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Lesson 1 2

Goals

- Consider the challenges of relationships today.
- Explore how relationships affect many areas of life.
- Create a personal relationship vision (hopes, dreams, expectations, goals, etc.) and an understanding that this vision is like a blueprint to our future relationships—we are building winning relationships.
- Become aware that a body of research-based knowledge and skills to inform good decision-making and healthy relationship formation exists and they'll be learning it in this program.

Lesson at a Glance

1.1 **Relationships Today** (20 minutes)
Activity: Relationships Today

1.2 **Defining a Vision** (5 minutes)
Activity: Vision Building

1.3 **Choosing Reds or Greens?** (10 minutes)
Activity: Red or Green Demonstration

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