

21st Century Healthy Living Lesson

Grade: 8

Unit: Healthy Relationships

Driving Question: How Do We Successfully Communicate in Relationships?

Curriculum Outcomes:

2.6 identify healthy and unhealthy relationships and demonstrate assertiveness skills to communicate thoughts and feelings within primary relationships

Expected Time:

2 – 60 minute classes

Resources:

- [Screencast](#) – in place of PowerPoint if preferred
- [PowerPoint](#) – file available to download at this site
- [Quote handouts](#) (2 per page, 6 different quotes)
- [Group handout](#) (5 different scenarios – 1 per group)
- Class set of iPads, netbooks or computers. Could also use student's own devices if possible

Lesson Procedure

21st century skills

Teacher does (I Do):

Open class with a [PollEverywhere](#) open-ended question asking, "Who do you have a relationship with right now?" Answers should include people like parents, siblings, friends, teachers, coaches, maybe a boyfriend or girlfriend, etc. Have a discussion where you make it clear that we have many relationships and we need to communicate effectively to maintain those relationships. Show class the PowerPoint on the 3 V's of Communication and how technology is changing our abilities to communicate effectively. You could also use the [screencast](#) in place of the PowerPoint.

- find, validate
- remember, understand
- collaborate, communicate
- analyze, synthesize
- critical thinking
- evaluate, leverage
- create, publish
- citizenship

Individual student work (You Do):

Give students one of the six quotes on the set of [quote handouts](#). Give them a few minutes to read and write their response to what they feel the quote means.

- find, validate
- remember, understand
- collaborate, communicate
- analyze, synthesize
- critical thinking
- evaluate, leverage

	<input type="checkbox"/> create, publish <input checked="" type="checkbox"/> citizenship
<p>Group work (We Do):</p> <p>Have groups students come together to discuss the quotes. These can be mixed groups so they have different quotes to discuss. When finished, hand out the group activity and review instructions. Tell class they will be creating videos of their scenarios to show how to communicate effectively in each situation. They can use iMovie or another app preferred for filming.</p>	<input type="checkbox"/> find, validate <input type="checkbox"/> remember, understand <input checked="" type="checkbox"/> collaborate, communicate <input checked="" type="checkbox"/> analyze, synthesize <input checked="" type="checkbox"/> critical thinking <input type="checkbox"/> evaluate, leverage <input checked="" type="checkbox"/> create, publish <input checked="" type="checkbox"/> citizenship
<p>Class share (We Share):</p> <p>Have 2-3 groups present their videos and have a class discussion about what others would have done in the situation. This can include examples of what not to do to reinforce positive, assertive communication.</p>	<input type="checkbox"/> find, validate <input type="checkbox"/> remember, understand <input checked="" type="checkbox"/> collaborate, communicate <input type="checkbox"/> analyze, synthesize <input checked="" type="checkbox"/> critical thinking <input type="checkbox"/> evaluate, leverage <input type="checkbox"/> create, publish <input checked="" type="checkbox"/> citizenship
<p>Lesson Wrap Up:</p> <p>Have students hand in quote response, script, video and poor communication examples. Thank everyone for their work.</p>	
<p>Differentiation/Modification/Enrichment:</p> <ul style="list-style-type: none"> • Pair students who need support with stronger students 	
<p>Assessment:</p> <ul style="list-style-type: none"> • Record quote responses in Power School as a formative assessment for completion. • Grade scripts and videos on a 1-4 grading scale based on the students' abilities to show assertive skills when communicating and record in Power School. 	
<p>Teacher Reflection:</p>	