







## Relationship Bill of Rights and Responsibilities

### Objectives:

Students will:

- Make a list of the rights and responsibilities all people have in relationships

### Materials:

- “Relationship Bill of Rights and Responsibilities” handout
- Pen or pencil

### Class Time:

- 30 minutes

### Activity:

So that hottie from math class finally texted you, and now you can hardly think of anything else. Yep, it’s official – you’re crushing big time. Well, before you go floating up to Cloud 9, let’s talk about what a healthy relationship looks like. Does it include a partner who thinks you’re awesome just the way you are, or one who constantly puts you down? One who listens and wants to help when you’re upset, or one who doesn’t seem to care? One who makes you feel protected and important, or powerless and inferior?

As a class, we’re going to create a list of relationship rights and responsibilities – the way you deserve to be treated and the way you should treat others. Let’s start with a few basics: You have the right to be spoken to with respect. You have the right to be treated as an equal. And above all, you have the right to feel safe, always.

What are your other relationship rights? What are your relationship responsibilities?

## Reproducible Materials

### Handout: Raise a Red Flag

[KidsHealth.org/classroom/6to8/personal/growing/healthy\\_relationships\\_handout1.pdf](http://KidsHealth.org/classroom/6to8/personal/growing/healthy_relationships_handout1.pdf)

### Handout: Relationship Bill of Rights and Responsibilities

[KidsHealth.org/classroom/6to8/personal/growing/healthy\\_relationships\\_handout2.pdf](http://KidsHealth.org/classroom/6to8/personal/growing/healthy_relationships_handout2.pdf)

### Quiz: Healthy Relationships

[KidsHealth.org/classroom/6to8/personal/growing/healthy\\_relationships\\_quiz.pdf](http://KidsHealth.org/classroom/6to8/personal/growing/healthy_relationships_quiz.pdf)

### Answer Key: Healthy Relationships

[KidsHealth.org/classroom/6to8/personal/growing/healthy\\_relationships\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/6to8/personal/growing/healthy_relationships_quiz_answers.pdf)



Name: \_\_\_\_\_

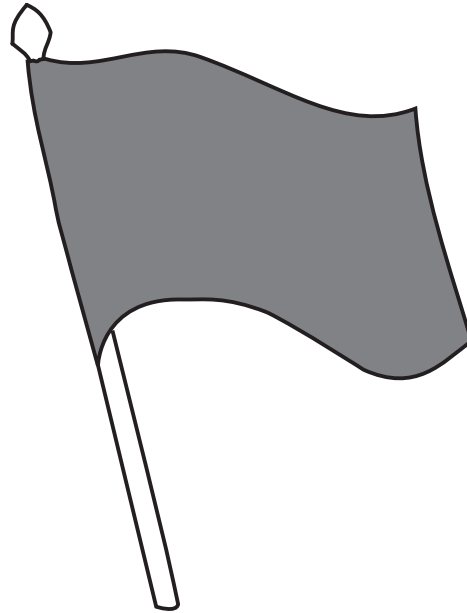
Date: \_\_\_\_\_

## Raise a Red Flag

Instructions: Read the list of relationship situations. After each one, raise your red flag if you think the behavior is concerning in any way.

### Your partner:

1. Says I love you
2. Lies to you about where he or she is going
3. Gets jealous if you talk to someone else
4. Constantly accuses you of cheating when you haven't
5. Asks what you want to do on the weekend
6. Makes an effort to get to know your friends and family
7. Cheers you on at games or recitals
8. Puts you down
9. Understands that no means no
10. Makes decisions for you
11. Compliments you
12. Seems obsessed with you
13. Blames you for things that go wrong
14. Says no one else would ever want to be with you
15. Makes you laugh when you're sad
16. Criticizes you
17. Breaks things in anger
18. Wants to know where you are at all times
19. Pressures you to do things you don't want to do
20. Respects your opinions
21. Makes you feel guilty for having outside interests
22. Threatens you when you don't do what he or she says
23. Tracks you down when he or she can't find you
24. Expects you to stop seeing your friends
25. Calls you names
26. Pushes you around
27. Is proud when you succeed
28. Thinks your interests are stupid
29. Tells you that you're lucky to have him or her
30. Hits you





## *Relationship Bill of Rights and Responsibilities*

Date: \_\_\_\_\_

Instructions: Sign your name and write your rights and responsibilities in a healthy relationship.

*I, \_\_\_\_\_, have the right to:*

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*I, \_\_\_\_\_, have the responsibility to:*

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question.

1. List three characteristics of a healthy relationship.

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2. List three examples of emotional abuse.

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3. List three examples of physical abuse.

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4. List three ways to support a friend who's being abused.

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5. List three people or organizations you could turn to for help if you were in an abusive relationship.

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## Quiz Answer Key

1. List three characteristics of a healthy relationship.

*Any of the following: Mutual respect, trust, honesty, support, equality, good communication, physical safety, etc.*

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2. List three examples of emotional abuse.

*Any of the following: Teasing, bullying, humiliation, threats, intimidation, putdowns, betrayal, etc.*

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3. List three examples of physical abuse.

*Any of the following: Slapping, pushing, grabbing, shaking, smacking, kicking, punching, pulling hair, etc.*

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4. List three ways to support a friend who's being abused.

*Any of the following: listen to him/her, believe him/her, don't judge him/her, tell him/her it's not his/her fault, don't talk badly about his/her partner, offer to help him/her get help, etc.*

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5. List three people or organizations you could turn to for help if you were in an abusive relationship.

*Any of the following: parents, teachers, religious leaders, school nurses, teachers, school counselors, doctors, crisis centers, teen help lines, abuse hotlines, etc.*

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