

Lesson Plan

Class: Psychology of Sex

Unit 2: Healthy vs. Unhealthy Relationships

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Goal

This lecture is intended to explain the different traits associated with healthy and unhealthy relationships including, but not limited to, trust and effectively managing conflict, assessing adaptive versus maladaptive communication habits, the different types of love and which is romanticized by film media (e.g., television shows and movies), forms of gaining control (e.g., jealousy, manipulation, possessiveness etc.), and common toxic relationship habits that have been generalized into being associated with normalcy.

Objectives

By the end of the lecture students should understand the basics of:

- i. Aspects of a healthy versus unhealthy relationship.
 - a. E.g., trust and effectively managing conflict versus forms of gaining control.
- ii. Adaptive versus maladaptive communication skills.
- iii. Different types of love.
- iv. How to assess and avoid common toxic traits associated with normalcy.
- v. Be able to apply learned objectives when evaluating scenarios presented in class.

Activities

The activities associated with the lesson plan consist of:

- i. One true or false question
- ii. Relationship quiz (middle of lecture)
- iii. Applying learned knowledge in assessment of 2 or 3 different scenarios, and
- iv. Group discussions on assessments, why do they think sexual orientation has an effect on dating site/app usage, in what ways do you believe consent changes as relationships develop from the dating stage to being long-term, and which skills learned do they think will be most beneficial to them in the future.

Duration ≈ 25 minutes total

Slide one: “Healthy vs Unhealthy Relationship Introduction” ≈ 8 seconds

Slide two: “What is Love” \approx 1 minute and 27 seconds

Ask question about “what is love?” and give 10 seconds for response from students \approx 13 seconds

Explain Romantic love \approx 40 seconds

Explain Companionate love \approx 35 seconds

Slides three and four: “Aspects of a Healthy Relationship” \approx 4 minutes 10 seconds

Mutual Respect – Effectively Managing Conflict \approx 3 minutes and 20 seconds

Being a role model – Affection \approx 50 seconds

Slide five: “Let’s Talk Communication” \approx 1 minute 22 seconds

Fact about long term relationships \approx 35 seconds

Definition \approx 22 seconds

True or false and give 5 seconds for an answer \approx 25 seconds

Slide six: “Types of Communication” \approx 2 minutes and 28 seconds

Nonverbal and giving 10 seconds to decipher “sending flowers” \approx 55 seconds

Consent \approx 28 seconds

“First move” question \approx 5 second wait before revealing answer

Computer Mediated \approx 1 minute

Slide seven: “Online Dating Statistics” \approx 1 minute and 40 seconds

Explanation and 5 second pause (2x) for “experimental v. non” and “what kind of study?” \approx 52 seconds

Stats \approx 30 seconds

Sexual Orientation \approx 50 seconds

Link \approx 8 seconds

Slide eight and nine: “Effective Communication” \approx 2 minutes and 4 seconds

Self-disclosure and 10 seconds to ask “self-disclosure question” \approx 52 seconds

Asking for what you need \approx 1 minute and 52 seconds

Slide ten: “Gottman Relationship quiz” \approx 2 minutes and 20 seconds

Introduction \approx 10 seconds

2 minutes to answer questions

After questions \approx 10 seconds

May call on people to explain why they feel this way.

Slide 11: “Nonconstructive Communication” \approx 1 minute 39 seconds

Generalization \approx 30 seconds

Name Calling \approx 10 seconds

Bringing up old arguments \approx 23 seconds

Overkill and 10 seconds to answer, “what is this?” \approx 36 seconds

Slide 12: “Communication Bible” \approx 42 seconds

Slide 13: “Aspects of an Unhealthy Relationship” \approx 2 minutes and 28 seconds

Jealousy \approx 1 minute and 11 seconds

Possessiveness \approx 24 seconds

Dependency \approx 45 seconds

Sexual Violence \approx 8 seconds

Dishonesty \approx 20 seconds

Manipulation and 10 seconds (2x) to answer questions about the reading \approx 28 seconds

Disrespect and Verbal Abuse \approx 30 seconds

Slide 14: “Quick involvement” \approx 25 seconds

Slide 15: “Controlling Behavior” \approx 22 Seconds

Slide 16: “Blaming others for their feelings” \approx 23 Seconds

Slide 17: “Toxic traits people think are normal” \approx 2 minutes

This is a question slide that will be used to evaluate if the class did one of the readings. It is also used as a quick reminder so that students can have the information quickly accessible for the review of the discussion scenarios.

UTA Group Discussion \approx Give 20-25 minutes

Class Activity: Starts at 4:00pm \approx 13 minutes

Scenario 1 \approx 5 minutes

Scenario 2 \approx 3 minutes

Scenario 3 \approx 3 minutes