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| BYAC |
| Street Address, City, ST ZIP Code  Telephone  Email |

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**Healthy Relationships Group**

**Instructor** – Bryan Winters

**Course Overview** – This course is designed to help students get an understanding of healthy relationships and learn to recognize the signs of an unhealthy or abusive relationship. The instructor will leverage classroom discussions, special projects, and modeling the appropriate behaviors through words and actions in order to impact how students grow to understand and appreciate healthy and respectful relationships.

**Course Outline**

* Welcome
* Course Overview
* Healthy Relationship Pretest

**Course Topics**

1. **Section 1 – Defining Healthy Relationships**
   1. **Description** – Through fun activities and class discussion, students begin to identify what creates a healthy, respectful relationship and consider how they want to be treated in the context of a relationship.
   2. **Purpose** – The activities that support this lesson will help participants in all relationships in life as well as strengthen the relationship you have with parents, friends, peers, and people you date.
2. **Section 2 – Defining Unhealthy Relationships**
   1. **Description** – Through fun activities and group discussion, participants begin to identify what behaviors are defined as unhealthy or abusive.
   2. **Purpose** – To have participants begin to think about relationships that could be considered unhealthy
3. **Section 3 – How We Feel and How We Deal**
   1. **Description** – Through acting out relationship scenarios and group discussion, participants begin to identify their emotions and how those emotions play into how they communicate.
   2. **Purpose** – To help participants identify the feelings they may experience.
4. **Section 4 – Achieving Equality Through Communication**
   1. **Description** – Through acting out relationship scenarios and group discussion, students begin to identify ways they can communicate with another person to achieve a balanced and healthy relationship.
   2. **Purpose** – To equip participants with skills to communicate more effectively.
5. **Section 5 – How to Help Friends**
   1. **Description** – Through tools and resources participants will begin to identify ways they can help their peers who disclose abuse.
   2. **Purpose** – To empower participants with knowledge to help their peers who disclose abuse.
6. **Week 6**
   1. **Assignment** – Students will create Valentines Activity
   2. **Objective** – To promote self-love and respect. Youth will create valentines’ gifts for themselves or others expressing appreciation for someone they love.

**Evaluation** – At the end of the class, students will receive a course evaluation form. Student feedback is valuable and is encouraged. Student responses will be kept anonymous and will be used strictly for the purpose of providing instructor feedback and determining future programming for the agency.

**Course Completion** – Students who finish the 8-session course will receive a Certificate of Completion. Because student attendance may vary due to length of stay at the center, they will have the option of participating in a punch-card system which tracks session work in courses.