

## 4

Establishing  
healthy  
relationships.

- abuse
- balance
- control
- flexibility
- jealousy
- overdependence
- partner
- romantic

## Healthy Romantic Relationships

Think about your best friend or someone close to you with whom you would say you have a healthy relationship. Or think about a healthy friendship you've seen on TV or in a movie. Write some words that describe this relationship.

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# Lesson 4

## Student Journal Healthy Romantic Relationships *(continued)*

### Qualities of *Healthy* Romantic Relationships

Balance \_\_\_\_\_

Responsibility for self \_\_\_\_\_

Flexibility \_\_\_\_\_

Trust \_\_\_\_\_

Respect \_\_\_\_\_

Communication \_\_\_\_\_

### Qualities of *Unhealthy* Romantic Relationships

Jealousy \_\_\_\_\_

Overdependence \_\_\_\_\_

Selfishness \_\_\_\_\_

Control \_\_\_\_\_

Lack of respect \_\_\_\_\_

Abuse \_\_\_\_\_

*(continued)*

# Qualities of Romantic Relationships

**Directions:** Name 2 qualities of a healthy romantic relationship and explain why you think each one is important. Then choose one of those qualities and describe what it would look like in a healthy romantic relationship. Name 2 qualities of an unhealthy romantic relationship and explain why you think each one would be a problem. Then choose one of those qualities and describe what it would look like in an unhealthy romantic relationship.

## ► Healthy Relationships

**Quality 1:** \_\_\_\_\_

Why is this quality important? \_\_\_\_\_

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**Quality 2:** \_\_\_\_\_

Why is this quality important? \_\_\_\_\_

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**Choose one of these qualities and describe what it would look like in a romantic relationship:**

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(continued)

(continued)

**Quality 1:** \_\_\_\_\_

Why is this quality a problem? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Quality 2:

## Why is this quality a problem?

There is a significant positive correlation between the number of years of experience and the number of projects completed. The correlation coefficient is 0.75, indicating a strong positive relationship. This suggests that as experience increases, the number of projects completed also tends to increase.

**Choose one of these qualities and describe what it would look like in a romantic relationship:**

[illegible]

☐ I described what 1 healthy and 1 unhealthy quality would look like in a romantic relationship.

# Lesson 3

## Healthy behavior

Not pressuring  
others into sexual  
behaviors.

## Health terms

affirmative  
consent  
nonverbal  
verbal

## Student Journal

# What Is Affirmative Consent?

## Journal entry

Think about or imagine a time when you said yes to something you really wanted to do. Write a few sentences about that experience. How did it feel? Why did you say yes? Is it something you would want to do again?

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Now think about or imagine a time when you said yes to something you really didn't want to do, and write a few sentences about that experience. How did it feel? Why did you say yes? Is it something you would want to do again?

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(continued)

# Lesson 3

## Student Journal What Is Affirmative Consent? *(continued)*

### Let's watch a movie – observer notes

| Were the two people able to agree on a movie?                                                                   |                                                                                                  |
|-----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> <b>YES.</b> What worked well?<br><br><br><br><br><br><br><br><br><br>                  | <input type="checkbox"/> <b>NO.</b> What got in the way?<br><br><br><br><br><br><br><br><br><br> |
| What nonverbal signals did each of them give?<br><br><br><br><br><br><br><br><br><br>                           |                                                                                                  |
| Did they listen to each other and respect what the other person wanted?<br><br><br><br><br><br><br><br><br><br> |                                                                                                  |

*(continued)*

# Lesson 3

## Student Journal

### What Is Affirmative Consent? *(continued)*

**Affirmative Consent** means that both people clearly and freely agree to engage in an activity.

Consent can be given through words or actions, as long as those words or actions clearly communicate a Yes.

### Steps of affirmative consent

#### 1. Listen

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#### 2. Express

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#### 3. Respect

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