

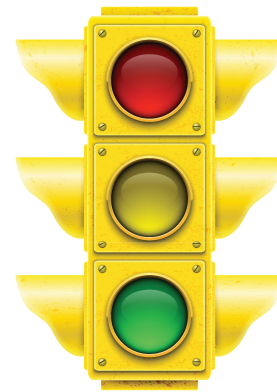
Healthy Relationships Curriculum



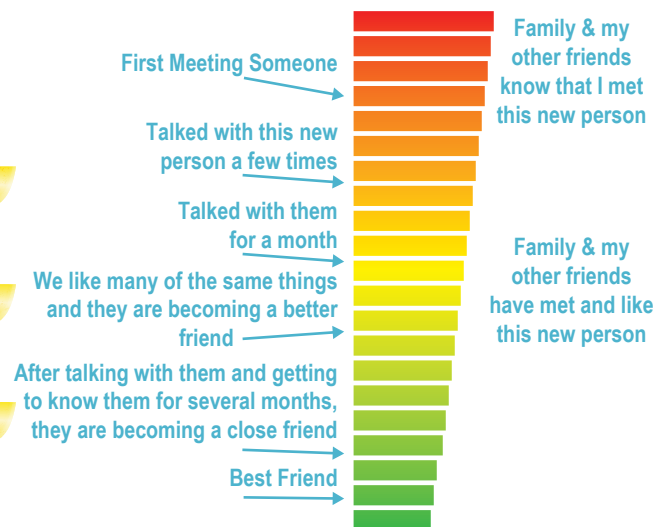
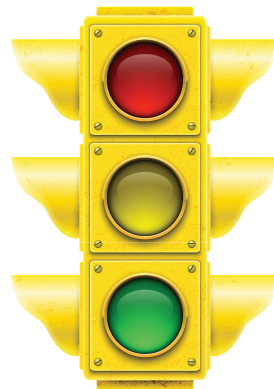
Module 3: Relationship Development Lesson 2: Different Types of Relationships

The traffic light is a simple, universal symbol that most individuals can relate to.

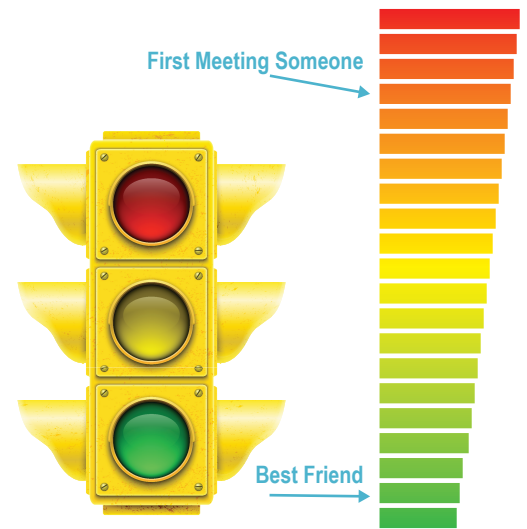
The Relationship Range Poster can be used to explain many different relationships to participants with a more fluid approach. We have used this to explain many of the “gray” areas of relationships but keeping to the same color story of green, yellow and red. We have found the hashmarks or range created for this visual helps us explain concepts like in person versus social media friendships, co-workers versus close co-workers and friends versus close friends versus best friends.



Two versions of this visual are provided, one without text, and one with text. For participants who are not yet utilizing text to gain information, the image alone will be more successful. Other students who interact with text more easily might find the notations helpful in understanding the graphic. We believe that teachers are the experts when it comes to knowing how their students learn best, so we have provided both and encourage you to use whichever image works best for each of your learners.



Using post-it notes, sections of the text can be covered and revealed as the lesson progresses, to highlight specific portions of the range. For example, to highlight just the top and bottom of the range, teachers can cover the rest of the text to make the poster look like this. Using the visual this way helps participants understand that the progression from first meeting someone to best friend is long and involves many steps, without overwhelming the participants with details about each step.



As participants become more adept at using the range, additional pieces of text can be revealed, to further explain details and nuances of different types of relationships. Attention can be called to how long you have known someone, opinions of family members, and shared interests.



Utilizing the **videos, scenario cards, role playing, and discussions**, students have ample opportunity to explore a wide variety of relationships and the associated range of interactions for each. Specific topics covered include:

- how frequently to text someone
- how soon to share personal information
- social media use and bullying
- sharing information about a new friend with others
- interpreting social cues
- and much more!



We have also encountered the need to repeat this lesson as some of our participants find it challenging to generalize these concepts to each new or different relationship. We have found the "People I Encounter Form" from the previous lesson can be a working document to utilize throughout the time with the participant as new relationships are identified. The participant might need assistance in determining the color for the new relationships and may not be able to generalize these concepts without repetitive practice and time like traditionally developing peers might.