

Teen Health Course 3 Chapter 6 Social Health

VIDEO SUMMARY

In the video, you saw an example of an unhealthy relationship between Marla and Ritchie. Ritchie tries to control everything that Marla does, and he has even hurt Marla physically in the past. Marla's friends are concerned for her safety, and they urge her to end the unhealthy relationship right away. Marla is faced with a very difficult choice, but she must consider her own safety and well-being when making her decision.

[Click here to watch video; 00:06:29](#)



Discussion Questions

1. What are some of the signs that Marla and Ritchie's relationship is unhealthy?
Ritchie is possessive and controlling; Ritchie physically abuses Marla
2. How does an unhealthy relationship affect Marla's physical and emotional well-being?
Marla is afraid of Ritchie's anger; she feels helpless; Ritchie has physically hurt Marla in the past.
3. What roles do you play in your relationships? What are some of the responsibilities associated with these roles?
Answers will vary.

Activity

OBJECTIVE

Students will write advice columns to demonstrate their understanding of healthy and unhealthy relationships.

Skill Summary: Practicing Healthful Behaviors; Decision Making; Communication

MATERIALS

- Paper & pencil

PROCEDURES

1. Have students work independently to write letters that describe a common relationship scenario or question. Letters should be formatted as submissions to an advice column.
2. Collect and randomly redistribute letters. Ask students to respond to the letters and offer relationship advice. Responses should demonstrate a clear understanding of the skills needed to build strong, healthy relationships.

EXTENSION

Ask students to include links to online resources in their responses. If possible, publish your class advice column in the school paper or newsletter.

WEB LINKS

- Physical abuse is just one way in which a relationship can be unhealthy. Learn about other types of unhealthy relationships at KidsHealth.org
- Chat about relationships with teen counselors at teenrelationships.org



Go to Fitness Zone Online for additional [fitness activities](#), [videos](#), and [podcasts](#).

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VIDEO SUMMARY

In the video, you saw an example of an unhealthy relationship between Marla and Ritchie. Ritchie tries to control Marla, telling her what to wear and who to talk to. Ritchie has even hurt Marla physically in the past. Marla's friends are concerned for her safety, and they urge her to end the unhealthy relationship right away. Marla is faced with a very difficult choice, but she has to consider her safety and well-being when making her decision.

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After you have watched the video, write your responses to these questions.

1. What are some of the signs that Marla and Ritchie's relationship is unhealthy?

2. How does an unhealthy relationship affect Marla's physical and emotional well-being?

3. What roles do you play in your relationships? What are some of the responsibilities associated with these roles?
