

Healthy Relationships Lessons & Schedule

Fall 2022- Thursday Group

Thank you for your interest in the Healthy Relationships group! These are the lessons for the group meetings. Every lesson is important, and you should come every week.

We value everyone's voice in the group! We will learn by playing games, doing worksheets, talking, and watching videos. Classes will be held Thursdays on Zoom from 11 am-12:30 pm. If you have any questions, **contact Michelle Bickford at 616-426-3752 or mbickford@ywcawcmi.org**.

Week 1: September 1

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

Week 2: September 8

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

Week 3: September 15

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.

Week 4: September 22

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

Week 5: September 29

Types of Relationships & Relationship Boundaries: We will talk about types of relationships: family, friends, and helpers. 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 6: October 6

Internet/Phone Safety: We will learn how to be safe while using computers and phones.



Week 7: October 13

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

Week 8: October 20

Healthy & Unhealthy Relationships: We will learn about the 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 9: October 27

Private Body Parts: We will learn the proper names of female and male 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 10: November 3

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 11: November 10

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.

Week 12: November 17

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 from the Healthy Relationships Group!

