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| Teacher: | Subject/Grade: 12th |
| Objective/Standard: To explain what healthy friendships are and why they are important | Materials: paper, writing utensil |
| Length of Lesson:1.5 hr | Goal: To teach the importance of healthy friendships |

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| Engage: Ask the students to think about a time that a friend helped them in some way recently. |
| *Explore:* Have students find an article that discusses the benefits that having friends can give. Have them summarize their articles. |
| Explain: Explain some of the scientific explanations behind the benefits of friends. Be sure to tie in the intuitive truths they might already know and use these to explain the science explanations. Discuss healthy and unhealthy ways of expressing friendship. |
| Elaborate: Have students design an actionable plans for themselves, about how they can be a healthy friend to another person, and what they can do if someone is being an unhealthy friend to them. Although help is encouraged, make sure that each student is creating their own plan, as opposed to being told what to write. |
| Evaluate: Did the students complete their actionable plans? Perhaps you can give a multiple choice questionnaire with some scenarios, and ask students to identify the healthy and unhealthy ones. |

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