

Student Worksheet 2: Social-Emotional Learning Skills (SELS) / Living Skills

Activity

Resource:

Gender-Based Violence Prevention Education
Resources

Grade(s): 7 8 9

Healthy relationships are important to everyone. Understanding their qualities is key for maintaining healthy relationships throughout your life.

Name:

What are some qualities of healthy relationships with peers, family members, and adults?

What are some qualities of unhealthy relationships with peers, family members, and adults?

How might you help someone who may be involved in an unhealthy relationship?

Compare your responses to questions 1 and 2, and reflect on the various relationships in your life.

a. Who supports and encourages you in maintaining healthy relationships?

b. Who might be encouraging you to maintain a relationship that is not healthy?

What are some things we can all do to build and maintain healthy relationships?