

VIBE

Session Title: Healthy Relationships

Duration: 3 x 45 minute sessions

Resources:

- Whiteboard/flipchart & pens
- 'Types Of Abuse' & 'Healthy Relationship Heart' resources
- Means of playing YouTube videos
- Paper & pens
- Art supplies

Aims:

- To explore different relationships types
- To think about types and examples of abuse
- To understand better what we want from relationships

Outcomes:

- Learners will identify different relationships in their lives
- Learners will separate behaviours into different forms of abuse
- Learners will create a healthy relationship heart to illustrate their needs

At a Glance:

- Session 1 : Different Relationships
(Listing people & discussion of appropriate ages)
- Session 2 : Types Of Abuse
(Video & analysing behaviours)
- Session 3: Healthy Relationships
(Creative activity)



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Timings:

Subject: Different Relationships

Resources:

- Whiteboard/flipchart & pens
- Paper & pens

Activity:

Icebreaker – On-screen relationships

Ask each learner to think of their favourite on-screen relationship – can be romantic/parent child/friendship. Tell a story about something they did together as if you were there – “oh and you’ll never guess what she did then?!” Award points arbitrarily for style. Person to guess, goes next.

Group discussion: What is a Healthy Relationship?

Ask for volunteer to write suggestions on whiteboard/flipchart:

Prompts:

- Who do we have relationships with? (family, friends, teachers, partners etc.)
- Are all relationships the same?
- What makes a good relationship?

Appropriate Ages

Around the room place cards with different ages on, get everyone up on their feet and read out set of statements.

Ask the individuals to move to the age that they think it is appropriate to reach each of these milestones.

- Kiss a romantic partner
- Have a romantic partner
- Hold hands :
- Have sex
- Move in together
- Get married
- Have children

After each statement ask individuals to share why they chose that age?

Try to identify any pressures: media, culture, peers. Discuss any differences between group members. As facilitators mention the laws in UK relating to sex and marriage.

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Timings: 45 minutes

Subject: Types Of Abuse

Resources:

- Whiteboard/flipchart & pens
- 'Types Of Abuse' resource
- Means of playing YouTube video

Activity:

Types of Abuse Card Sort– warn them that this content may be upsetting and they can take a break if they feel the need

What makes a relationship abusive? Is it always violent?

Split group into pairs/threes give them abuse cards and match the descriptions to the type of abuse.

Watch: How To Identify, Define 5 Different Types Of Abuse
<https://www.youtube.com/watch?v=RnBFLkgDekQ>

OK or not OK behavior

Write “OK” and “Not OK” behavior on either side of the board and read out the behaviours. All of these are potential red flags depending on context.

Phoning and texting me all the time
Helping me choose clothes
Asking me where I'm going
Buying me a present after an argument
Using pet names

Ask learners to stand by the answer (or between the two), and then draw out situations in which these would be cause for concern.

Where to go for help

Ask the group to draw around their hand and write the names of 5 people or organisations they could go to for help or who they could speak to.

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Timings: 45 minutes

Subject: Healthy Relationships

Resources:

- Whiteboard/flipchart & pens
- 'Healthy Relationship Heart' resource (to serve as an example)
- Any available art supplies

Activity:

Healthy Relationship Heart

Group discussion

We have focused a lot on what abuse and unhealthy relationships look like, so now we want to look at what a healthy relationship looks like.

Draw a heart and fill it in with all of the things that show love and a healthy relationship. Use whatever supplies you have available to get creative.

Examples / Prompts:

Makes me feel safe
Makes me feel comfortable
Listens to me
Values my opinions
Supports what I want to do in life
Is truthful with me
Admits to being wrong
Respects me
Always tries to understand how I feel
Likes that I have other friends
Makes me laugh
Trusts me
Treats me as an equal
Respects my family
Understands my need for time alone or with family
Accepts me as I am