

**HEALTHY RELATIONSHIPS – PART 2**  
**Station Outline and Supplies**

**STATION 2 – POWER LINES AND CRUMBLE LINES**

Supplies to bring:

- 2 easels
- String
- Permanent markers (fine point)
- Colored index cards with hole punched in 1 corner
- Hole punch
- Large paper clips
- 2 easels
- Large Post-it pads
- Markers to write on Post-it pads
- Talking Points* laminated sheet

Space/supplies needed at site:

- Appropriate space to set up 2 easels with a string stretched between them, approximately 5 feet apart.

Set up:

- Set up a location where students sit in a horseshoe around the easels
- Set up 2 easels approximately 5 feet apart.
- Tie one end of the string to each of the easels
- Put a large Post-it pad on each easel.
- Write “HIGH POWER” on one of the pads and “LOW POWER” on the other pad.
- Place markers near the easels for the students to write on the Post It pads.
- Place the bag of colored index cards so that each student can pick one
- Place permanent markers so that each student can pick one

Interaction with the students:

- Utilize the *Talking Points* sheet provided to direct the conversation
- Have students write on an index card a quality that gives them “power” or makes them “powerful” (i.e. good at math, singer, funny, good dancer, athletic, etc.)
- Have the students use a paper clip to hang their index card on the string between the 2 easels
- Have the students partner with another member of the group
- Have the partners write a quality they think makes the other person “powerful”

## HEALTHY RELATIONSHIPS PART 2

### STATION 2: POWER LINES AND CRUMBLE LINES

#### *Talking Points*

- How do you define power?
  - Write their definition on one of the Post-it sheets
- Name one person you think is powerful and why?
  - Write the name and/or why on the “High Power” sheet.
- What makes someone have less power?
  - Write their answers on the “Low Power” sheet.
- Identify people you have a relationship with...friends, significant other, parents, siblings, teachers, etc.
- What can you do to give yourself more “power” in a relationship?
- What can cause you to lose “power” in a relationship? Can you get it back?
- Think about healthcare providers (nurse, physician, dentist, etc.). Does this person have more power than you do? Why or why not?
- What is your power line? Think of a positive quality about yourself. This can be something that you are good at (sports, singing, math) or a personality characteristic (funny, smart, witty)
  - Write the quality on one of the index cards and hang it on the “power line” (string)
- Pick a partner from the group and think of a positive quality that you see in your partner
  - Write the quality on one of the index cards and hang it on the “powerline” (string)
- Do you have any crumble lines? What are they? Are there certain people who are more likely to make your lines crumble? Someone you tend to get into trouble with?