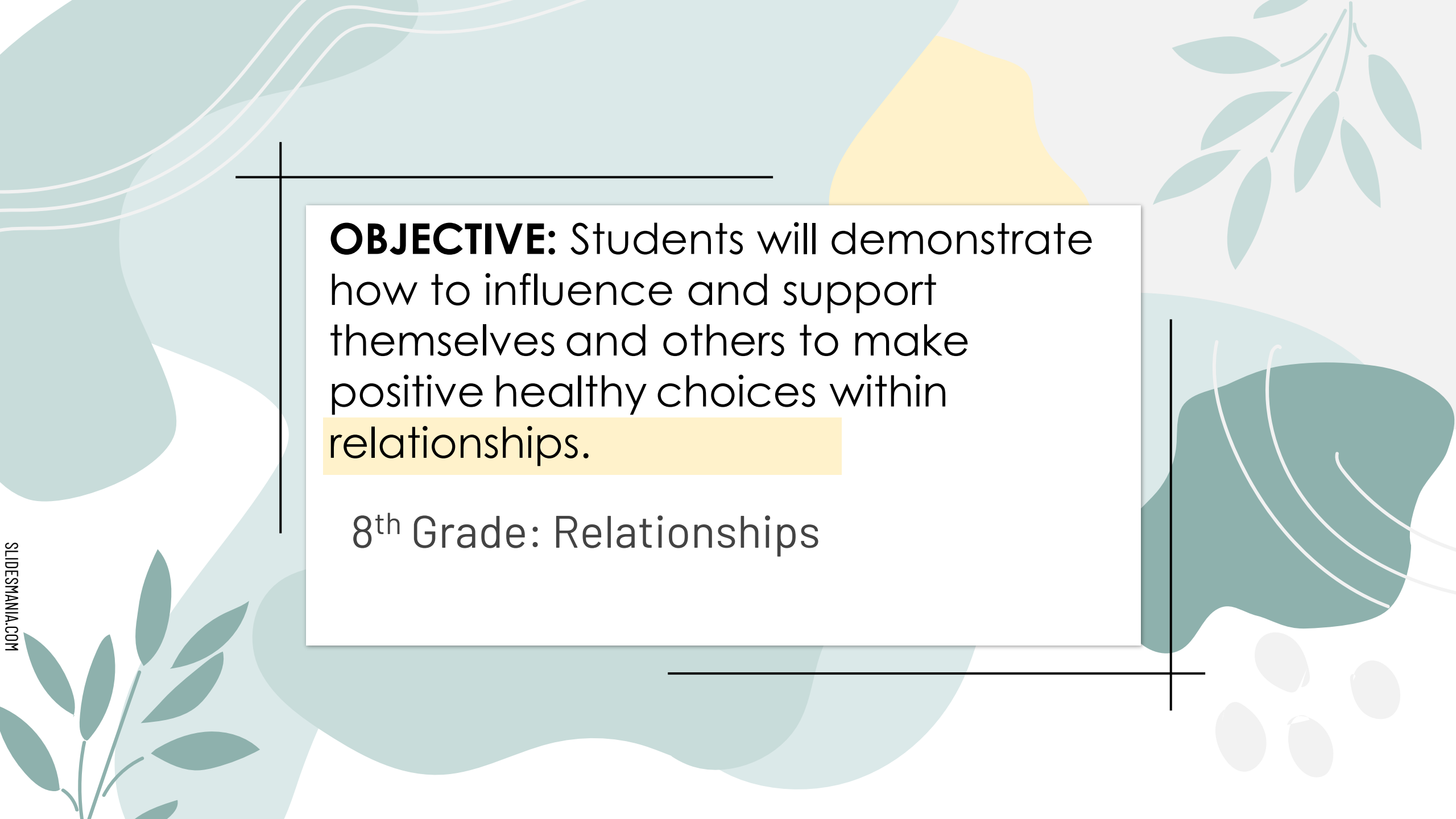


# Family Life Rules

1. Respect the feelings of others.
2. Use correct vocabulary (no slang words)
3. Do not ask questions in order to show off or embarrass others.
4. If you have a serious question that you do not want to ask in class, write it and put it in the question box.
5. Do not tell personal stories.  
Always say "I know someone who..."
6. Respect the privacy of everyone in class, including the teacher.
7. Do not share information (including worksheets) with younger children.
8. Do not discuss information in a crude or joking manner inside or outside of the classroom.

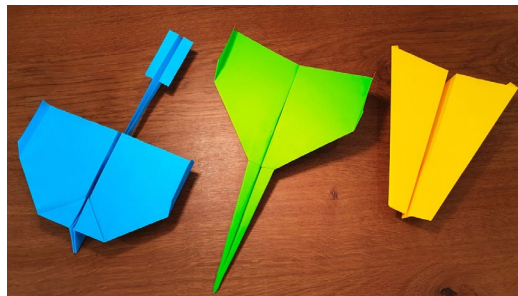


**OBJECTIVE:** Students will demonstrate how to influence and support themselves and others to make positive healthy choices within relationships.

8<sup>th</sup> Grade: Relationships

# Warm-Up:

1. Please do not write your name on your paper
2. How would you define the word RELATIONSHIPS?  
  
\*\* A connection between people\*\*
3. You have THREE Minutes to build a Paper Airplane!



# Airplanes and Relationships

- **What do you believe is the connection between airplanes and relationships?**
- **Think about how the airplanes flew, the different parts of the airplane, the goal of an airplane etc.**



# Brainstorm: Healthy and Unhealthy Behaviors

- What so you believe to be the top FIVE healthy and unhealthy behaviors that might be present in a relationship?
- Think about friendships, romantic and family
- Remember: Relationships are connections we have with people



# Healthy and Unhealthy Relationship Traits

- As you watch the video, think about which relationship traits are important to you to have in your relationships.



# Which traits do you believe are most important to have in a relationship?

## Why do you believe this?

Comfortable Pace

Trust

Honesty

Independence

Respect

Equality

Kindness

Taking Responsibility

Healthy Conflict

Fun



# Instead of Saying This, Say That

Review this resource

Which area to you think would benefit teens the most in a relationship and why?



# Relationship Analysis: What would you say?



Analyze TWO Scenarios and answer the following questions:

- Is the relationship healthy or unhealthy? Please support your choice with detail from the text
- Which option from “Instead of Saying This, Say That” resource do you believe would work best in this situation? Provide detail in your response.

# Closure:

**Objective:** Students will demonstrate how to influence and support themselves and others to make positive healthy choices within relationships.

1. Which information will you be able to apply best to your own relationships?
2. Which information do you think would be most helpful to a friend or family member?
3. Write about a Health Relationship in your life. Which characteristics of this relationship do you value and why is this relationship important to you?

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