### Nutritional Impact

**Artist:**

**Song title:**

**Serving Size:**

**Min:**

**Sec:**

<table>
<thead>
<tr>
<th>Amount per serving:</th>
<th>Present (X)</th>
<th>Intensity level (1-10)</th>
</tr>
</thead>
</table>

#### Unhealthy Relationship Ingredients
- Drama
- Possession/obsession
- Disrespect
- Relationship = sex
- Manipulation

**Total Unhealthy**

#### Healthy Relationship Ingredients
- Fun/Enjoyable
- Support
- Respect
- Equality
- Trust

**Total Healthy**

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### SOUND RELATIONSHIPS

Music, like food, can feed our brains and give us energy. But, it also can be filled with ingredients that can affect us negatively. Some music may even have an influence on our health and the health of our relationships. This instrument will help you evaluate the “nutritional” value of the music you might listen to. We want you to put on your headphones, turn up the volume and become a song lyrics nutritionist. Just follow these easy steps.

#### STEP ONE: Find a song
Select a song. Find the lyrics of the song either from the CD insert, or search for them online. Print out the lyrics, and read them to get a feel for the main themes in the song.

#### STEP TWO: Determine if the song has a relationship theme
Songs with a relationship theme describe an emotional or physical connection between two or more people and should support, celebrate or glorify the unhealthy or healthy characteristics of the relationship.

#### STEP THREE: Score the song lyrics
Carefully examine the song’s title and all lyrics in the chorus and verses of the song. Now look at the Song Lyric Scoring Label to the left. Check the “PRESENT” box for each relationship ingredient that you find in the song. The definitions for each relationship ingredient are at the bottom of the label. Finally, for each ingredient that is present in the song, assign it a score from 1-10 in the “INTENSITY LEVEL” box based on how much of that relationship ingredient you feel is in the song. A score of 1 would indicate that there is a very low level of that relationship ingredient in the song while a score of 10 would indicate a very high level of that relationship ingredient. When assigning an intensity score, consider how those particular lyrics impact the overall message of the song.

#### STEP FOUR: Total your numbers
Add up the scores from the intensity column in both the unhealthy and healthy sections. These totals indicate the unhealthy and healthy relationship “nutritional” value of the song’s lyrics.

#### STEP FIVE: Balance your “lyrical” diet
Use this tool whenever you want to find out the relationship ingredients of a song. Just like with the food we eat, it is important to have a balanced “song” diet that includes lots of healthy relationship ingredients. Knowing the ingredients will help you make an informed decision about which songs will promote good relationship health.

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*Prepared by the Boston Public Health Commission, 2009*