

CHAPTER 1: Relationships and Self-Awareness



UNIT 1: Responsible Behavior

Positive Choices is a class about healthy relationships.

Relationships are part of life. You have many relationships now and will have more in the future.

If you think about your relationships, you make better choices. *Positive Choices* will help you to be safe and happy in all your relationships.

Some people are shy talking about relationships. The teacher will help each student feel safe. Everyone always has the right to be safe.



Making *Positive Choices* about relationships is part of becoming a responsible adult.

Rule # 1: The Respect Rule

Respect means showing I care about myself and other people. Respect is important in any healthy relationship.



How will I show that I respect *myself* in this class?



How will I show that I respect *others* in this class?



Make a classroom poster listing all your ideas for showing respect.

Rule # 2: The Confidentiality Rule

Confidentiality means keeping personal information private.

You have the right to feel safe. You have the right to talk and ask questions. No one will share what you say with other students, other teachers, other staff, your parents or guardians, or anyone else, without your permission. What you share here stays here!

Confidentiality does not mean our class is a secret. This class is part of your education.

You may talk to your parents or someone else you trust about what you learn. But don't tell anyone the personal information that other students share in this class.



What does confidentiality mean to you? Why is it important?



What is the difference between *general* and *personal* information?



What will happen if someone breaks the confidentiality rule?

Rule # 3: The Hurt Rule

The Hurt Rule means the teacher must **tell** about any kind of hurt. It is a law.

Information cannot be kept confidential if a student shares that they:

- are hurt
- have been hurt
- are afraid of being hurt
- have hurt themselves
- plan to hurt themselves or another person

All students have the right to be safe. If a student does not feel safe, they should talk with a trusted person, like a parent or teacher. That person must tell other people who can help. This is a law so that every student can be safe and get help if needed.



Imagine you know someone named Tanya. Tanya tells you that she uses a razor to make cuts on her arms and legs when she is upset. Tanya says you must swear to keep it a secret. What should you do?

Student Contract

Consent means to agree, to say yes, to give permission.

Sign your name below to show that you consent to the 3 rules of this class.

Student Consent

1. I will show respect for myself and others in this class.
2. I will respect the confidentiality of other students. I will not talk about personal information they share with anyone outside of class without permission.
3. I understand my teacher must tell if I share that I have hurt myself, that I plan to hurt myself or another person, that I have been hurt by someone else, or that I am afraid I might be hurt by someone else.

Student Signature:

Date:

STUDENT ASSIGNMENT 1: Responsible Behavior Rules

Directions: Write the correct rule under it's definition. The rules are:

Respect

Confidentiality

Hurt

Consent

1. The teacher must tell about any kind of hurt.

2. Showing I care about myself and other people.

3. I agree, I say yes, I give permission.

4. I keep personal information private.
