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What Do You Value in a Friend?

With a partner, brainstorm a list of what you both think are the most important qualities for a friend to have (Example: honesty, kindness, etc.)

Essential Question

How do we make sure we are safe and happy in our relationships?

Learning Intentions

I can describe a healthy relationship
I can describe an unhealthy relationship

Know Your Terms: Relationships

Family Relationships: Relationships within our biological _____ (sibling, parent, relatives). Many people also have close _____ with people whom they _____ family, but may not be biologically related to us.

Friendships: Relationships with our _____ and/or _____.

Professional Relationships: Relationships with people at _____ and/or _____.

Romantic Relationships: Relationships between partners in which love, affection, and/or sexual intimacy may be shared in _____ relationships, for R _____ people

Friendship Inventory

Which one or two characteristics of friendship do you feel most describe you? Why?

Trustworthy

Honest

Dependable

Supportive

Self-Confident

Non-Judgemental

Fun to be around

Healthy v. Unhealthy Relationships

Create a T-Chart.

List some characteristics of a healthy

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