

# UNHEALTHY RELATIONSHIPS

**I am aware of who is in my life,  
and I am working on understanding if they should be there.**

## Signs of an Unhealthy Relationship

### Lesson Summary

Teacher: 30 Minutes

To shed light on symptoms of an unhealthy relationship and the knowledge that every interaction is some kind of relationship.

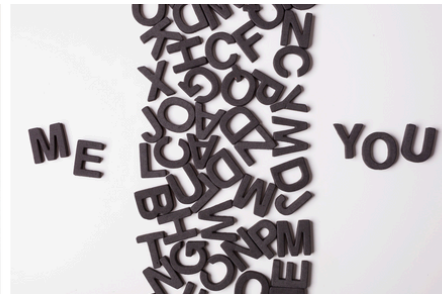
### Define it:

Every time you talk to someone, whether it's in the grocery store, the classroom, at home, or to someone you like as a girl or boyfriend, you are engaging in some type of relationship. It could be a distant relationship or a close one, but if it involves

any kind of communication, verbal, or nonverbal, it falls into the category of a relationship.

### Let's Talk About It.

Let's talk about why it's important to know this: If you don't know how to tell the difference between a distant relationship (someone checking out your groceries at the store) and a close relationship (your parent or guardian), you may give up your power to a stranger by allowing them to get you upset or disrespect your parent or guardian who automatically holds a measure of power and authority in your life because they are providing care for you. (LET'S UNPACK THAT NEXT)



## Let's Unpack That.

- Road Rage comes from a person giving up their power to control themselves to a perfect stranger, in most cases. Giving up that power can result in crimes because that person does not understand the difference between a distant relationship that does not require a transfer of power...and a close relationship that, in many cases, requires mutual respect and understanding of the power. So, in other words, you don't give power to strangers!
- Sometimes we give our power (our emotions) to someone in a close relationship with us, but they don't have mutual respect and understanding of you. Instead, they may try to control you or manipulate your feelings. Run away from this type of relationship!



**Your  
Takeaway.**

**I am aware of who is in my life, and I am working on understanding if they should be there.**



**Video and Discussion:  
You Need to Leave That Unhealthy Relationship – 10-15 Minutes**





## Student Thoughts on Unhealthy Relationships



**I am aware of who is in my life,  
and I am working on understanding  
if they should be there.**

### Questions and Activities:

Think about the relationships you have now. Write them down in order of importance, and then identify whether it is a distant one or a close one.

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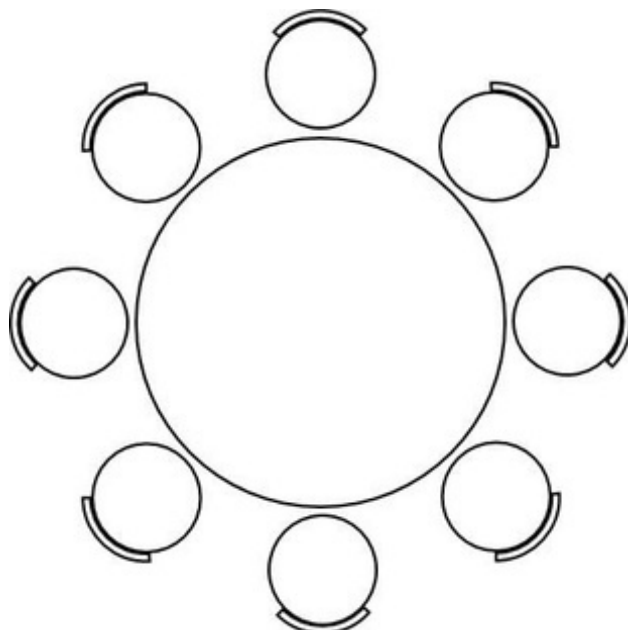
Read the description above again and the examples. Do you have any relationships that are in the wrong order? For example, do you have close relationships with people who should be in a distant relationship with you?

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**In the bottom space, create an Ecomap of all the people who are most important in your life.**



**After you complete this assignment, take it home to remind yourself.**