

# Relationships for Family

## Lesson 4

**Current  
Stats &  
Facts**

**Meets  
Education  
Standards**

**Great  
Starter  
Questions!**

**Easy to  
Use!**

**Fully  
Engaging &  
Inclusive**

**Meets all your needs!**





## **Topics Covered**

**Healthy vs.  
Unhealthy  
Relationships**

**Who do  
you love?**

**Graceful  
Goodbyes**

**Planning for  
the Unplanned**

**Single  
Parenting**

**Family  
Relationships  
& Children**

# Lesson Materials

← Instructor Guide

← National Standards

← Lesson Plans

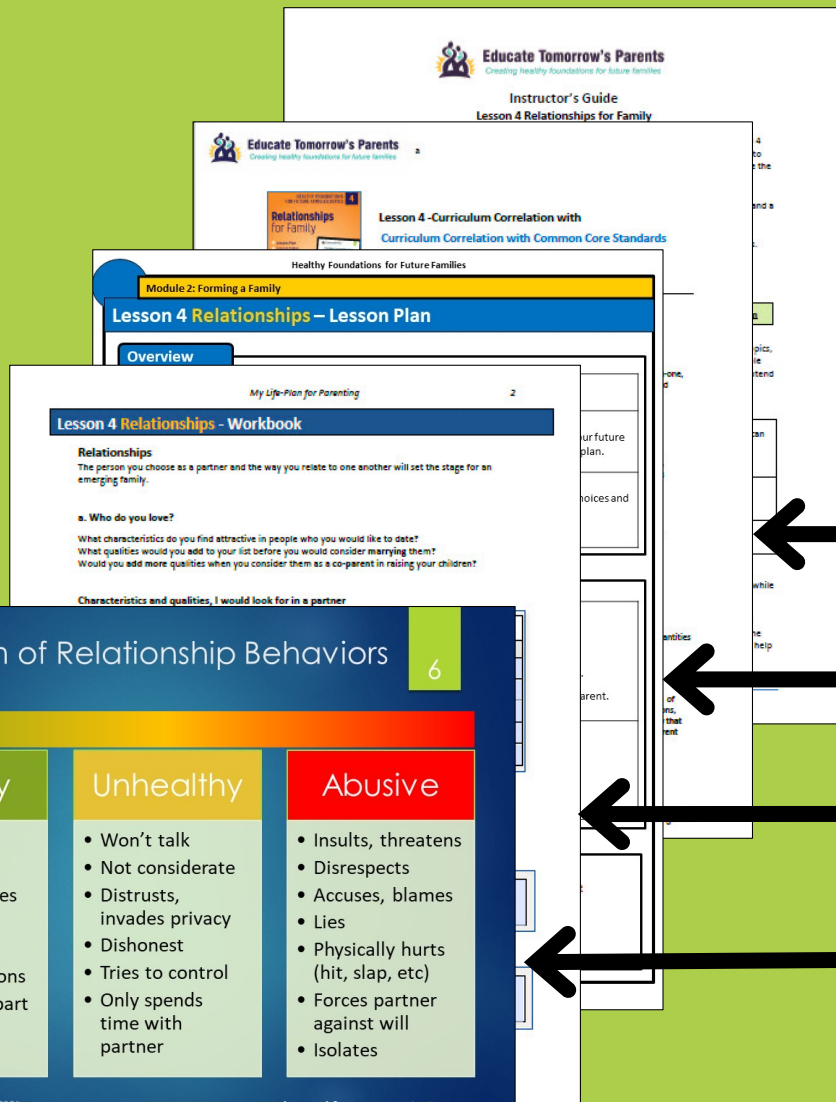
← Student Workbooks

← Slides

### Spectrum of Relationship Behaviors

Healthy	Unhealthy	Abusive
<ul style="list-style-type: none"><li>Talks openly</li><li>Respectful</li><li>Trusts, believes</li><li>Honest</li><li>Equal</li><li>Shares decisions</li><li>Enjoy time apart</li></ul>	<ul style="list-style-type: none"><li>Won't talk</li><li>Not considerate</li><li>Distrusts, invades privacy</li><li>Dishonest</li><li>Tries to control</li><li>Only spends time with partner</li></ul>	<ul style="list-style-type: none"><li>Insults, threatens</li><li>Disrespects</li><li>Accuses, blames</li><li>Lies</li><li>Physically hurts (hit, slap, etc)</li><li>Forces partner against will</li><li>Isolates</li></ul>

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Adapted from: Love is Respect



**Easy to Use!**

★ **For Teachers** ★

## Lesson 4 Relationships for Family

### Lesson Overview

<b>Goal</b>	Teens will identify qualities they seek in relationships and how their choices can affect a future family. They will also consider parenting challenges when relationships don't go according to plan.
<b>Rationale</b>	By setting high expectations for relationships, teens can make responsible choices and ultimately form a healthy and enduring family.
<b>Key Message</b>	"Keep your standards high for the people you invite into your life."

**Instructor Guide**  
includes:

Lesson Overviews  
Presentation Notes  
Expansion Topics  
Activities

# Easy to Use!

## ★ For Students ★

**From student's workbook**

### a. Who do you love?

What characteristics do you find attractive in people who you would like to date?

What qualities would you **add** to your list before you would consider **marrying** them?

Would you **add more** qualities when you consider them as a **co-parent** in raising your children?

### Characteristics and qualities, I would look for in a partner

Dating	Marriage	Co-Parenting
Example: Fun	Example: Loving	Example: Responsible
loyal	There for me	Good communication
trusting	Priorities	trustworthy
understanding	logical	not crazy
good communication	outgoing	not manipulative
outgoing	not toxic	self-less

When you spend time with people who have more of your preferred characteristics, you have a greater chance of finding someone with whom you can share a fulfilling and enduring relationship.



# ★ National Standards ★

## Health Education *and* Family Consumer Science

**Meets dozens of  
Standards!**

### ***EXAMPLE***

**Standard 4: Demonstrate the ability to use interpersonal communication skills to enhance health and reduce health risks.**

**Standard 4 - Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.**

- 4.12.1 Use skills for communicating effectively with family, peers, and others to enhance health.
- 4.12.2 Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.
- 4.12.3 Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.
- 4.12.4 Demonstrate how to ask for and offer assistance to enhance the health of self and others.

# Current Stats & Facts!

26



## 90% of adults become parents

- ▶ 85% become parents through childbirth
- ▶ 5% become parents through step-parenting, adoption, or foster parenting

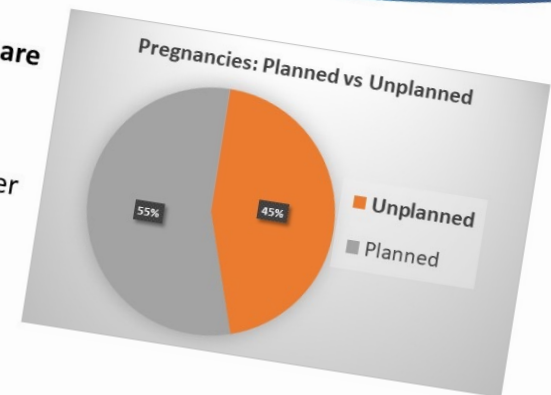
Source: US Census Bureau

## Interesting Fact

7

Did you know ...?  
**45% of pregnancies are unplanned.**

Planned pregnancies generally lead to better circumstances for families because children are a **BIG** responsibility.



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# Great Discussion Questions and Activities!

## Example

MLP Workbook – Lesson 4 Relationships  
4c. Planning for the unplanned  
1) Unplanned pregnancy

37

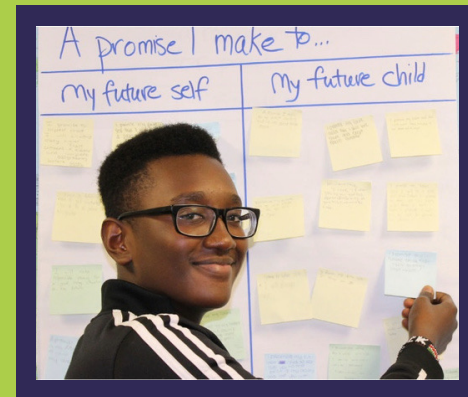


### Preventing Unplanned Pregnancy

Who has more responsibility for preventing unplanned pregnancy?

- ▶ Male partner
- ▶ Female partner
- ▶ Both partners

Why?



*“The students were all very engaged and we were able to stay on track with this help of this resource.” - Educator*

# Fully engaging and inclusive

## Respecting diversity in:

- Abilities
- Culture
- Gender
- Faith

"You can't make an omelet  
without breaking a few eggs."

- Francois de Charette, 1796

Along the way to finding your ideal life-partner, you are likely to begin and end more than one relationship.

With every ending, you discover that you can survive loss, and you can create new beginnings.

With every relationship, you will learn and grow until you find a healthy relationship that's just right for you.

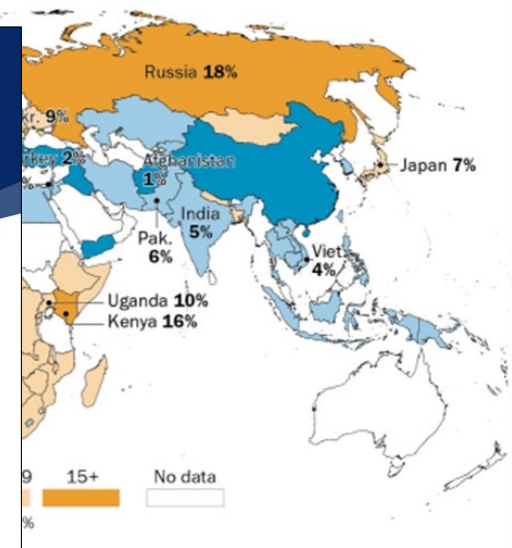


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"Almost a quarter of US children live in single-parent homes, more than in any other country" – Pew Research Ctr.

32

% of children under age 18 in single-parent households





## Impact on Teens!

Over 27,000 students instructed since 2005.

Over **95% of students** say they will be better prepared to care for a family.

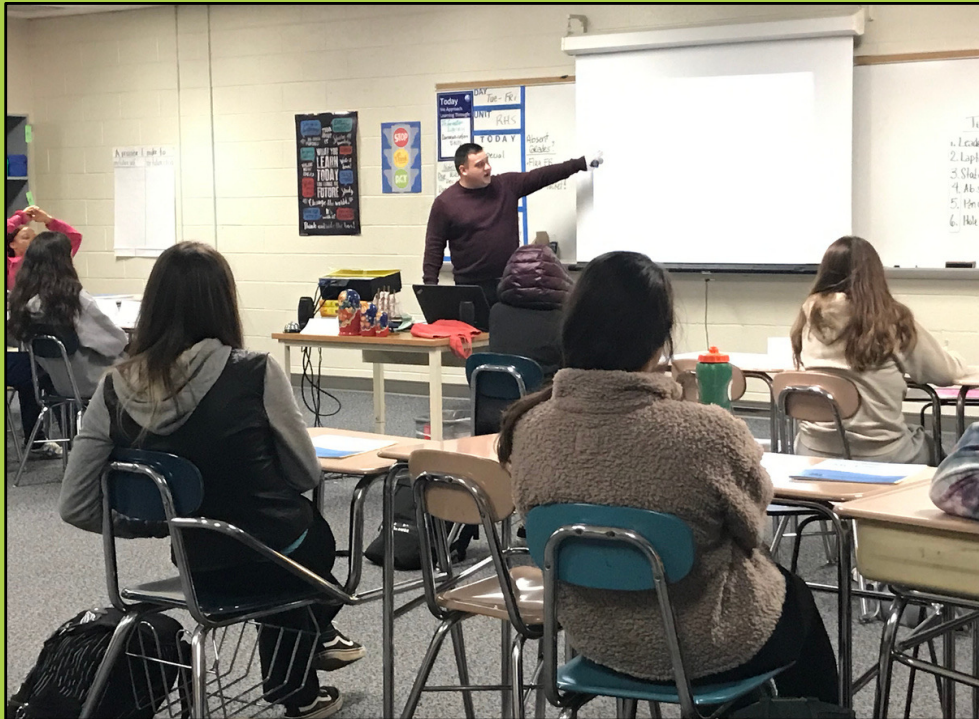
*"I learned how to care for a child financially, physically, and emotionally. I learned things I never knew about parenting."*

## Educators recognize the value!

***"I have seen first-hand  
how ETP's lessons have  
helped so many kids  
make good decisions."  
- Educator***



# Get it Today, Teach it Tomorrow!



51 slides, 5 workbook pgs

*"It's everything I hoped to teach and in one lovely format and useful presentation."*

**Buy the Lesson!**  
**Save time and energy**



*You will LOVE these high-quality instructional materials!*

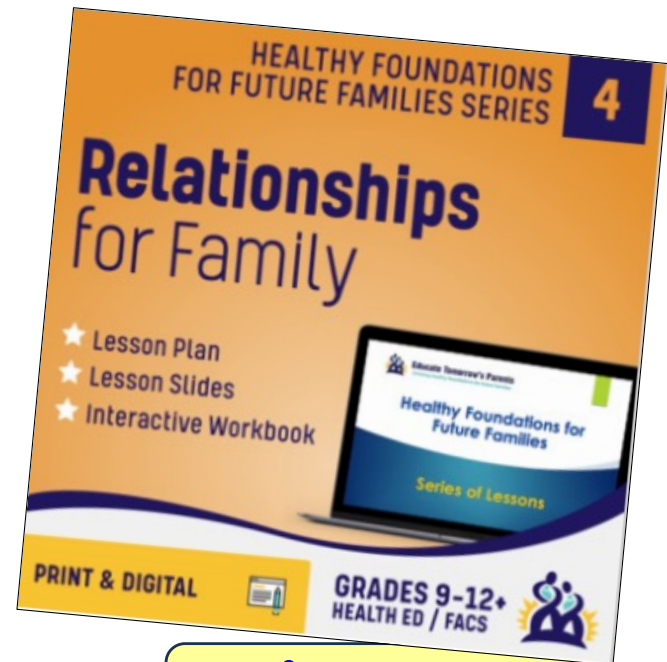
**Full link**

<https://www.teacherspayteachers.com/Product/Life-Skills-Choosing-Healthy-Relationships-HS-Health-FACS-Lesson4-6944689>

**Learn more** [www.eduparents.org](http://www.eduparents.org)



**Educate  
Tomorrow's  
Parents**



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