



BUILDING HEALTHY RELATIONSHIPS (Adapted from PAAR)

Five sessions required for each version (Grades 2-3; Grades 4-5)

Goal: Understand the differences between healthy and unhealthy relationships and build skills to develop healthy relationships built on mutual respect.

Learners will be able to:

- Develop healthy self-esteem and boundaries, and recognize the right of everyone to be safe and accepted.
- Develop effective communication skills.
- Peacefully resolve conflicts.
- Recognize healthy vs. unhealthy relationships.

Possible Activities:

- How we are both alike and different at the same time activity.
- Fostering mutual respect and using role plays to deal with bullying.
- Active bystander skills building.
- Coping with anger activity.
- Building bridges activity.

PDE Standards Addressed:

Section 10 (3.3.A; 3.3.C)

Section 16 (1.5.A; 1.5.B; 1.5.C; 2.5.A; 2.5.B; 2.5.C; 2.5.D; 2.5.E; 3.5.B; 3.5.C)

Life Behaviors Developed:

- Appreciate one's own body.
- Express love and intimacy in appropriate ways.
- Develop and maintain meaningful relationships.