



Teacher's Guide

Healthy Relationships & Communication - Upper-intermediate (B2-C1)

Canva Presentation Link: [Healthy Relationships & Communication](#)

Editable Presentation Link: [Healthy Relationships & Communication](#)

Editable Worksheet Link: [Student Worksheet: Healthy Relationships & Communication](#)

Warm-up

Part 1. Students discuss the questions.

Part 2. Students look at the photos and discuss the questions.

Vocabulary & speaking

Part 1. Students read the dialogues and discuss the meaning of the expression in bold. Then students say whether they agree with what they read.

Mutual respect - treating each other fairly and valuing one another's feelings, needs, and opinions

Open communication - talking honestly and clearly about thoughts, concerns, and emotions

Emotional intimacy - feeling close enough to someone to share personal thoughts and feelings safely

Set boundaries - decide and communicate what is acceptable for your wellbeing, time, and energy

Active listening - giving someone your full attention and showing that you understand what they are saying

Trust issues - finding it difficult to trust others because of past experiences or disappointments

Emotional availability - being open to sharing emotions and connecting with others on a deeper level

Conflict resolution - handling disagreements calmly and finding a healthy solution together

Part 2. Students choose the most appropriate expression from the list and explain why.

Students may interpret the situations differently, but suggested answers are:

1. **Mutual respect**

Short reason: They value each other's opinions and treat one another fairly, even when they see things differently.

2. **Open communication**

Short reason: They can talk honestly without judgement.

3. **Active listening (lack of)**

Short reason: Checking the phone shows they are *not* giving full attention.

4. **Emotional availability (lack of)**

Short reason: One person shares deeply, but the other cannot respond emotionally.

5. **Set boundaries**

Short reason: Saying yes to everything leads to overwhelm; boundaries are needed.

6. **Conflict resolution**

Short reason: They disagree but can fix problems in a healthy way.

7. **Trust issues**

Short reason: A new partner finds it hard to trust because of past experiences.

8. **Emotional intimacy**

Short reason: They can talk about vulnerable things and feel close as a result.

Part 3. Students complete the sentences with their own ideas.

Part 4. Students read the dialogues and discuss the meaning of the phrasal verbs in bold. Then students discuss which of these behaviours they see most often and which ones they find difficult.

Shut down – become unresponsive in a conversation

Open up – share personal thoughts or feelings

Drift apart – slowly become less close over time

Bring up – introduce a topic

Talk something over – discuss something to reach clarity

Fall out – argue and stop being close

Make up – repair the relationship after a disagreement

Back down – stop defending your position

Part 5. Students complete the sentences with their own ideas.

Part 6. Students read the short situations and identify the idiom that matches.

Answer key:

1. **Bury the hatchet** – They forgave each other.
2. **Hit it off** – Instant natural connection.
3. **A shoulder to cry on** – Someone supportive in difficult times.
4. **Sweep something under the rug** – Avoiding the problem.
5. **Speak from the heart** – Sharing true feelings honestly.
6. **See eye to eye** – Agreeing on most things.

Part 7. Students discuss the questions using the idioms.

Reflection

Students finish the sentences with their own ideas.