

Healthy Relationships: A Soundtrack

Name: _____

Music is one of the most powerful tools for communication of emotions. Your preferences for certain types of music can shape how you feel, and vice versa. Many pieces of music connect to relationships of all kinds - romantic, friendship, family...

You are going to identify **four** pieces of music (likely songs, since they have lyrics!) that represent healthy relationships, and **one** that represents unhealthy relationships.

Example:

Title: Just the Way You Are

Artist: Bruno Mars

Lyric Selection: *“When I see your face, there’s not a thing I would change ‘cause you’re amazing, just the way you are” and “You know I’d never ask you to change”*

Explanation (How does this lyric selection demonstrate either a healthy or unhealthy relationship?): People in healthy relationships don’t try to change who their loved one is. They appreciate that person because of their characteristics, experiences, and features of their personality - not in spite of them.

Before we start... What makes a relationship healthy or unhealthy?

<i>Healthy</i>	<i>Unhealthy</i>

Healthy Relationship Example #1:

<i>Title</i>	
<i>Artist</i>	
<i>Lyric Selection</i>	
<i>Explanation</i>	

Healthy Relationship Example #2:

<i>Title</i>	
<i>Artist</i>	
<i>Lyric Selection</i>	
<i>Explanation</i>	

Healthy Relationship Example #3:

<i>Title</i>	
<i>Artist</i>	
<i>Lyric Selection</i>	
<i>Explanation</i>	

Healthy Relationship Example #4:

<i>Title</i>	
<i>Artist</i>	
<i>Lyric Selection</i>	
<i>Explanation</i>	

Unhealthy Relationship Example:

<i>Title</i>	
<i>Artist</i>	
<i>Lyric Selection</i>	
<i>Explanation</i>	

How does the music you listen to shape the way you see the world?