

CFWV LESSON PLAN: RELATIONSHIPS, BOUNDARIES & CHOICES

LESSON NAME:	Relationships, Boundaries & Choices
GRADE LEVEL(S):	9th-10th Grade
LESSON STANDARDS(S):	DSS.9-12.2; DSS.9-12.3
MAIN IDEA/ QUESTION	How do you know if you are in a healthy relationship? What can you do to make or keep your personal boundaries healthy?
HANDOUTS	None
LESSON INTRODUCTION:	Write both questions down, but ask students to focus on the first question. Ask students to take 30 seconds to write down a few answers. Take a few minutes to hear answers/share.
LESSON AGENDA/ PROCEDURE:	<p>Using the Sway created for this lesson, go through each section with your students. There are graphics to read/discuss, a short video to watch, and a final worksheet with role playing scenarios if you have time. If not, students can write how they would respond.</p> <p>https://www.therapistaid.com/worksheets/setting-boundaries.pdf</p> <p>https://www.therapistaid.com/worksheets/boundaries-psychoeducation-printout.pdf</p>
CLOSING ACTIVITY:	In closing, it is always good to come back around to your essential questions. You can affirm that you all have answered the first one, then ask students to share how they plan to create healthier boundaries. They may be hesitant to share, so you may have to give the first share.
ASSESSMENT (IF APPLICABLE):	If you need a grade, this is a great participation grade project. You could also facilitate their own creation of their personal FSA ID. Just ideas, not requirements.

LESSON REFLECTION (FOR TEACHER OF LESSON): Do you have any suggestions to improve this lesson? What did you like best?

NOTES: