

Assessing My Relationships LE 25

[Relationship Skills & Healthy Relationships](#)

Grade Level Range: Middle School - Adult

To Teachers:

If you have not already done so, please review the Introduction to Teaching Healthy Relationships and Relationship Skills ([Relationship Skills & Healthy Relationships](#)) for suggestions on teaching social-emotional skills, processing learning experiences, applying skills in real-life situations, and assessing, evaluating, and grading SES.

This learning experience is best used after students have completed the Healthy Relationships LE ([Relationship Skills & Healthy Relationships](#)) and Self-Disclosure Circles LE ([Relationship Skills & Healthy Relationships](#)). It is also appropriate to use it if students completed the Trusting & Trustworthy LE ([Relationship Skills & Healthy Relationships](#)) and the My Levels of Trust & Trustworthiness LE ([Relationship Skills & Healthy Relationships](#)). In these learning experiences, students identified the qualities, characteristics, and behaviors of healthy and unhealthy relationships and those that promote and hinder/destroy trust and the willingness to self-disclose and be one's true self with others.

The purpose of this learning experience is to help students understand the extent to which they demonstrate the qualities, characteristics, and behaviors of healthy and unhealthy relationships. In addition, they will understand the extent to which significant others demonstrate these qualities, characteristics, and behaviors and what, if anything, they want to do about these relationships. Students who are dating may use the same process to evaluate the extent to which their dating interest demonstrates these qualities and characteristics and what, if anything, they want to do about that relationship.

Procedure/Directions:

1. Decide or have students decide what qualities, characteristics, and behaviors other than those on the chart should be added. You may decide ahead of time to include additional behaviors and/or edit the existing charts. You may also decide to remove the columns for “People in This Class” (in general) and have students substitute another person’s name.
2. Have students make a list of all the people in their lives with whom they spend time. When their lists are complete, have them rank them according to how much time they spend with them. Suggest that they include at least 2 people they spend significant time with on their charts. Select one person with whom they don’t have the best relationship but with whom they spend time.
3. Point out that they don’t need to write the person’s name in the “Person’s Name” space and can use an initial or a code as long as they remember who the person is.
4. Have students complete the charts.
5. After students have completed both charts, have them answer the questions on the Healthy Relationships Summary.

Follow-Up Learning Experiences: Applying Healthy Relationship Behaviors In Real Life Situations

It is not enough to have students only use skills in class. They must be given opportunities to apply skills in real life outside of class. Using skills in real-life situations, processing the results, and modifying their response is necessary and must be continuous and ongoing.

1. Based on their answers to questions 10 and 11 on the “Healthy Relationships Summary” below, have students develop a goal to work on a quality, characteristic, or behavior of healthy relationships they want to incorporate in their relationships and/or a quality, characteristic, or behavior of unhealthy relationships they wish to eliminate using the My Goals Log LE and the My Goals Log ([SES Projects Module](#)). Using the My Goals Log allows students to change their behavior and develop goals that do not require much analysis or the exploration of alternatives and choices. The My Goals Log can be used to have students develop goals and evaluate their success at the midpoint and again at the end of the project.
2. Have students develop and implement the Healthy Relationships Project ([SES Projects Module](#)) to work on a quality, characteristic, or behavior of healthy relationships they want to incorporate in their relationships and/or a quality, characteristic, or behavior of unhealthy relationships they want to eliminate. The purpose of this project is to facilitate behavior change in ways students have identified as important to them in real-life situations. It is a more extensive project than the My Goals LE. It requires students to monitor their progress over time using self-monitoring charts and making self-assessments of their effort, their progress, and/or the extent to which they completed the project.

Quality, Characteristics, and Behaviors That Promote Healthy Relationships

<u>The Extent To Which Others Demonstrate These Behaviors Towards Me</u>	People in General	Person's Name	Person's Name	Person's Name	People in this class (in general)	<u>The Extent To Which I Demonstrate These Behaviors Towards Others</u>	People in General	Person's Name	Person's Name	Person's Name	People in this class (in general)
Self-Disclosing											
Trusting											
Trustworthy											
Genuine											
Honest											
Communicates Effectively											
Accepting											
Supportive											
Respectful											
<u>List Others</u>											

3 = **Always** can be counted on to behave this way towards...

2 = **Usually** behave this way towards...

1 = **Rarely** behave this way towards...

0 = **Never** behave this way towards...

Quality, Characteristics, and Behaviors That Promote Unhealthy Relationships

<u>The Extent To Which Others Demonstrate These Behaviors Towards Me</u>	People in General	Person's Name	Person's Name	Person's Name	People in this class (in general)	<u>The Extent To Which I Demonstrate These Behaviors Towards Others</u>	People in General	Person's Name	Person's Name	Person's Name	People in this class (in general)
Keep feelings to self.											
Keep the real self hidden.											
Non reciprocation of things about self when others self-disclose.											
Not trusting											
Untrustworthy											
Dishonest											
Communicates Ineffectively											
Judgmental											
Not supportive											
<u>List Others:</u>											

3 = **Always** can be counted on to behave this way towards...

2 = **Usually** behave this way towards...

1 = **Rarely** behave this way towards...

0 = **Never** behave this way towards...

Healthy Relationships Summary

1. What did you learn or relearn about the extent to which others demonstrate healthy relationship behaviors towards you?
2. What did you learn or relearn about the extent to which you demonstrate healthy relationship behaviors toward others?
3. What did you learn or relearn about the extent to which others demonstrate unhealthy relationship behaviors towards you?
4. What did you learn or relearn about the extent to which you demonstrate unhealthy relationship behaviors toward others?

5. What did you learn or relearn about how others in this class (in general) treat you?
6. What did you learn or relearn about how you treat others in this class (in general)?
7. Select two specific people you identified and answer the following questions regarding them:

Person's Name # 1: _____.

- What did you learn or relearn about the way this person treats you?

- What did you learn or relearn about the way you treat this person?

- What is at least one thing you want to do differently in this relationship?

Person's Name # 2:_____.

- What did you learn or relearn about the way this person treats you?

- What did you learn or relearn about the way you treat this person?

- What is at least one thing you want to do differently in this relationship?

8. What qualities, characteristics, and behaviors of healthy relationships do you demonstrate most often in most of your relationships?

9. What qualities, characteristics, and behaviors of unhealthy relationships do you demonstrate most often in most of your relationships?

10. What is one quality, characteristic, or behavior of healthy relationships that you want to work on the most in your relationships?
11. What is one quality, characteristic, or behavior of unhealthy relationships that you want to work on, change, or eliminate in your relationships?