

## WHAT MAKES A HEALTHY RELATIONSHIP?

**Activity: What makes a healthy/unhealthy relationship?**

- 1) Divide your group into smaller groups or, alternatively, stay as one big group (depending on numbers).
- 2) Give out flipchart paper and pens to each group and ask them to split the page into two columns, labelling one column **Good** and the other column **Bad**.
- 3) Under the appropriate columns, ask the groups to write down the characteristics, attitudes and behaviours that make for a good/healthy, loving relationship and a bad/unhealthy relationship?
- 4) Get feedback from the groups, identify any themes and discuss answers.

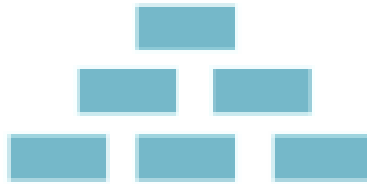
Below are some suggested questions that may help discussion:

- Does everyone agree with everything that each of the groups has written?
- Are any of the answers on the borderline of good/bad?
- What negative elements could appear in a good relationship, without making it a bad/unhealthy relationship? When does that change?

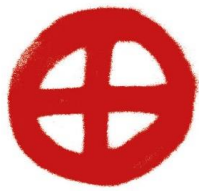
**Activity: The Healthy Relationships Pyramid:**

This activity could build on the previous activity. Use either the set of cards provided (see below) or the answers from the first activity, combined with the set below. Make sure that each small group has a set of the cards.

- 1) Ask the group to sort the cards into three piles:
  - Important to have/be in a relationship
  - Not important to have/be in a relationship
  - Don't know/unsure
- 2) Take feedback from the groups as to how they have arranged their cards, noting particularly any that the group disagreed on or found difficult to place.
- 3) Ask the groups to arrange the first set of cards (those that are important in a relationship) into a pyramid shape, with the most important at the top, followed by the next two most important, then the next three most important etc...



- 4) Ask the groups to feedback their responses, particularly the top three cards, highlighting the most popular. Discuss the responses they have chosen and why they chose them.

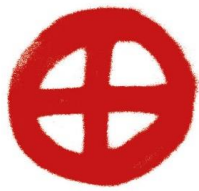


**The Methodist Church**

Children, Youth and Family



<b>Being real</b>	<b>Forgiving</b>	<b>Loving</b>	<b>Sharing beliefs</b>
<b>Agreeing</b>	<b>Intimacy</b>	<b>Bossy</b>	<b>Sharing interests</b>
<b>Able to talk to each other</b>	<b>Respectful</b>	<b>Have the same faith/religion</b>	<b>Honest – have no secrets</b>
<b>Fun</b>	<b>Loyal</b>	<b>Caring</b>	<b>Equal</b>
<b>Exclusive</b>	<b>Accepting</b>	<b>Generous</b>	<b>Trusting</b>
<b>Sympathetic</b>	<b>Considerate</b>	<b>Happy</b>	<b>Can laugh at each other</b>
<b>Physical attraction</b>	<b>Fighting</b>	<b>Criticising</b>	<b>Selfish</b>
<b>Spending time together</b>	<b>Lying</b>	<b>Married</b>	<b>Be the same gender</b>
<b>Selfless</b>	<b>Be the opposite gender</b>	<b>Listening</b>	<b>Able to say sorry</b>



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<b>Making money</b>	<b>Open minded</b>	<b>Insulting</b>	<b>Obeying</b>
<b>Argue with each other</b>	<b>Safe</b>	<b>Have the same friends</b>	<b>Living together</b>