After watching the video *Exploring Healthy Relationships* and participating in the class discussion and activities described in this Teacher’s Resource Book, your students will be able to:

- outline the four keys to any healthy relationship
- understand how their relationships with their parents influence all other relationships
- define the meaning of mutual respect in a relationship
- identify the positive and negative aspects of their relationships at home
- discuss how their sibling relationships contribute to their growth and development
- gain skills in setting appropriate boundaries in a relationship
- consider how trust influences the quality of a relationship
- recognize the importance of open communication in a relationship