

# Healthy Relationships


## The Basics:

<b>Grade:</b> 9-12	<b>Objective:</b> Students will review and discuss the four tenets of the Demon Way, identify traits of a healthy friendship, list obstacles that hurt a relationship and identify five skills helpful in cultivating and maintaining a healthy relationship.	<b>Start here:</b> At DHS, the Demon way guides interactions between staff, faculty and students. Healthy relationships will continue to be the foundation of our school community.
<b>Theme:</b> Relationships and Connection		
<b>Duration:</b> 35 minutes		
<b>Literacy strategies:</b> Fact and Significance; Stop and think; Fishbowl		

### REQUIRED ACTIVITIES:

1. **(2 min)** Divide the class into four corners and assign them one of the four Demon Way tenets:
  - *We take care of each other*
  - *We support each other*
  - *We are honest with each other*
  - *We take pride in each other*
2. **(10 min)** Have each group stop and think about the following questions then report out to the class:
  - a. What does each tenet actually mean for students, teachers and administrators? Not only should students clarity what it means for teens, but what does it mean for teachers, administrators and even parents?
  - b. Have students assess whether or not these things are happening at DHS and where gaps might exist.
3. **(5 min)** Divide each of the four groups again - in half - resulting in eight groups. Have each of the eight groups come to consensus on FIVE key skills necessary in maintaining a healthy friendship (open communication, forgiveness, trust, honesty) why each skill is important. NOTE: Teens are often passive in their friendships, and fickle, so this discussion should also highlight the reality that friends require work, maintenance and ongoing reflection.
4. **(5 min)** Go around the room quickly and have each group share one or two traits and why each trait is important. If groups have the same trait (s) as another group, knock on their desk to show agreement.
5. **(10 min)** Snowball Activity
  - a. Place a trashcan or other receptacle in the center of the classroom.
  - b. Have pairs of students divide a piece of paper in half, then have every student write [anonymously] three obstacles that can hurt or undo a relationship.
  - c. As students finish, ask them to ball-up their paper and toss it into the basket.
  - d. Take turns picking someone else’s paper ball and read it aloud.
6. Ask students to pledge to follow the Demon Way, let them know you may remind them if there are conflicts or disagreements in class and be sure students know where it’s posted in your room.

The  
**DEMON WAY**



We Take Care of Each Other

We Support Each Other

We Are Honest With Each Other

We Take Pride in Each Other

