

**Lesson:**  
**He Loves Me, He Loves Me  
Not**

**Length of lesson:**  
**20 Minutes**

**Materials:**

- **Markers**
- **Pre-cut Large Flower Pedals**
- **Tape or Thumbtacks**
- **Optional: Flower seeds, soil, planting cups**

**Discussion Summary:**

To a young, impressionable mind, love can look like many things. In order to keep the girls safe and healthy, it is important to explain how love should look. It shouldn't be possessive or controlling but kind and understanding. Guide the girls into recognizing and understanding the components of a healthy relationship.

**Discussion Questions:**

- **What are some qualities of a healthy relationship?**
- **What are some warning signs that a relationship is not healthy?**

**1.** Tell the group we are

talking about healthy relationships. Ask the girls to raise their hand and suggest a quality that is important to a healthy relationship. For example, trust and communication.

**2.** Ask the group what a sunflower or a daisy would look like without the petals? The facilitator can then explain that when all of the petals are intact, the flower is whole and that like a daisy, positive situations/qualities in our relationships help to keep our relationships healthy and also to make us feel good about ourselves.

**3.** Re-direct the girl's attention back to the petals of the daisy. Ask the group to give their opinion of what each petal should bring to the relationship to make the flower flourish.

**4.** Conclude by returning to the flower analogy that similar to a daisy that is strong when all of its petals are intact, a healthy relationship is strong and intact when it is made up of positive qualities and situations that make us feel good about ourselves.

**Optional**

**5.** To take this activity a step further, bring flower seed, soil, and small cups for the girls to plant and grow their own flower. Explain that any relationships take care, work, and love to grow.

