

**1075 LOVU SANGAM SCHOOL**  
**HEALTHY LIVING YEAR 8**  
**LESSON NOTES WEEK ONE**

<b>Strand</b>	H2 – Building Healthy Relationships
<b>Sub Strand</b>	H8.2.1 - Relationships
<b>Content Learning Outcome</b>	Defend and maintain the importance of healthy relationship

**Healthy Relationships**

- A healthy relationship is a relationship that is filled with happiness, joy and most importantly - love.
- A healthy relationship is one in which both people feel a healthy sense of “self”. Each person feels harmonious when spending time with the other person.
- Two emotionally healthy adults try to meet each other’s needs, and each can ask for help without fear of criticism.



Healthy	Unhealthy	Abusive
<p>A healthy relationship means both you and your partner are:</p> <ul style="list-style-type: none"> <li>■ Communicating</li> <li>■ Respectful</li> <li>■ Trusting</li> <li>■ Honest</li> <li>■ Equal</li> <li>■ Enjoying personal time away from each other</li> <li>■ Making mutual choices</li> <li>■ Economic/financial partners</li> </ul>	<p>You may be in an unhealthy relationship if your partner is:</p> <ul style="list-style-type: none"> <li>■ Not communicating</li> <li>■ Disrespectful</li> <li>■ Not trusting</li> <li>■ Dishonest</li> <li>■ Trying to take control</li> <li>■ Only spending time together</li> <li>■ Pressured into activities</li> <li>■ Unequal economically</li> </ul>	<p>Abuse is occurring in a relationship when one partner is:</p> <ul style="list-style-type: none"> <li>■ Communicating in a hurtful or threatening way</li> <li>■ Mistreating</li> <li>■ Accusing the other of cheating when it's untrue</li> <li>■ Denying their actions are abusive</li> <li>■ Controlling</li> <li>■ Isolating their partner from others</li> </ul>

## Student Activity Sheet

### Section A: Fill in the blanks.

Dishonesty    support    fairness    trust    happiness    good    Relationships
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1. Some characteristics of healthy relationships are \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.
2. \_\_\_\_\_ will turn a good relationship into a bad one.
3. In a healthy relationship people's life are filled with \_\_\_\_\_.
4. \_\_\_\_\_ need to be maintained and healthy relationship will work.
5. Controlling behaviours can turn a \_\_\_\_\_ relationship into a bad one.

### Section B: Short Answers

1. Why do we need relationships?

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2. Why is trust important in any relationship?

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3. Think of and name **three dishonest practices** that can contribute to unhealthy relationships.

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