



Lesson 4

Journal entry

Think about your best friend or someone close to you with whom you would say you have a healthy relationship.

Write some words that describe this relationship.



What do
you think of
when you
hear the term
romantic
relationship?



Slide 4B

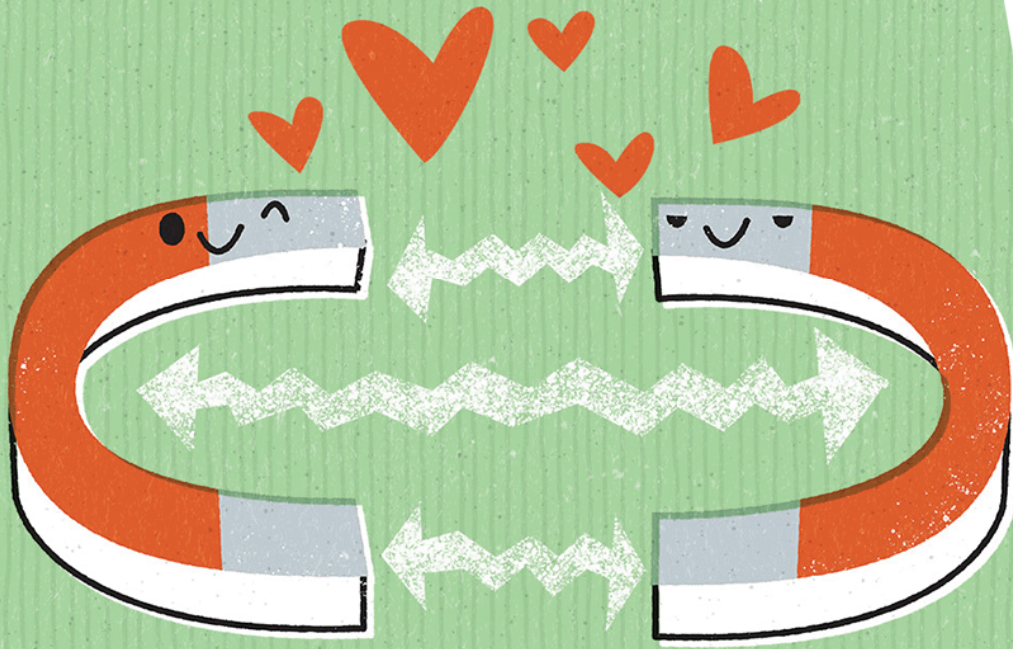
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By the end of this lesson, you will be able to...

1. **Explain the qualities of a healthy romantic relationship.**
2. **Differentiate healthy and unhealthy romantic relationships.**



Romantic Relationships



People are attracted to or like each other as more than friends.

People want to be close emotionally and physically.

The feeling of “falling in love” is often part of the relationship.

Sometimes romantic relationships lead to a long-term commitment or marriage.

Qualities of Healthy Romantic Relationships



Slide 4F

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Qualities of Healthy Romantic Relationships

Balance



Qualities of Healthy Romantic Relationships

Balance

**Responsibility
for self**

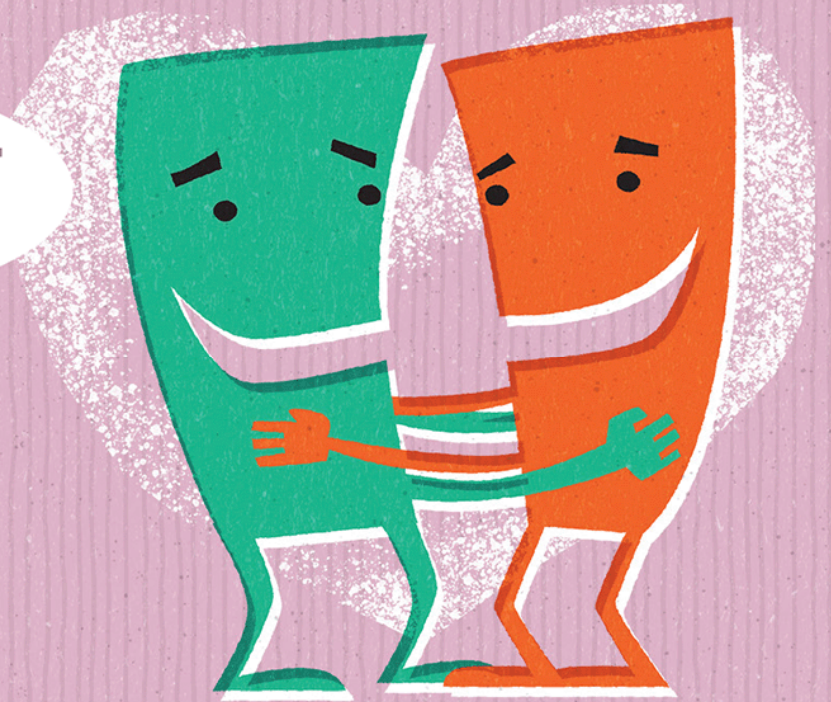


Qualities of Healthy Romantic Relationships

Balance

**Responsibility
for self**

Flexibility



Qualities of Healthy Romantic Relationships

Balance

**Responsibility
for self**

Flexibility

Trust



Qualities of Healthy Romantic Relationships

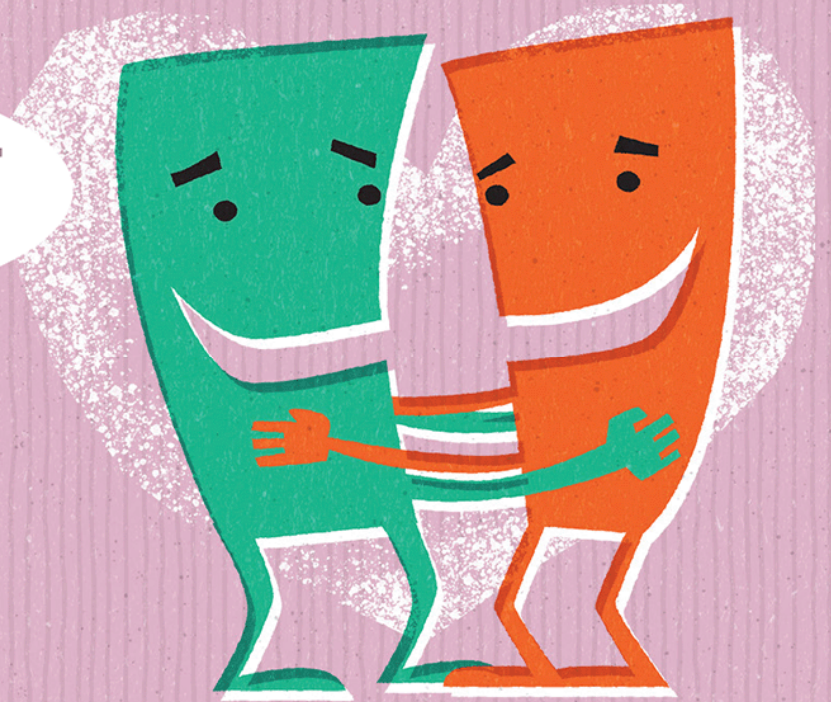
Balance

**Responsibility
for self**

Flexibility

Trust

Respect



Qualities of Healthy Romantic Relationships

Balance

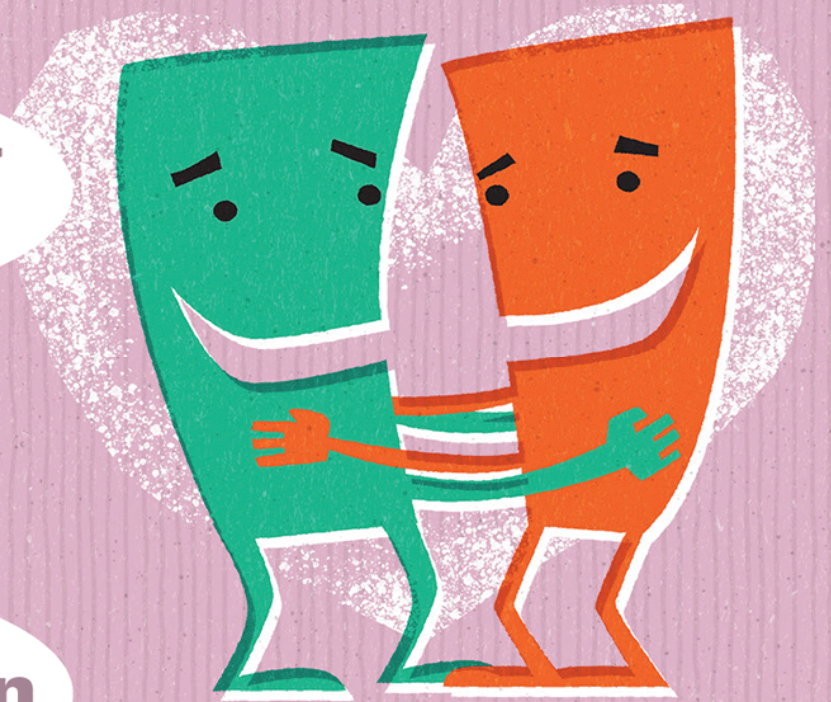
**Responsibility
for self**

Flexibility

Trust

Respect

Communication



Qualities of Unhealthy Romantic Relationships



Slide 4G

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Qualities of Unhealthy Romantic Relationships

Jealousy



Qualities of Unhealthy Romantic Relationships

Jealousy

Overdependence



Qualities of Unhealthy Romantic Relationships

Jealousy

Overdependence

Selfishness



Qualities of Unhealthy Romantic Relationships

Jealousy

Overdependence

Selfishness

Control



Qualities of Unhealthy Romantic Relationships

Jealousy

Overdependence

Selfishness

Control

Lack of respect



Qualities of Unhealthy Romantic Relationships

Jealousy

Overdependence

Selfishness

Control

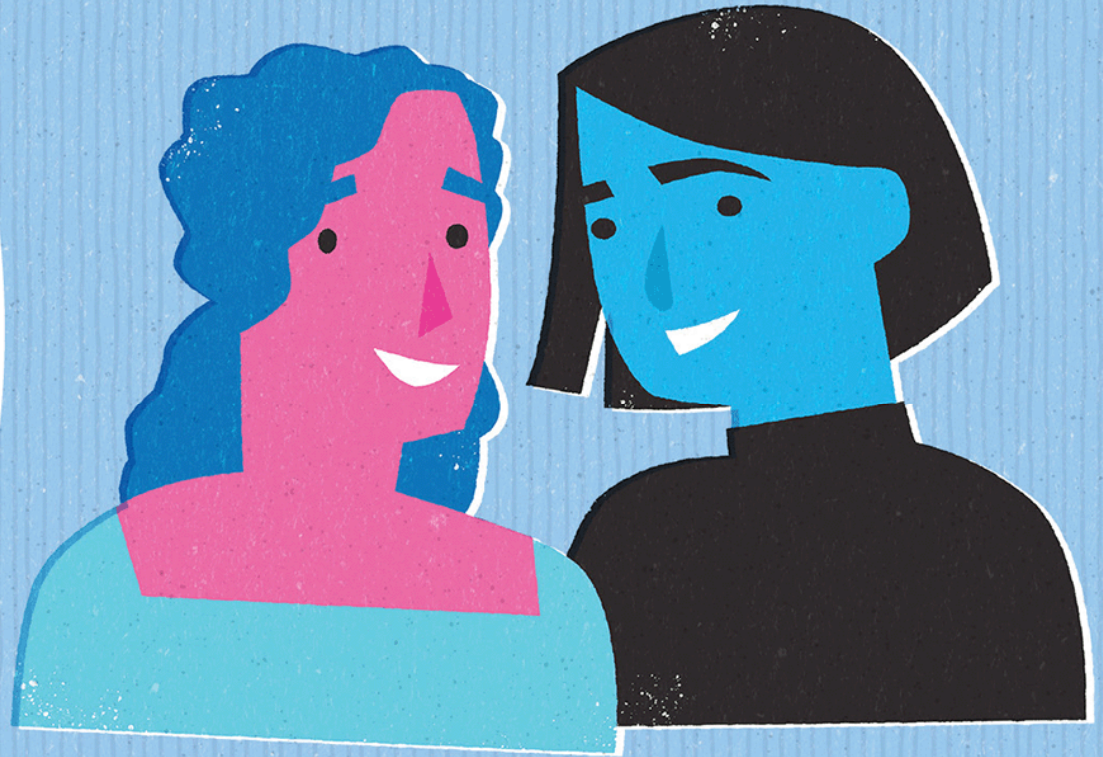
Lack of respect

Abuse



I know the person
I'm dating will
always be there
for me. If I have a
problem and need
to talk about it, they
really listen to me.

What qualities are
being described?



I want to try playing the drums. So I signed up for a class. The person I'm dating said, "You should have checked with me first. I don't want you spending time you could be with me playing the stupid drums. Besides, you'll never be any good at it."

What qualities are being described?

Slide 4I



**What do you think
would indicate
that a relationship
is so unhealthy it
should end?**

Slide 4J

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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? _____

Quality 2: _____

Why is this quality important? _____

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

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