



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards: <http://www.cdc.gov/healthyschools/sher/standards/index.htm>

Healthy relationships thrive on respect, kindness, and trust. Unhealthy ones rely on an imbalance of power that's maintained through the use of controlling behaviors, emotional abuse, or physical aggression. Sadly, 1 in 11 high school students report being physically hurt by a date. Help your students learn to recognize and protect themselves from unhealthy relationships and dating abuse with the following discussion questions and activities.

Related KidsHealth Links

Articles for Teens:

Love and Romance

KidsHealth.org/teen/your_mind/relationships/love.html

Am I in a Healthy Relationship?

KidsHealth.org/teen/your_mind/relationships/healthy_relationship.html

Abusive Relationships

KidsHealth.org/teen/your_mind/relationships/abuse.html

How to Break Up Respectfully

KidsHealth.org/teen/your_mind/problems/break-up.html

Date Rape

KidsHealth.org/teen/your_mind/relationships/date_rape.html

How Can You Stop Before Things Go Too Far Physically?

KidsHealth.org/teen/expert/emotions/brakes_on.html

Should I Send My Boyfriend Naked Pictures?

KidsHealth.org/teen/your_mind/problems sexting.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. If your best friend were bossy, cruel, or aggressive toward you, you'd probably find a new best friend. But some people think it's OK to tolerate such behavior from a partner. Why?
2. The early stages of dating abuse usually involve one partner gaining control over the other through excessive attention, jealousy, and guilt. Why is this stage often hard for a victim to recognize? How can it lead to more serious forms of physical and sexual abuse?
3. Do you think it's easy or hard to leave an unhealthy relationship? What are some reasons why someone might stay in an unhealthy relationship?
4. If you saw a friend being abused, or abusing someone else, would you get involved? Would your gender influence your response? What about the gender of the person being abused or doing the abusing?

