

CWK Marriage and Family:

Spotlight Marriage and Relationships

Lesson Title: Entering Adulthood

Grade Level: High School

Extension for: SEL Spotlight High School

Topic: Marriage and Family Project: Entering Adulthood and Intimate Relationships

Essential Question: What should be expected in an intimate relationship as an adolescent enters adulthood?

Materials and Preparation

- Preview film short “Early Adulthood Part 1”
- Index cards (either 3 x 5 or 4 x 6)
- Writing utensils

Procedures

Review and restate session norms. These should remind students how to interact and communicate respectfully. The topic involves intimate relationships and should be discussed appropriately. Essential question should be prominently displayed.

[2-3 minutes]

Activity 1

Watch the CWK documentary film clip “Early Adulthood” Part 1.



[10 minutes]

Activity 2

Individual Reflection

Ask students the following questions. Give students time to think and possibly write down some answers or thoughts.

- In the film the Lauren discusses that while she felt prepared for adulthood, it is often stressful. What are some examples she mentions of stresses of adulthood?
- Lauren says that dating is different as an adult than it was in high school. How is it different?
- Lauren talks about marriage in the future but is not in any rush to get involved in a serious relationship. How do intimate relationships fit in with young adulthood?

After students have reflected, have them share some thoughts. You may wish to read students' comments aloud to the group to keep the comment anonymous and less emotionally charged.

[10 minutes]

Activity 3

Group Activity

Using your knowledge of students in the group, place students in groups of 2, 3 or 4. Give each group index cards and writing utensils

Over the years there have been several television shows that featured either single people or couples who had recently been married. Most of these shows focused on entertainment not quality relationships. The people in the film we looked at discussed that dating and relationships are different when we become adults. There are other factors in life, meeting people is different. Suppose you could interview a potential intimate partner, what questions would you ask?

In their groups ask students to come up with several questions that they think would be good to ask someone to determine if the person would be a good potential intimate partner. Have groups write their questions on the cards provided.

After groups have completed their cards, have each group share their questions by asking the questions to the entire group. Allow students to assess the questions and talk about potential answers that could be helpful or even raise concerns. Provide feedback and encourage positive feedback from all group members.

[20-30 minutes]

Conclusion:

Debriefing questions.

- What are some things you should consider as you enter intimate relationships in adulthood?
- Do you think relationships are easier to maintain among adults? Why or why not?

