

Lesson 1: No One Stands Alone

As a Human Person, I relate with Others

No human person is an island unto himself/herself; he/she needs to relate with those around him/her for growth and survival. Human Beings find their fulfillment by creating a network of multiple relationships in this world.

Relationship, like friendship, is a valuable gift. You are a gift to the other person; as the other is a gift to you. Friendship is freely given and received.

No One Stands Alone is a lesson that brings to awareness the deeper nature of human connectedness. It works towards helping students understand the value of having and being with others in life; the differences between a life in communion with others and a life in complete isolation.

Lesson 2: I Am Wired

You and I grow together with others in good and meaningful communication.

Good communication is vital in human interaction; it takes time and effort; it requires respect, care and sensitivity to the needs of others. Good communication enriches and strengthens relationships while poor communication leads to misunderstanding, conflicts and tensions in relationships.

I Am Wired helps students understand that communication takes place in many different forms – words, facial expressions, body language, touch and tone of voices. Silence is also a form of communication. Through role play and survey activities, students share about their experiences of relating with others.

Lesson 3: Healthy Relationships

Good relationships help me grow fully.

As adolescents it is very important to be able to identify and create healthy relationships with others. It is also important to understand that self-awareness and respect for oneself are important foundations for healthy relationships. Every relationship should bring about growth, and greater goodness in my life and in the lives of others.

Healthy Relationships invites students to explore approaches and skills necessary to foster healthy, meaningful and lasting relationships. The lesson activities strengthen students' awareness of how one's feelings and views influence relationships. Through music and reflection students are able to increase their level of comfort with who they are and begin to accept themselves more fully.