Ages 11-14: Healthy Habits

Materials Needed for Each Student Healthy Habits 1&2, pen or pencil

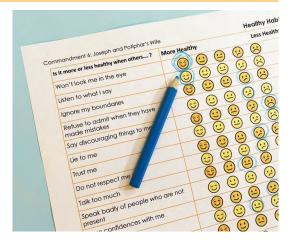
Prepare in Advance Print *Healthy Habits 1&2*.

New Church Concept Teacher Background

In the natural sense the sixth commandment, means not only to behave licentiously, but also to engage in obscene acts, to speak lasciviously, and to entertain filthy thoughts. In the spiritual sense it means to adulterate the Word's goods and falsify its truths. And in the highest sense to commit adultery means to deny the Lord's Divinity and profane the Word. These are all forms of adultery. See Doctrine of Life 74

In so far as people shun evils, so far do they will good actions. Evil and good are opposites. Evils come from hell, and what is good from heaven. So to the extent that hell, that is, evil, is removed, to that extent heaven approaches and so far does a person have good in view. In so far as anyone does not wish to commit adultery, so far does he wish to live chastely with his wife. See True Christian Religion 330

Establishing healthy relationship habits and personal boundaries is a wonderful way to prepare for protecting a future marriage. Since it is often easier to identify behaviors in others than in ourselves, students will first evaluate whether ways others treat them are more or less healthy. Then they will think about how they act themselves. Once students have ranked behaviors, discuss choices and healthy boundaries.



- 1. Everything we do now establishes the basis for what we do in the future. The Lord created us to enjoy the blessing of marriage to eternity. It is important for partners to protect marriage by caring for their partner and looking out for times when they need to adjust their actions to find even greater blessing.
- 2. Give each student a copy of *Healthy Habits*. Read the behaviors and circle the face that you think shows whether this is a more or a less healthy habit.
- 3. When you have finished, discuss answers. Be prepared to defend your choices, and to question others' choices too! Here are a few discussion prompts.
 - Has this happened to you, or to anyone you know?
 - How did you handle this?
 - How did that make you feel?

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- What made (or could make) this situation better?
- What might you say to your friend?
- What would you change next time this happened?

New Church Concept Teacher Background

Evil loves falsity and wants to be one with it, so that they become joined. Likewise good loves truth and wants to be one with it, so that they become joined. Just as the spiritual source of marriage is the marriage of good and truth, so the spiritual source of adultery is the pairing of evil and falsity. That is why this pairing is meant in the spiritual sense of the Word by adultery. This principle ensures that anyone in a state of evil who marries falsity, and anyone in a state of falsity who takes evil to share his bed, by forming such a compact strengthens his attitude in favor of adultery, and he commits it so far as he dares and can. The reverse is also true: anyone in a state of good who marries truth or anyone in a state of truth who takes good to share his bed, sets himself against adultery and in favor of marriage, and embraces a blessed married life. See *Conjugial Love* 428

Is it more or less healthy when others ?	More Healthy		Less Healthy
Won't look me in the eye	© U		
Listen to what I say	© U		
Ignore my boundaries	© U		
Refuse to admit when they have made mistakes	© <u>U</u>		
Say discouraging things to me	© U		
Lie to me	© <u>U</u>		
Trust me	© U		
Do not respect me	© <u>U</u>		
Talk too much	© U	<u>••</u> •	
Speak badly of people who are not present	© U		
Share confidences with me	© <u>U</u>	<u></u> (2	
Dress immodestly	© U	<u>••</u> •	• (3)
Try to bully me into doing something I do not want to do	© U	<u></u> (2	
Speak for me	© <u>U</u>		
Speak forcefully (i.e. shout or beg)	© U		
Insist on getting their way	© U		
Say I'm not listening to them	6 (1)		
Criticize me	69 (4)		
Won't accept responsibility for their actions	© U		
Speak honestly	60 0		
Fear I'll reject them if they say 'no'	69 (1)		

Is it more or less healthy when I?	More Healthy		Less Healthy
Look others in the eye	© <u>U</u> (· · · ·	
Listen to what others say	© <u>U</u> (
Respect others' boundaries	© <u>U</u> (
Admit when I have made mistakes	© <u>U</u> (
Offer others encouragement	© <u>U</u> (\odot
Communicate truthfully	© <u>U</u> (
Distrust others	© <u>U</u> <u>E</u>		
Speak for others	© <u>U</u> <u>E</u>		
Talk too much	© <u>U</u> <u>E</u>		
Speak badly of people who are not present			
Keep confidences	© <u>U</u> <u>E</u>		
Dress with modesty in mind	© <u>U</u> <u>E</u>		
Care more about what others think than listening to my conscience	© <u>U</u> <u>E</u>		
Respect others	© <u>U</u> <u>E</u>		
Use a steady tone of voice (i.e. not shout or beg)	© <u>U</u> <u>E</u>		
Exercise give-and-take	© <u>U</u> <u>E</u>		
Show that I feel listened to			
Criticize others	© <u>U</u> (
Accept responsibility for my actions			
Fear rejection if others say 'no'	© <u>U</u> (
Feel safe expressing my opinions	© <u>U</u> (