



Relationships aren't healthy by default: healthy relationships are actively built using a variety of skills. Two of the most important skills, especially as kids begin to explore romantic relationships with others, are vulnerability and effective communication. Vulnerability means taking a risk — it can be physical or emotional — without knowing what the outcome will be. Doing this requires courage and trust, but without vulnerability, it's nearly impossible to build authentic intimate connections with other people. Effective communication is just as important: expressing curiosity, choosing words carefully, sharing and listening are cornerstones of healthy relationships. Mastering these skills takes practice, but the effort is well worth it because they apply to *all* kinds of relationships, throughout life.

Learning Objectives for Healthy Relationships and Intimacy Lesson:

- Identify the keys to positive communication
- Recognize the need for human connection
- Understand the building blocks of intimacy