

Austin ISD Human Sexuality and Responsibility

Grade Level: 4

Unit: Human Sexuality and Responsibility

Ground Rules

Classroom safety is crucial. Children feel safer and more at ease when they know the ground rules and see that they are enforced. Just as you set rules for your class at the beginning of the school year, we encourage you to set ground rules, or review ground rules at the onset of this curriculum.

Students will describe or identify:

1. Two classroom ground rules;
2. Two ways rules are kept;
3. A parent(s) or trusted adult to talk to about today's lesson.

Teacher Tip: Review "Guidelines for Discussion" to ensure a safe climate for the discussion of sensitive topics. For questions that teachers don't feel comfortable answering please refer students to talk to a trusted adult.

Use equity practices to solicit responses from all students such as: popsicle sticks, randomizing apps, Think-Pair-Share, talking chips, etc.

Lesson 1: Healthy Relationships

LESSON SUMMARY: Healthy Relationships. Students learn how to successfully navigate changing relationships.

NSES

HR.5.INF.1: Compare positive and negative ways friends and peers can influence relationships.

LESSON OBJECTIVES

Compare how friends and peers can influence relationships.

MATERIALS

Student copies of "A Good Friend (Healthy Relationship) or a Bad Friend (Unhealthy Relationship)?"

Large copy of Signs of Negative Influence table; "Post-it" notes

Paper for the Five Finger Challenge; markers

VOCABULARY

influence: the capacity to effect on the character, development, or behavior of someone or something, or the effect itself.

positive: good and pleasant.

negative: unpleasant, depressing, or harmful.

BEGINNING: Engage (10–15 minutes)

Begin class with a discussion:

What does it mean to be a good friend? Turn and talk to your shoulder partner about traits a good friend has.

Can you give examples of when you were a good friend?

Activity: "A Good Friend (Healthy Relationship) or a Bad Friend (Unhealthy Relationship)"

Directions:

Distribute "A Good Friend (Healthy Relationship) or A Bad Friend (Unhealthy Relationship)" worksheets.

Give students 10 minutes to select and place the sentences under which type of friend it best describes. Share out as a class.

MIDDLE: Explore (20-30 minutes)

Directions:

Show students the video from Storybooth: [I Talked Behind My Best Friend's Back And Betrayed Her](https://www.youtube.com/watch?v=dj0YsxHFbYw)
<https://www.youtube.com/watch?v=dj0YsxHFbYw>

(Make sure you are logged in to your Google account. Click on the blue button- "Sign in".)

Take a few minutes to talk about the video and talk about how the main character changes.

Discuss friendships, how they change and what happens to the narrator.

Based on the discussion, start the conversation about influence.

Have the class come up with a definition of influence and write it on the board.

Friends have a huge influence on our lives—how we feel about ourselves, how we act toward other people and the things we do. Friends can encourage you, inspire you and bring out the best parts of you. Friendships can be tricky, especially when you suspect something's going wrong.

Influences on us can be positive and make us feel good about ourselves. Other times influences can be negative and make us not feel good, strong, or important.

It's not that hard to notice a bad friend. You can tell by how they make you feel.

Group students in teams/tables of four.

Provide students with a stack of "Post-it" notes.

Have each team of students brainstorm responses to the following:

What are some behaviors a friend does that have a negative or bad influence on you?

Students are to:

- Write the team's quick responses on a sheet of paper (3 minutes).
- Review their notes and consolidate any repetitive ideas into one.
- Write each consolidated idea on a single Post-it note (one per idea).
- Select one person to put the team's ideas on a class poster.

As the students post their signs of bad influences, move them around and group them on the **Signs of a Negative Influence** table (see Guiding Key).

As each of the five main influences are discussed, have students share how that would make them feel. Jot down the responses in the second column.

Make sure the five main influences are at least touched upon.

1. They make comments on purpose to make you or other people feel bad.
2. They convince you to get into things you don't want to do or you know are not right.
3. They want everything their way and make all of the choices
4. They get jealous
5. They are destructive.

Share and discuss the six steps students can take to get out of or away from a negative influence.

1. Notice who feels like a bad friend.
2. Realize how this friend makes you feel or what they influence you to do.

3. Ask for help.
4. Talk to your friend.
5. Set boundaries with your friend.
6. If your friend continues to be a bad influence on you, end the relationship.

Have the students write the steps on the back of their “A Good Friend or A Bad Friend?” worksheet
As you go over the steps have student repeat the “You can say...” statements noted on the teacher copy.

END: EVALUATE (10 minutes)

Activities about **Healthy Relationships** have a purpose that may not be apparent to fourth graders. It is important that you provide closure through questioning skills to assess if your students understand the lesson.

Activity: Five Finger Friendship Challenge

Directions:

Guide the students to take the “Five Finger Friendship Challenge.”

Hand out a blank sheet of paper. Across the top of the sheet of paper have student write “What makes me a good friend?” and then trace their hand with a marker in the center.

Instruct students to write on each finger one thing they can do or do better to be a good friend. Since this is their commitment, have them sign their name.



Signs of a Negative Influence

How do they behave?	How does it make you feel?
Make comments on purpose to make you or other people feel bad.	
They convince you to get into things you don't want to do, or you know are not right.	
They want everything their way and make all the choices.	
They get jealous.	
They are destructive.	

A Good Friend or A Bad Friend?

(healthy relationship)

(unhealthy relationship)

What does a good and bad friend do? Read the sentences before and put them on the chart.

...does not share your private things
with others

...won't let you join their group

...tells you who you can be friends with

...refuses to admit they did something
wrong and keeps on doing it

...accepts that you choose your own
friends

...treats you in a nice and kind way

...has good things to say about you to
their friends

...are friends you can count on every
day

...makes you feel accepted and safe

...really wants to hang out with you

...are nice one day and mean the next
day

...works things out with you when there
is a problem

...makes fun of you

...tells your private things to other
people

...makes you feel unaccepted and unsafe

...gossips, spreads rumors, texts or
email hurtful messages



A Good Friend...



A Bad Friend...

A Good Friend or A Bad Friend?

(healthy relationship)

(unhealthy relationship)

KEY

What does a good and bad friend do? Read the sentences before and put them on the chart.

...does not share your private things with others

...won't let you join their group

...tells you who you can be friends with

...refuses to admit they did something wrong and keeps on doing it

...accepts that you choose your own friends

...treats you in a nice and kind way

...has good things to say about you to their friends

...are friends you can count on every day

...makes you feel accepted and safe

...really wants to hang out with you

...are nice one day and mean the next day

...works things out with you when there is a problem

...makes fun of you

...tells your private things to other people

...makes you feel unaccepted and unsafe

...gossips, spreads rumors, texts or email hurtful messages



A Good Friend...

1. makes you feel accepted and safe
2. are friends you can count on every day
3. has good things to say about you to their friends
4. accepts that you choose your own friends
5. really wants to hang out with you
6. works things out with you when there is a problem
7. Keeps your secrets
8. treats you in a nice and kind way



A Bad Friend...

1. makes you feel unaccepted and unsafe
2. are nice one day and mean the next day
3. gossips, spreads rumors, texts or email hurtful messages
4. tells you who you can be friends with
5. won't let you join their group
6. refuses to admit they did something wrong and keeps on doing it
7. tells your secrets to other people
8. makes fun of you

Signs of a Negative Influence

Guiding Key

How do they behave?	How does it make you feel?
<p>They make comments on purpose to make you or other people feel bad.</p> <ul style="list-style-type: none"> criticize disrespectful tease mean gossip or spread rumors talk about your looks or weight make fun of your appearance belittle your opinions get others to think less of you 	<p>sad stupid embarrassed foolish insecure worthless unimportant feel like you don't matter like the "butt" of a joke doubt your opinions and intelligence</p>
<p>They convince you to get into things you don't want to do, or you know are not right. (examples: lying, stealing, cheating, gossiping, making fun of other people, going along with something they are doing that's wrong)</p> <ul style="list-style-type: none"> pressure you manipulate threaten bully 	<p>wrong bad left out if you don't go along guilty scared disappointing (your parents and yourself) conflicted like you're wrong and they're right</p>
<p>They want everything their way and make all the choices.</p> <ul style="list-style-type: none"> selfish conversations are about them want you to stop talking to your other friends because they don't like them borrow your stuff and don't return it want you to give up things you love to spend more time with them boss you around 	<p>...less (popular, attractive, smart, etc.) than them ...like you're putting more time and energy into the friendship ...always doing what your friend wants to do and not the things you want to do ... they only come to you when they need something ... like you always have to spend time with them ... careful about what you do or say so they don't get upset/mad/angry ... feel guilty ...their happiness is more important than yours</p>
<p>They get jealous.</p> <ul style="list-style-type: none"> lie to you lie about you talk behind your back borrow and don't give back destroy your property 	<p>betrayed confused keeping score (who's better)</p>
<p>They are destructive.</p> <ul style="list-style-type: none"> violent hurt (hit, bite, pull hair, knock down, pinch) curse and call you names play rough bully tear, break, scratch or maim your property 	<p>scared hurt pain</p>

***How to Stay Away from Friends Who Are Bad Influences** **Teacher Copy**

1 Notice who feels like a bad friend. Notice who makes you uncomfortable, pressures you to do things you or parents don't agree with or teases you when you don't want to do the things they want to do.

2 Realize how this friend makes you feel or what this friend pressures you to do. You've probably been noticing for a while that this friend has a bad influence on you, but maybe you've been trying to give them more chances. You probably even defend them to your parents or other friends. Take some time to think about how this friend makes you feel:

- Used
- Drained
- Stressed out
- Unsupported
- Trapped
- Guilty for things you've done with the friend

3 Ask for help. If you are having trouble saying "no" to or walking away from a friend who's a bad influence, ask for help from a more trusted friend, your parents, or the school counselor.

4 Talk to your friend. Talking to someone who has upset you or is a bad influence can be hard. By talking to them, you're showing you care about yourself and them. Keep in mind that they may become angry or not understand.

You can say, "I know you're a good person and I know you've been having a hard time since your parents divorced. But I don't want to be around your stealing at school. I feel unsafe when you do that, and I'm worried about you."

5 Set boundaries with your friend.

- Limit the time you spend with that friend
- Express your feelings and needs honestly
- Leave situations where your friend offends you or puts you in danger
- Don't force them to change; that's up to them

6 End the friendship. If your friend continues to be a bad influence on you, end the relationship. Let your friend know that you're ending the friendship not because of who they are as a person, but because of their actions and how they've made you feel.

You can say, "I really care about you, but our friendship isn't working for me. It doesn't seem our interests are the same and I don't feel good about myself in this friendship."