



## 5.10 Unhealthy Relationships

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**Suggested Grade Level:** 6-12

**Time:** 30- 40 minutes

**Subject Area:** Healthy Relationships and Consent

### Overview:

This lesson will focus on the signs of an unhealthy relationship. The focuses primarily on what a healthy friendship looks and feels like.

### Goals:

- Students will recognize signs of abuse that are not just physical abuse
- Students will be more aware of what emotional abuse is and what it may look like

### Materials:

- Access to internet
- Paper
- Pencils

### Procedure:

#### Step One:

Play the video, <http://tinyurl.com/HealthyvsUnhealthyRelations>

#### Step Two:

Give the students time to reflect on the video. If students would like they can write down their thought on a piece of paper.

#### Step Three:

The GSA member or members can paraphrase the quote below, this is important message that should be convey to the students.

“Often times when people think of relationships we think of romantic relationships rather than relationships with family or platonic friendships. These types of relationships are extremely important because often times they are more present and prevalent than romantic relationships. Also a having an healthy relationship with friends and family can aide in having healthy romantic relationships as well.”

**Step Four:**

This can be a good time to get into a discussion circle if the group would like to further communication about this topic.

**Discussion Questions:**

- What about this video can you relate to?
- Can someone be the victim of abuse and not realize it?
- Can someone who has been the victim of abuse abuse other people?
- Why is emotional abuse harder to acknowledge at times?

**Step Five:**

The facilitator should ultimately come to the conclusion that abuse comes in multiple forms. And that emotional abuse is real, it drags an individual's self esteem and it is consistent. This is not one argument it is a consistent put down.