



# **Sexual Orientation and Gender Identity**

## **10th Grade Sexual Health Education Lesson**

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Lesson plan for tenth grade sexual health education.

**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!*

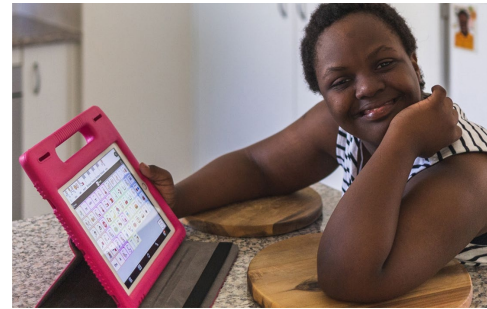




# Communication in Relationships



- 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 “Lovels” to the same number.**

# Anonymous Question Box

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

