

Theme: OTHERS

Educational Resources: 7th-12th

Title: Characteristics of a Relationship – Caring and Hurtful

Class: Home Room, Health, Counseling

Prep Time: 10 minutes

Instructor - Read over Activity Description. Research Characteristics of a caring and a hurtful relationship. Think of a personal story you can share to create a safe environment for students to share.

Activity Time: 45 minutes

Instructor - Tell students that this lesson will: 1) help them determine what is a caring vs. hurtful relationship, 2) create caring relationships and 3) release hurtful relationships.

Activity Description:

Direct Instruction-

Define Relationship - the way in which two or more people or groups regard and [behave](#) toward each other.

Define Caring – displaying kindness or concern for others.

Define Hurtful - anything that causes distress to someone’s feelings.

Benefits of Friendship -

- Increase your sense of belonging and purpose
- Boost your happiness and reduce your stress
- Improve your self-confidence and self-worth
- Help you cope with traumas, such as divorce, serious illness, or the death of a loved one
- Help you celebrate the good things in your life
- Encourage you to change or avoid unhealthy lifestyle habits, such as lack of exercise or, poor sleeping habits.

Group Discussion-

The instructor starts by writing the words Caring and Hurtful on the board and drawing a line between them. Then, the instructor tells a personal story of a caring and hurtful relationship in their lives and writes a key word on the board on each side. Encourage students to share what characteristics they think are caring and hurtful. Write each on the board. Allow students to share stories without getting too personal. Acknowledge their feelings by letting them know they have been heard and that you recognize that they have feelings about those experiences. Thank them if they shared a personal story.

CARING	HURTFUL
Listen without judgement	Talk about only yourself
Be trustworthy	Tell your friends secrets
Ask questions about the other person	Don’t invite some friends are events you invited others to
Do fun things together- make plans and ask them to join	Tease your friends about things they might be uncomfortable about
Complement sincerely- let them know why they are important to you	Ask for help without ever being willing to give help
Pay attention to how they might be feeling.	Be jealous of their achievements

Partner Activity -

Pair up students in groups of two. Have them practice caring relationships by having kind conversations. Remind them that elements of a caring relationship (that should be practiced) include Listening without

judgement. Asking questions about the other person. Trying to understand the other persons feelings and perspective.

Scenarios can include:

- Inviting a friend to do something fun together. Practice when the friend Can and Can Not attend.
- Complementing the friend on something they do well. Practice responding as well.
- Asking a question to get to know them on a more personal level and listening without judgement. Practice answering and asking a follow up that is related to the answer given.

Individual Activity -

Students write ... See Outcome Measurement:

Outcome Measurement:

Have students write a journal entry or essay about how they are going to be a better friend. They must list at least 3 actions they will take to be better. Students must include at least one paragraph about a hurtful relationship in their life. Did they realize they are in a relationship that has hurtful elements? Identify the hurtful elements. What can you do to improve the hurtful relationship? Should they release that relationship?

Sources:

Oxford Language Dictionary

Mayo Clinic - <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/friendships/art-20044860>

Aligns with Kansas State Standard-

Kansas State Standards

Social, Emotional, Character Development Standard- Core Principle C- Create a Caring Community (Pg. 8, 14)

****Disclaimer: The lesson plan above should be adapted to your class for grade level, knowledge base, time restrictions, class make up, etc. Only use what works for your situation.**

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