

# Unit 2-3k L.E.A.D.-Bonding and Relationships

Content Area: **P.E. & Health**  
Course(s): **Health 5**  
Time Period: **MP2-3**  
Length: **Day 5**  
Status: **Published**

## Essential Questions

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- How are healthy and unhealthy friendship qualities similar and different?
- How can you be compassionate and empathetic towards others?
- What are the benefits of belonging to a positive peer group?

## Big Ideas

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- Bonding with pro-social others fosters belonging and connectedness, mitigating the impact of risk factors on behavior. Peer selection skills, including the ability to make and maintain positive friendships, is a critical protective factor.
- Children surrounded with positive peer influences make more responsible, less-risky choices and are more likely to reach their goals.

## Enduring Understandings

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### 2.4 Human Relationships and Sexuality

#### A. Relationships

2.4.6.A.2 Analyze the characteristics of healthy friendships and other relationships.

2.4.6.A.3 Examine the types of relationships adolescents may experience.

## Resources

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- *Too Good for Drugs* Lesson 5: Bonding and Relationships