

Name:	Date:	
Vocabulary		
Values (n.) the beliefs and ideals that matter most to you		

Warm-Up

Instructions

- 1. Read each behavior and rate how important it is to you by putting a check mark on the rating scale.
- 2. Leave the "Values" column blank.
- 3. Put a check mark next to the 5 behaviors that are the most important to you

	Rating Scale				
Behaviors	Not Important	Somewhat Important	Very Important	Extremely Important	Values
Telling the truth					
Creating art, dance, or music					
Standing up for people I care about					
Spending time with my family					
Speaking up when I see something wrong					
Not giving up on what I want even when it's hard					
Following through on my word					
Being genuine and not fake					
Making my family proud					
Learning new and difficult things					
Treating others with respect					
Wearing clothes that reflect my personality					
Standing up for my beliefs					
Hanging out with friends					



Warm-Up (cont.)

	Rating Scale				
Behaviors	Not Important	Somewhat Important	Very Important	Extremely Important	Values
Getting good grades					
Helping or being useful to others					
Treating others with kindness					
Being a good friend					
Being generous and sharing with others					

Activity: My Values

Instructions: With your partner:

1. Share your top five behaviors.

2. What value helped you make your decision?

- 2. Help each other name the values guiding your behaviors.
- 3. Write your value(s) in the "Values" column in the table above.

Wrap-Up

		
Think of a time when	vou made a decision	based on one of your values.

- 1. What was the situation?
- 3. What decision did you make?

Values and Relationships

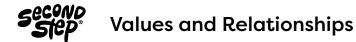
N	lame:	Date:	
W	Varm-Up		
	Think about someone in your life that you have a positive relationship w	vith.	
	Describe at least two ways you each behave that make the relationship	positive.	

Activity

Instructions: Choose the three values that are most important to you in healthy relationships. Write them in the table below.

- 1. Explain why each value is important to you.
- 2. Describe some ways each value guides your behavior in your relationships.

Value	Why is it important?	How does this value guide your behavior in your relationships?
1.		
2.		
3.		



Wrap-Up

Th	Think of someone you have a healthy relationship with and complete these sentences.			
1.	I have a healthy relationship with			
2.	An important value we share is			
3.	One thing I do in our relationship because of this value is			
4.	One thing they do in our relationship because of this value is			



Recognizing Others' Perspectives

Nc	ame:	Date:
	Vocabulary Perspective-taking (n.) the process of being able to identify and understanded feelings, thoughts, needs, and wants	d another person's
W	arm-Up	
	Riley was 45 minutes late to a study session with Simone. When Riley tried to walked away. They haven't talked since.	o apologize, Simone
	1. How would you feel if you were Simone?	
	2. How would you feel if you were Riley?	
Ac	tivity	
	Instructions: Discuss the following scenario with your partner. Answer the q you in taking the perspectives of Willa and her dad.	uestions below to guide
	Willa ignores texts from her dad while she's at a friend's house. When she get. He didn't know where she was. Willa thinks her dad should trust her moreom.	
	Willa's Perspective	
	1. What might Willa be feeling?	
	2. What might she be thinking?	
	3. What might she need or want?	

Recognizing Others' Perspectives

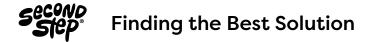
Activity (cont.)

	4.	How could understanding her dad's perspective help her?				
	He	er Dad's Perspective				
	1.	What might her dad be feeling?				
	2.	What might he be thinking?				
	3.	What might he need or want?				
	4.	How could understanding Willa's perspective help him?				
Wr	ap-	-Up				
	Th	ink of a time when you were in a conflict and you didn't think about the other person's perspective				
	1.	What was the situation?				
	_					
	2.	What happened?				
	3.	What might have happened differently if you had taken their perspective?				

2

Name:	Date:			
Vocabulary Compromise (n.) an agreement where both people give up some of what they want or need				
Warm-Up What are some steps you've taken to resolve challenging conflicts in the past?				
Activity				
 Instructions: With your partner: Decide who will represent Sam and who will represent Archie. Resolve the conflict by discussing and writing your responses to each step in the conflict resolution process outlined in the chart below. The conflict situation and perspectives of both brothers are included below. 				
Sam used to play videogames with his little brother, Archie, every week. But ever since Sam started eighth grade, he doesn't want to play anymore. When Archie asks to play, Sam yells at him. Archie is upset.				
Sam's perspective: Sam is stressed about his homework. He doesn't have much free time anymore. But if he gets any free time, he wants to spend it with his friends.				
Archie's perspective: Archie really misses his brother. He's been bugging Sam in lots of different ways, like messing with his stuff and interrupting his homework, but it's just to get Sam's attention.				
Step 1: Identify the conflict				
Understand each person's perspective What is each person feeling and thinking? What might they need or want?				
Sam's Perspective	Archie's Perspective			
Sam <u>feels</u> stressed about his schoolwork. He's impatient with Archie.	Archie <u>feels</u> sad and upset with his brother.			

the wants to spend his free time playing with his friends.



Step 2: List possible solutions	Step 3: Consider the consequences for each solution				
Are they safe and respectful? Do they take all perspectives into account?	How will everyone feel? Will it meet their needs or wants? Will it work? Will it uphold personal or family values?				
A.					
В.					
C.					
Step 4: What's the best solution? Why do you thin	k so?				
Wrap-Up					
What's one core value you wouldn't compromise on to resolve a conflict? Why?					



Name:	Date:
Vocabulary	
Making amends (v.) making up for doing something wro	ng; doing something to repair the harm
Warm–Up	
Think about a time when someone close to you apologing the person do anything else besides say, "I'm sorry"?	ized. How did it feel to hear the apology? Did
Activity	
Instructions: With a partner:	
1. Read the following scenario.	
2. Write your ideas for each step.	
Determine the best way that Tanika could mak with Chase.	e amends and restore her relationship
Tanika keeps teasing Chase when he makes a mistake i Now Chase doesn't sit with her anymore.	n class, even though he asked her to stop.
Step 1: What's Tanika's responsibility in this conflict?	
Step 2: Identify how Tanika could apologize. How could for her actions in the conflict and recognizes how much	



	step 3: Brainstorm different ways Tanika could make amends and restore her relationship with Chase		
	Determine the best way Tanika could make amends and restore her relationship with Chase.		
Wı	ap-Up		
	Think back to the conflict you described in the Warm-Up. If the person made amends, what did they do? What was your relationship like afterward?		
	OR		
	If they did not make amends, what could they have done to make amends?		

Unhealthy Relationships

Name:	Date:

Activity

Instructions: With a partner, complete the table on the back of this handout.

- Decide if you think each relationship is healthy or unhealthy. Put a check mark next to your decision.
- Write the warning signs that led to your decision.

Use the Signs of a Healthy or Unhealthy Relationship chart below to help you decide.

Signs of a Healthy or Unhealthy Relationship

You're in a healthy relationship	You're in an unhealthy relationship
if your friend	if your friend
 Supports your interests Encourages you when you're doing something challenging Respects your boundaries Values your opinion, even when you disagree Apologizes when they're wrong Gives you space when needed Isn't controlling Doesn't put you down Is someone you enjoy being with Is honest with you Is someone you can depend on Doesn't try to hurt your feelings 	 Isn't reliable Is clingy Doesn't listen to your opinion Isn't someone you can trust Makes you feel bad after hanging out with them Makes fun of you in ways that hurt your feelings Doesn't like you hanging out with other people Disrespects you Puts you down Bullies you or other people Makes you do things you don't feel good about Always tells you what to do Never apologizes Threatens, intimidates, or hurts you



Student	How do they describe their relationship with their friend?	Healthy or Unhealthy Relationship?
Caleb	"My girlfriend gets jealous and reads my texts."	☐ Healthy ☐ Unhealthy Warning Signs:
Eli	"My friend keeps acting like he wants to pick a fight. It's like he enjoys hurting me."	☐ Healthy ☐ Unhealthy Warning Signs:
Melody	"My friend is mean to other people, and if I don't join in, she's mean to me."	☐ Healthy ☐ Unhealthy Warning Signs:

Wrap-Up

Name three people you can go to for help if you think you're in an unhealthy relationship.

What to do if a relationship is turning unhealthy:

- Tell the person in a clear, firm way what you need or want
- Talk to someone you trust about what's happening
- Spend more time with other people
- Consider ending the relationship

Performance Task: Guide to Healthy Relationships

Student Handout GRADE 8 | Unit 4 | Lesson 26

Name:	Date:		
Activity			
Instructions: Create a social media post that's a following questions in your post.	ı guide to healthy relationships. Answer the		
Use your handouts from previous lessons in this unit to help you create your post.			
Why is it important to identify your values in your relationships?			
How can you manage conflicts in ways that respect others despite differing values and opinions?			
3. How can you tell if a relationship is healthy?			
4. What are some common warning signs of an unhealthy relationship?			
5. What can you do if you're in an unhealthy relationship?			
Optional: Include some hashtag ideas for your post Include ideas for images to go with your post post			



Self-Evaluation Checklist

Did you inform other students about			
		Why identifying your values helps you in your relationships	
		How to manage conflicts in ways that respect others	
		How to tell if a relationship is healthy	
		Common warning signs of an unhealthy relationship	
	П	Suggestions for what to do if you're in an unhealthy relationship	

2



High School Challenges

Name	Date:
Vo	cabulary
	Nervous (adj.) alarmed or anxious
•	Overcome (v.) to deal with, gain control of, or get past something
Warm	-Up
1.	What's one thing that excites you about starting high school?
_	NATIONAL PROPERTY AND ADMINISTRATION OF THE PROPERTY OF THE PR
2.	What's one thing that makes you nervous about starting high school?
Video	1
Wł	nat could the students in the video do to overcome the things they're nervous about?
Video	2
\//k	at are some ways things got better for the students in the video?
VV 1	at the some ways things got better for the stadents in the video.
Discus	s
\ A //	
Wh	o could you go to at your high school if you're feeling nervous or having trouble?



Instructions: Imagine you're finishing your first year of high school. Write a letter to yourself describing:

- Three things that made you nervous about starting high school
- At least three ways to get help
- Why and how things got better for you over time

Sincerely,	