

Responsible Decision Making - Relationships

Grade: K – 2

Time: 30 Minutes

Materials:

- Booklet: “Know What? We Have Good Character”

Objectives:

- Students will learn the difference between healthy and unhealthy relationships.
- Students will learn what characteristics make a good friend.
- Students will learn there are decisions to make when choosing friends.

Introduction:

- Has anyone heard of the word “relationship”?
- Can someone tell me what the word relationship means?
 - Relationship means that you are in some way connected to someone.
- What types of relationships are there?
 - Parents
 - Siblings
 - Family (extended family)
 - Teachers
 - Coaches
 - Friends
- Today we will focus on friendships.
- What does it mean to be someone’s friend?
 - Allow students to provide their answers.
- A friend is a person who you know and feel safe with. You may have disagreements from time to time, but you always work it out. Friends notice when you may be having a bad day and try to make it better. Friends celebrate with you when something exciting happens. They do not ask you to do things you do not want to do that may make you feel uncomfortable.
- What are some characteristics of a healthy friendship?
 - Respect
 - Listen
 - Safe
 - Have fun
 - Happy
 - Helpful
 - Support



- Does being in a healthy friend, mean you will always get along? No, there are times when you may have an argument, but you both communicate and work it out.
- What are some characteristics of an unhealthy friendship?
 - Disrespectful
 - Don't listen
 - Unsafe
 - Not fun
 - Unhappy
 - Not helpful
- Being in an unhealthy friendship might make it hard to be around that person.
- What do you want in a friendship?
 - Someone who makes me laugh.
 - Someone who will help me if I am having a hard time.
 - Someone who saves me a seat at lunch in the cafeteria.
 - Someone who will share with me.
 - Someone who includes me.
 - Someone who will play with me on the playground.
- What do you not want in a friendship?
 - Someone who is disrespectful.
 - Someone who makes me feel bad.
 - Someone who gets me into trouble.
 - Someone who does not listen to me.
- Remember what you want in a friendship and try to give those things to your friends or new people that come into your life.
- If someone is not being a good friend to you, maybe it is best to leave them alone. You should be respectful to everyone, but you do not have to be friends with everyone.

Activity: Booklet Review

- What is good character? Pg. 2
- Show respect – Pg. 4
- Be caring and giving! – Pg. 5
- Be fair! – Pg. 6
- Trust me! – Pg. 7
- Billy Learns a Lesson – Pg. 8 – 9
- Be responsible! Pg. 10
- Leave booklets with teacher for each student

Conclusion:

- Give an example of an unhealthy relationship.
- Give an example of a healthy relationship.
- What does it mean to be a good friend?



- Do you have to be friends with everyone?

National Health Education Standards:

1.5.2

Oklahoma Academic Standards - Health:

1.5.2

CASEL Competencies:

Social Awareness

Relationship Skills

Responsible Decision-Making

Resources:

Clark, K. R., & Ridley, C. J. (2018). *Positive Prevention Plus*. Office of Adolescent Health.

Know What? We have good character! [Pamphlet]. (2004). South Deerfield, MA: Channing Bete Company.

