

Guidance for Healthy Relationships task:

For this exercise, you will need to dress the space slightly. Place two pieces of paper on opposite sides of the room. One piece of paper will have the word 'Healthy' written on it and the other will have the word 'Unhealthy' written on it. This will be your scale of measurement from healthy to unhealthy.

Healthy

Unhealthy

On separate pieces of paper, you will write down several actions that the group must decide where to place along this scale. Alternatively if you have space, the students themselves can stand where they think the action lies on the scale and save on paper. These actions don't necessarily have to be typically carried out between couples in a romantic relationship; it can be about any type of relationship. This can prove effective in terms of developing discussion, team-work, problem solving and debate.

Feel free to adapt, change or add more actions where you see fit/with what might be appropriate for your group. Also, please be aware this is not to draw directly on personal experiences and is about remaining objective whilst working in a group. Please use your discretion when considering what may or may not be distressing or appropriate for your group.

You will need to read out the following actions (in no particular order) and explain that the group is to discuss where it may go along the line.

- Kissing (with permission);
- Kissing (without permission);
- Hitting;
- Pushing;
- Reading messages;
- Looking at personal pictures;
- Screenshotting and/or sharing your private conversations with others;
- Stopping you from leaving/going somewhere;
- Not letting you go out with certain people;
- Making sure you text them every hour;
- Making sure you text them every day;
- Having a negative opinion on what you look like;
- Making you feel paranoid
- Telling you that people have been talking about you behind your back
- Shouting

When the group makes a decision, hand them the piece of paper with the action written on it and ask them to place it along the line (or have them move to that area).

Ask them why they have positioned it in that particular area and how they came to that decision. If the group cannot make a decision altogether then this is an opportunity to open it up for debate.

The moments of discussion help to highlight the complexities of relationships and the many layers and perspectives that are often involved. It can be very hard to see things clearly looking from inside a relationship - but having the opportunity to look at things objectively helps to recognise situations from the outside - when someone is putting someone or being put in a vulnerable position. This exercise aims to help participants recognise these situations in future.

Repeat this exercise for as many of the actions as you would like/ have time for.

Kissing (with permission)	Kissing (without permission)
Hitting	Pushing
Reading messages	Looking at personal pictures
Screenshotting and/or sharing your private conversations with others	Stopping you from leaving/going somewhere
Not letting you go out with certain people	Making sure you text them every hour
Making sure you text them every day	Having a negative opinion on what you look like
Making you feel paranoid	Telling you that people have been talking about you behind your back
Shouting	

Healthy

Unhealthy