

## HEALTHY RELATIONSHIPS – PART 2

### Station Outline and Supplies

#### STATION 4 – LOVE OR ILLUSION

Supplies to bring:

- Laminated sheets with “Unhealthy,” “Healthy,” or “It depends” written on it
- Laminated sheets with different qualities of healthy and unhealthy relationships written on it.
- Tape
- Whiteboard or wall to tape cards on

Space/supplies needed at site:

- Whiteboard or wall to tape cards on

Set up:

- Tape the laminated sheets with “Unhealthy,” “Healthy,” or “It depends” on the whiteboard or wall
- Have a seating area available around the signs on the whiteboard/wall (chairs, floor, desks, etc. are appropriate based on space available at the school)

Interaction with the students:

- Utilize the *Talking Points* laminated sheet to guide the discussion
- Give students 1-2 cards with qualities of a healthy or unhealthy relationship
- Have each student tape their card(s) on the whiteboard/wall under one of the categories (“Unhealthy,” “Healthy,” or “It depends”)
- Ask the student why they chose that category
- Ask the students if there are circumstances when the quality would fall under a different category (i.e., it would be appropriate for parents to ask where their kids are, but would not be appropriate for a significant other)

## HEALTHY RELATIONSHIPS PART 2

### STATION 4: LOVE OR ILLUSION?

#### *Talking Points*

- What are components of a healthy relationship?
- What are components of an unhealthy relationship?
- Are there some qualities that are healthy in some relationships, but unhealthy in a different relationship?
  - Example – A behavior may be acceptable from your parents, but not your significant other.
- Have students draw a card from the pile and place it under the appropriate category (healthy, unhealthy, or it depends).
  - Why did they make the choice? Were they thinking of a certain relationship?
  - Keep going until all the cards have been placed under a category
- Have the students look at the cards in each category. Are there any cards they would change and put under a different topic? If so, why?
- FIGHTING FAIR! Everyone argues or has a verbal fight at some time.
  - Clarify that we are talking about **verbal** fights only.
  - What are the rules for fighting fair? Write the responses on a Post-It sheet
  - What do you do if someone doesn't fight fair?
- If you or someone you know is in an unhealthy relationship, what do you do? Who do you tell?

## LOVE OR ILLUSION

### ACTIVITY INSTRUCTIONS

#### Objective:

To get students thinking about these three things:

- What behaviours in a relationship are acceptable for them.
- What the characteristics are of a relationship they'd like to get involved in.
- What the impact of their own actions is on the other person and the relationship.

#### Contents:

3 Category Cards: Healthy, Not Healthy, It Depends

31 Behaviour /Action Cards

#### Supplies Needed:

Blackboard or wall to place cards

Tape

#### Instructions:

1) Instructor places Category Cards (Healthy, Not Healthy, It Depends) at the top of the board as category headings

2) Instructor shuffles and distributes behaviour/ activity cards to students

3) Students place (& tape) their activity card under the category they feel fits the action

NOTE: Most students will be inclined to place behaviours under the "It Depends" category. Try to get students to see the activity as healthy or unhealthy- use the "It Depends" category only in cases where a decision can not be made.

4) Students discuss their answers and give examples of why they feel the behaviour is either healthy or not healthy.

5) After the students have given their initial opinions, go to the answer key and use the Discussion Points to detail why the prompt is Healthy, Unhealthy, or It Depends.

6) Discussion in this game is important. This can happen as a large group, or as smaller groups. The instructor may also assign an exercise to students that asks them to define what behaviours they would like in a relationship, and which ones they would not.



## INSTRUCTOR ANSWER KEY AND DISCUSSION POINTS

### **1. Calling Someone All The Time**

- This option is “Not Healthy”. Sometimes, when you really like someone, it is hard not to contact them all the time. However, it is healthy for both of you to have your own time and space apart. This ensures that when you are together, it is wonderful and exciting. Calling someone sometimes, or even often, might be okay. But don’t call them *all the time*, because it may overwhelm them. Try other modes of communication, such as seeing them in person, or texting. In a relationship, it’s fun to switch things up!

### **2. Yelling At Someone**

- This option is “Not Healthy”. If your partner yells at you, that is not okay. If you feel threatened or sad in a relationship, you should consider ending the relationship. Alternatively, if you are the one yelling at your partner, you should consider how this anger might make them feel.
- Although arguments can happen in a relationship, you and your partner should try not to yell at each other. Approach the issue in a calm, sensible manner. Work together to try to solve the problem without yelling!

### **3. Being Very Demanding**

- This option is “Not Healthy”. Being demanding often leads to disappointment because your partner cannot always do everything you want them to do. When you are in a relationship, there are many compromises that take place. Sometimes, you have to consider that your partner might not have the time, energy, or resources to give you everything you demand.
- Expressing what you want in a relationship is good- it is OK to be clear about your likes and dislikes. However, being very demanding might make your partner frustrated.

### **4. Forcing Someone To Spend Time With You**

- This option is “Not Healthy”. You should never force someone to spend time with you. If your partner is right for you, they will willingly spend time with you. If you are feeling like your partner doesn’t want to spend

time with you, perhaps you should consider finding a different partner who enjoys your company.

#### **5. Asking Questions About Where You Have Been**

- This option falls under the “It Depends” category. The meaning of this question changes depending on how, and in what context, you ask it. If you are controlling your partner’s movements and actions, asking this question is not okay. You should give your partner time and space to enjoy their own friends or hobbies. However, if you ask this question in a fun, light-hearted context, then it shows your partner that you are interested in their life and their activities.

#### **6. Not Letting You Spend Time With Your Friends**

- This action is “Not Healthy”. In a relationship, it is important to maintain your other support circles, such as your friends and family. You should be allowed and encouraged to spend time with your friends.

#### **7. Pressuring You For Sex**

- This option is “Not Healthy”. Sex can be a big deal, so there shouldn’t be any pressuring involved. Having sex is your choice and no one else’s. You should never pressure your partner into doing something that they are not comfortable with. If you feel uncomfortable with what your partner is asking, tell them so, or tell someone else you trust.

#### **8. Giving You Time To Yourself**

- This option is “Healthy”. When you are in a relationship, no matter how much you like someone, it is important to have “me time”. This time helps you re-center and check in with yourself. It also gives you a chance to miss your significant other!

#### **9. Hanging Up The Phone On You**

- This option is “Not Healthy”. In an argument, you or your partner might want to hang up the phone out of anger. However, it is important to talk things through and communicate, rather than hanging up or ignoring someone.
- If your partner hangs up on you regularly, you might feel disrespected. Tell them how you feel or consider finding another partner that treats you with respect.



## **10. Trading Things With You For Sex**

- This option is “Not Healthy”. In a relationship, you should only do things that you are comfortable with. There should be no bribing or coercion involved, especially when it comes to sexual activities. If your partner bribes you or offers to trade something for sex, tell someone you trust.

## **11. Refusing To Use A Condom for Sex**

- This option is “Not Healthy” because partners should always use a condom when engaging in sexual activity. It is also important to get tested for sexually transmitted infections, because although a condom can prevent the spread of STI’s and HIV, there is always the possibility that the condom will fall off or slip during sex. This means that even when you use a condom, you are at risk for sexually transmitted infections. Also, if you are doing any other sexual activity without a condom, such as oral sex, you are at great risk of catching an infection. Getting tested and using a condom is the safest way to enjoy a healthy sex life.

## **12. Refusing To Get Tested For Infections Before Having Sex**

- This option is “Not Healthy”. Getting tested is a crucial part of being responsible about your sexual health. Getting tested does not have to be weird or embarrassing, it shows that you are safe and ready to start to a healthy sex life. The process is easy, and your information will remain confidential.

## **13. Talking Badly To Friends About You**

- This option is “Not Healthy”. When you are in a relationship, your significant other should be part of your support system. If they are unkind, or speak badly about you, that is not okay. Talk to them about how you feel, or consider finding a new partner who speaks kindly about you to their friends.

## **14. Not Wanting You To Hang Out With Their Friends**

- This option is “Not Healthy”. When you are in a relationship with someone, they should try to include you in their social circles, such as their friend groups and family. If your partner refuses to let you hang out with their friends, talk to them, and tell them that it makes you feel excluded.

### **15. Ignoring Someone Even If You Are Mad**

- This option is “Not Healthy”. Ignoring your significant other will not solve any problem- it is important to communicate with your partner in order to find solutions to an issue. Even if you are mad, remember that your partner is important to you, and you should work to find a solution together.

### **16. Cheating On You**

- This option is “Not Healthy”. Cheating can really hurt; it can make you feel unworthy and not wanted. If your partner cheats on you, you should consider breaking up with them. You deserve someone who wants to be faithful to you.

### **17. Lying to You**

- This option is “Not Healthy”. Trust is a very important aspect of a relationship. If you care about your partner, you should not lie to them, and they should not lie to you. Telling the truth and being open is the key to a great relationship.

### **18. Insulting You**

- This option is “Not Healthy”. Your significant other should not belittle you or make you feel bad. Talk to them about changing their attitude and tell them that their words hurt you. Or, consider breaking up with them. No one deserves to be insulted!

### **19. Calling You Names**

- This option is “Not Healthy”. Calling your partner names in a relationship is not good for your mental or physical health, because it can make you feel sad, ashamed, and worthless. Everyone deserves to be with someone who makes them feel good.

### **20. Making You Feel Bad About Yourself**

- This option is “Not Healthy”, because you should never allow anyone to treat you badly. You should always end a relationship if you do not feel good in it. If you are worried about what your partner will do if you break up with them, tell someone you trust about your fears. Having outside help and support is important when leaving an abusive relationship.

### **21. Wanting To Spend Time With You**

special occasions. Your partner will still like you, regardless of how many gifts you give them!

### **28. Not Keeping Promises**

- This option is “Not Healthy”, because a relationship requires trust. For example, if your partner tells you a confidential piece of information, it is important that you keep it to yourself. Being in a relationship means that you can share your emotions, fears. You should always keep the promises you make, because this proves to your partner that you are trustworthy, and that they can count on you.

### **29. Respecting Family And Friends**

- This option is “Healthy” because your significant other should respect your family and friends. When you are dating someone, try to include them in your other social circles! This might mean introducing them to your friends, going out for ice-cream together, or attending a school sports game. If you feel comfortable, invite your significant other over for dinner with your family. Everyone will appreciate your efforts to be inclusive!

### **30. Making You Smile**

- This option is “Healthy”. Being with someone who makes you smile is amazing! When you are in a relationship, you should be happy and enjoy the time you spend with your partner.

### **31. Trusting Someone**

- This option is “Healthy”. Trust is an important part of a romantic relationship. You should trust that your partner has your best interest at heart. If you don't trust your partner, talk to them about it, and try to find a solution!