

# Good and Bad Relationships #1

## Age Range:

12+, Years 8 +,  
KS 3, KS 4

## Programmes to use with:

Safe and Sound

## Topics Covered:

Identifying healthy and unhealthy relationships

## Time:

20 - 40 minutes

## Equipment needed:

'Dominator or Friend' handouts and 'Healthy or Unhealthy Relationship?' worksheets (both are included in this document).

## Learning Outcomes:

- Young people have an increased ability to assess risk and identify abuses of power and control in relationships.
- Young people have an increased awareness of what makes a good and bad relationship.
- Young people have increased empathy for people affected by abusive relationships including domestic abuse and teenage partner abuse.

The key concepts for PSHE education in personal wellbeing for Safe and Sound are:

- personal identities
- healthy lifestyles
- risk
- relationships

**An exercise to explore the attitudes and decision making skills needed when deciding whether to start an intimate relationship.**

## Introduction

This exercise uses creative thinking and reflective learning to look at the factors young people may need to consider before starting a relationship. This works well as a follow up session to Loudmouth's theatre in education programme 'Safe and Sound'.

## Exercise

In Safe and Sound the character Sian found herself in a relationship that was unhealthy and controlling.

- **How would someone know if a relationship was healthy?**

Explain that the group are going to look at a number of scenarios and decide if they think they describe healthy or unhealthy relationships. You could use the 'Dominator or Friend' handout to help if needed.

There are two versions you can use here. Option one is more active and requires a bit of space to allow the group to move about. Place three cards out in a line stretching across the whole length of the room. On the left of the room place a red card for 'Unhealthy' and on the right a green card for 'healthy'. In the middle of these cards place an amber coloured card for 'Unsure' or 'Depends'

Chose carefully a number of situations from the 'Healthy or Unhealthy Relationship?' sheet. Read these to the group one at a time and ask the group to decide whether they think that the situation shows a bad or unhealthy relationship. Ask them to move to the left hand side near the red card if they think it is unhealthy and to the green card on the right if they think it shows a healthy relationship. If they think it is somewhere in-between or 'depends' then stand in the middle by the amber card. Use the whole length of the line so ask learners to stand along it depending on how strongly they feel. So, if you they think the situation is really unhealthy then they should stand right by the red card, only slightly bad then stand closer to the middle and so on.

Option two is more of a discussion. You can use circle work discussion and ask each person in turn to say whether it was 'healthy', 'unhealthy' or 'depends' and why. You can have votes or just an open discussion.

The purpose for both versions is to explore the opinions and provide opportunity for people to hear other's views and the space to change their minds. So the basic structure for the exercises is to read out a statement, explore the different views and then give the opportunity for people to change their position based on the discussions.

## Summary

Ask the group to feedback their thoughts and list three main points that came out from them about choosing or spotting good and bad relationships.

# Dominator or Friend?

Everyone has the right to have healthy, happy, safe and equal relationships. Unfortunately many people get into relationships where this is not always the case. How can someone spot whether the relationship they are in or are about to start is healthy, happy, safe and equal?

One way is to notice things about the behaviour of the other person. Do they dominate or do they act as a friend? Below is a list of some ways that you might be able to spot whether someone is a Mr or Miss Right!

## **The Dominator      The Friend**

shouts	is cheerful
sulks	is consistent
smashes things	is supportive
glares	tells you, you look good
makes you feel ugly and useless	tells you you're competent
calls you names	uses your name
cuts you off from your friends	trusts you
stops you doing what you want	trusts your judgment
never admits they are wrong	welcomes your friends and family
blames you, drugs, drink, stress etc	admits to being wrong
turns others against you	supports your learning, career choice etc.
uses others to control you	encourages you to be independent
never does their share	shares any work
controls the money	shares financial responsibility
expects sex on demand	accepts that you have a right to say "no" to sex
seduces people close to you	is faithful
expects you to be responsible for their well-being	takes responsibility for their own well-being and happiness
threatens you to get their own way	can communicate calmly what they want and make compromises

# 'Healthy or Unhealthy Relationship?' - Worksheet

Imagine that you are in a relationship with someone. Let's call this person X (you can decide their gender). Using the Dominator or Friend? list look at each of these situations and decide whether you think that X is a Mr / Miss Right or Mr / Miss Wrong.

1. X tells you that they love being with you because you always have such a laugh when you are together.
2. X tells you that you are so close and so meant for each other that you don't need anyone else. X doesn't like it when you spend time with your friends.
3. X is really attractive and popular and people tell you that you are lucky to be with them. X expects to have sex whenever you meet even if you don't want to.
4. You and X have had an argument and broke up. X has come round to see you and say that they want to get back together as they need you and that they can't cope without you.
5. You and X had an argument and broke up. X comes round to see you as they want to get back together. X apologises, says they have thought about what they said in the argument and that they were wrong.
6. X is very stressed at the moment and so they often say things to you that really hurt and upset you. X always apologise afterwards and says that it is just a combination of too much alcohol, stress and that some of things that you say really make them angry.
7. You went out with your friends last night and had a great time. X doesn't like it when you talk about what a good time you had and goes very moody and quiet.
8. X is angry because they want to kiss and you are not in the mood.
9. You are feeling low. X listens to you and reassures you of how great you are.
10. You and X are off out separately tonight with your friends. You ask if X is jealous of you going out without them and they say that there is no need to be jealous because they trust you.
11. You and X go out to the cinema, X suggests that they pay for both tickets and you pay the next time you go to see a film together.
12. You and X go out to the cinema, X says that you have to pay for both tickets because you chose the film.
13. X comes to meet your family and gets on really well with them and is pleased to see them again in future.
14. You and X are going out. X tells you that you look really good.
15. You and X are going out. X tells you that you look really good and that you are nearly as attractive as your best friend.
16. You are at school / college when you see one of X's mates. He laughs and tells you things that you thought were private between you and X.
17. X wants to go out but you have a lot of studying to do. X gets angry and says that if you cared about them then you would leave your 'stupid studies' and come out. They threaten to end the relationship unless you show how much you care about them by coming out for the night.
18. X wants to go out but you have a lot of studying. X understands and says it is really important to get the grades if you want to go on to your chosen career. X asks if it is okay if they still go out as they would like to meet up with some friends.
19. X has a lot of studying to do but you want to go out. You are supportive of their studies but would like to go and meet with some of your friends. X doesn't want you to go out without them and gets into a bad mood.
20. You and X are going out. X tells you that you look really good and then immediately asks for sex.