesson**

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Relationship Spectrum Cards for the Healthy Relationship and Communication Lesson 5 for tenth grade sexual health education.

# Healthy

# Unhealthy

**My partner  
refuses to wear a  
condom when we  
have sex.**

**My partner posts  
photos of me on  
Instagram, even after  
I ask them to stop.**

**My partner gets super  
jealous when I talk to  
anyone. They love me  
and just don't want to  
lose me to anyone  
else.**

**I am seeing a lot of  
people, but they all  
know about each other,  
I use protection and get  
tested regularly.**

**When I talk,  
my partner  
really listens.**

**My partner and  
I got tested  
together before  
we had sex.**

**My partner and I give  
each other space to  
hang out with our  
own friends.**

**When my partner  
and I fight, we take  
time to cool off on  
our own before  
talking again.**

**My partner respects the fact that I can't hang out until I've finished my homework.**

**I lied to my partner a few times, but my partner didn't find out and no one got hurt.**

**I want to have babies with my partner because I know we'll be together forever.**

**My partner doesn't like it when I hang out with my friends and family.**

**My partner  
sometimes teases me  
about my weight and  
comments on what I  
eat.**

**My partner and I  
talked about how to  
protect ourselves  
before we had sex.**

**My partner insists on  
kissing me at school  
even though they know  
it makes me  
uncomfortable.**

**My partner  
compliments me  
on things I am  
good at.**