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

- 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

- 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

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

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