



A 7-12 Lesson on Building Relationships, Creating Trust, and Growing Through Others



Introduction for the Facilitator

This lesson helps students explore the professional and personal impact of **human connection**, which is building authentic relationships with people who inspire, challenge, and support us.

For many teens, connection can feel complicated. They're navigating independence, identity, social pressure, and digital distraction. But what never changes is the human need to **be seen, heard, and valued**—and the power of building that connection with others.

This lesson reframes connection as a skill that can be developed through **empathy, communication, consistency, and kindness**. It becomes part of a student's **personal competitive advantage**, shaping how they're seen, how they grow, and what kind of **lifestyle** they create.

This lesson includes:

- A Real-World Scenario that brings connection into focus
- 8 Group Discussion Questions with follow-ups
- 8 Journal Prompts (draw or write)
- 10 relevant Activities for middle and high schoolers
- A printable Worksheet for self-awareness and action planning



Real-Life Scenario

You've been in school with the same people for years. You say hi. You sit near them. But do they really know you? Do you really know them?

In your mind, you keep your ideas to yourself. You've got opinions, talents, even stories—but you keep them quiet.

One day, during a group project, someone asks:
"Wait...you write music?"

They start asking questions. Someone else chimes in.
You feel seen.

The next week, that same student says, "I started writing lyrics. Want to help?"

Suddenly, something new starts. A spark. A collaboration. A connection.

Human connection isn't about being popular. It's about being *present* and being real.



Group Discussion Questions

1. What does human connection mean to you?

Follow-up: How do you know when a connection is real and not just surface-level?

2. What makes it hard to connect with others sometimes?

Follow-up: What fears or habits get in the way?

3. How does connecting with others help us grow?

Follow-up: Can someone else's strength become part of your story?

4. How do we tell the difference between a healthy connection and a draining one?

Follow-up: What boundaries protect your energy and goals?

5. What role does listening play in creating connection?

Follow-up: How does it feel to be truly heard?

6. What are some small steps you can take to strengthen your current relationships?

Follow-up: Who would benefit from more of your attention or support?

7. How does human connection build your personal competitive advantage?

Follow-up: How can connection help you reach opportunities you couldn't reach alone?

8. What kind of lifestyle do you want to live?

Follow-up: What kind of people do you want in that life, and how will you build those relationships?



Journal Prompts

(Students can write or draw their responses depending on learning style or preference.)

1. **Write or draw about someone you connected with recently. How did it start, and how did it feel?**
2. **What kind of relationships help you feel most like yourself? Why?**
3. **Who's someone you'd like to get to know better? What's stopping you?**
4. **Describe or illustrate a time when someone supported you emotionally or mentally. How did it change things for you?**
5. **Write or sketch a moment when you felt unseen. What did you need that you didn't get?**
6. **How does human connection relate to your future goals and plans?**
7. **What strengths do you bring to relationships that others might benefit from?**
8. **How can connecting with others help grow your personal competitive advantage?**



Activities

1. **Connection Chain Reaction**
Students pair up and complete a “get deeper” interview challenge, beyond basics like name and grade. They then share one surprising thing they learned about someone.
2. **Social Map Mapping**
Students create a network map of people who currently support, inspire, or challenge them. Reflect on gaps or new bridges to build.
3. **Silent Support Wall**
Create a wall where students anonymously write kind observations about peers, such as “I admire how you...” “I noticed you...” “You helped me when...”
4. **Digital Detox Challenge**
For one day or period, students avoid digital communication and practice in-person conversation. Reflect on what they noticed.
5. **Active Listening Lab**
In pairs, students practice listening without interrupting, then summarize the other's story. Switch roles and reflect on how it felt to be heard.
6. **Conversation Cards Remix**
Give students deeper connection prompts (e.g., “What's something about you that most people don't know?”). Facilitate brave-but-safe discussion groups.
7. **Connection Currency**
In small teams, students brainstorm how connection helps in school, college apps, jobs, and emotional health. Create a visual that shows its “value.”
8. **Values Match-Up**
Students identify their top 5 values. Then circulate to find people who share similar values and discuss how that shapes connection.
9. **The Compliment Challenge**
Over a week, challenge students to give meaningful compliments that are specific, sincere, and unrelated to appearance.
10. **Your People Plan**
Each student chooses one person they'd like to grow a stronger connection with and writes a mini action plan.



2: THE POWER OF HUMAN CONNECTION

Worksheet

My Human Connection Blueprint

Name: _____

Helpful Words:

- **Human Connection** = making other people feel seen, heard, and important
- **Lifestyle Goal** = the kind of life I want to live
- **Personal Competitive Advantage** = my special strengths and habits that help me grow

Directions:

Answer honestly. **Draw, write, or reflect,** however feels right.

Use the back of this sheet if you need more space.

1. Someone I feel deeply connected to is:

2. One relationship I'd like to grow stronger is with:

3. A small step I can take to connect more deeply is:

4. A time someone supported me when I needed it was:

5. One strength I bring to relationships is:

6. Connection helps me grow my personal competitive advantage by:

7. This is how connecting with others supports the lifestyle I want to live: