

LEARNING OUTCOMES

At the end of the lesson, the students are expected to:

- Identify the qualities of a healthy, respectful friendship or peer relationship.
- Explain how responsibility and respect build trust between people.
- Describe ways to show respect and support to friends and peers.

MATERIALS

- Scenario cards
- Whiteboard or large chart paper
- Markers

ESSENTIAL QUESTIONS

- What does respect look like in a healthy friendship or relationship?
- How does being responsible in our words and actions help build trust and safety?
- How can we show “I’ve got your back” by treating others with respect in our relationships?

CHECK-IN / WELCOME (5 MINUTES)

Say: “In Aevidum, we say, ‘I’ve got your back.’ One important way we do this is by showing respect and being responsible in our friendships and relationships. Today we’ll talk about what healthy relationships look like and how we can support each other.”

Check-In Question:

- “Think of a friend or someone you trust. What’s one thing they do that makes you feel respected or supported?”
 - Allow a few share-outs to connect to positive relationship qualities.

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Put on the board: Healthy Relationships = Respect + Responsibility

Ask: “What does respect look like between friends?”

- Take responses: listening, kindness, honesty, including others.

Ask: “What does it mean to be responsible in a friendship?”

- Follow through on promises, apologize when wrong, avoid gossip.

Explain:

“Healthy friendships and peer relationships make us feel safe, valued, and accepted.

Responsibility means we think about how our words and actions affect others. When we show respect and take responsibility in our friendships, we’re saying, ‘I’ve got your back.’”

ACTIVITY: SCENARIO SORTING (20 MINUTES)**Instructions:**

- Read or display scenarios. After each, students vote “Healthy” or “Unhealthy” using thumbs up/down, then discuss why. Talk about how students could handle them.
- Sample Scenarios:
 - Your friend listens when you’re upset and keeps your confidence.
 - A classmate spreads a rumor about you to fit in with a group. When you ask them about it, they say, “I had to do it to fit in. I knew you’d understand and forgive me.”
 - Your teammate congratulates you even though their team lost.
 - Your friend pressures you to share a secret or else they won’t talk to you anymore.
 - A peer apologizes after an argument and asks how to make things better.
 - Someone lies about why they couldn’t hang out and you find out they were with other friends.
 - A group excludes someone from a group chat they just started.
 - Your friend has been making some poor choices lately so you started to distance yourself a little bit. Your friend sends you a text that says if you don’t start talking to them again, they’re going to hurt themselves.
 - A classmate spam calls you every night even though you asked them to stop. They say, “It’s just a joke.”
 - A friend texts you, “I have to get some sleep so I can’t talk anymore tonight, but I’ll definitely talk to you tomorrow.”
 - Your friend tells you the truth kindly, even if it’s not what you wanted to hear.
- Reflection Discussion
 - “How can you tell if a friendship or relationship is healthy?”
 - “What are respectful ways to handle an unhealthy situation?”
 - “How does responsibility help us keep our friendships strong?”

WRAP-UP (5 MINUTES)**Ask:**

- “How does showing respect and responsibility help you build better friendships?”
- “How does it connect to Aavidum’s message, ‘I’ve got your back’?”

Say: “This week, choose ONE healthy friendship action every day to show someone you’ve got their back.”