

Healthy Relationships Lessons & Schedule

Fall 2022- Monday & Wednesday Group

Thank you for your interest in joining the Healthy Relationships group! This is a list of the group topics. We hope to see you every week because we value everyone's voice in group! We will learn by playing games, doing worksheets, talking, and watching videos. Classes will be at 25 Sheldon Ave SE Grand Rapids, MI 49503. Mondays and Wednesdays from 4-6 pm. If you have any questions, **contact Michelle Bickford at 616-426-3752 or mbickford@ywcawcmi.org**

Week 1: September 12 & 14

Welcome: We will practice social skills by getting to know each other. We will talk about respect and group values.

Trust & Safety: We will learn about trust. We will learn about safe people and places.

Week 2: September 19 & 21

Emotions & Self-Care: We will talk about naming our emotions and how they feel in our bodies and minds. We will learn about ways to take care of our bodies and minds.

Love & Attraction: We will learn about the difference between attraction and love. We will talk about gender identity and sexual orientation.

Week 3: September 26 & 28

Types of Relationships & Relationship Boundaries: We will talk about types of relationships: family, friends and authority. We will talk about how boundaries are different with different relationship types.

Starting a Romantic Relationship: We will learn about how to move from friend to partner/ sweetheart.

Week 4: October 3 & 5

Consent: We will learn that consent means to give permission. We will learn about rules for sexual touches and action.

Internet/Phone Safety: We will learn how to be safe on computers and phones



Week 5: October 10 & 12

Healthy & Unhealthy Relationships: We will learn about signs of healthy and unhealthy relationships with friends, caregivers, family, and romantic relationships.

Dating Violence: We will learn about power, control, and respect in romantic relationships. We will learn about why dating violence happens and what you can do if you or someone you know is in an abusive relationship.

Week 6: October 17 & 19

Private Body Parts: We will learn the proper names of private body parts. We will also discuss hygiene and public vs. private actions.

Sexual Reflexes, Sexual Actions & Sexual Contact: We will discuss the difference between sexual responses and romantic feelings. We will talk about different kinds of sexual and romantic contacts and how to protect yourself.

Week 7: October 24 & 26

Sexual Safety-Unplanned Pregnancy: Sexual contact can cause unplanned pregnancy. We will learn ways to lower the risk of an unplanned pregnancy.

Sexual Safety- Sexually Transmitted Infections and Diseases: Sexual contact can sometimes make people sick. We will learn ways to stay safe and healthy.

Week 8: November 2 **No group on October 31**

Sexual Violence: Sometimes sex is used to hurt people and sometimes sex is not respectful.

We will learn about what to do when someone is hurt in a sexual way.

Empowerment & Closing Celebration: We will practice standing up for ourselves. You will be able to tell the group leaders what you liked and didn't like about the group. We will celebrate graduating the Healthy Relationships Group!