

# Somerset Youth and Community Service

## Attitudes to relationships

*Thanks to Andrew Wilson and Public Health for this session*

**Aim:** to enable young people to decide what makes a good relationship

**Learning Outcomes:**

By the end of the session the participants will have:

- Decided what's most important in relationships
- Decided what is acceptable and unacceptable behaviour in relationships
- Drawn their perfect partner

**Group size:** 6 - 10

**Time:** 1 hour

**Venue:** small room

**Materials:**

- Relationship cards
- Traffic light sheets and cards
- Flipchart paper and marker pens

TIME	WHAT	WITH
5 mins	Outline the session and set some ground rules (respect each other, sensitivity, one voice at a time).	
20 mins	Using the relationship cards provided, put them in order of importance in a relationship. Try to have one column starting with the most important at the top and the least important at the bottom.  Try to come to a consensus within the group giving examples where possible.  Points to consider: <ul style="list-style-type: none"> <li>• Could a relationship survive without any of these qualities?</li> <li>• Would young people have the same order as you, if not why do you think that might be?</li> </ul>	Relationship cards
20 mins	Set out the sheets with the traffic light pictures on them, side by side, reading 'OK', 'Perhaps' and 'Not OK' (left to right). Deal out the traffic light cards (face down) to the group until all dealt, keeping one for yourself. Read out your card and put it under the most appropriate heading, giving your reasons. Ask for differing views (you can play devil's advocate' if you like) and try to reach an agreement as to which column it will sit under.  Ask each young person to reach out one of their cards and go through the same process. Repeat until all the cards are placed.	Traffic light sheets and cards
10 mins	Using the flipchart and pens provided, draw an outline of a person. This is now going to be the "perfect partner". List and draw (be as creative as possible!) what qualities this perfect partner might have.	Flipchart paper and pens
5 mins	Remind the group that you're there for them, if they need to talk about anything,	



# Somerset Youth and Community Service Relationship Cards

<b>Acceptance</b>	<b>Commitment</b>
<b>Trust</b>	<b>Friendship</b>
<b>Honesty</b>	<b>Respect</b>
<b>Jealousy</b>	<b>Control</b>
<b>Violence</b>	<b>Forgiveness</b>
<b>Love</b>	<b>Privacy</b>
<b>Sex</b>	<b>Patience</b>
<b>Empathy</b>	<b>Passion</b>



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## Traffic Light Cards

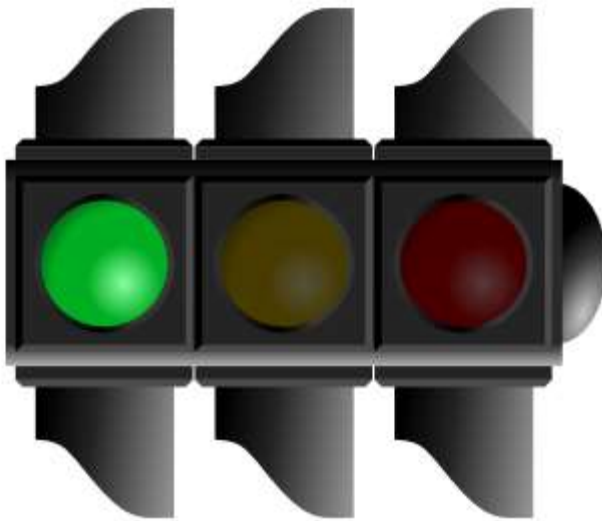
<b>Partner texts photo of you to their mates</b>	<b>Partner expects you to pay for everything when you go out</b>
<b>Partner texts you every day</b>	<b>Partner expects you to sort things out if they get into trouble with others</b>
<b>Partner texts you every hour</b>	<b>Partner regularly turns up unexpectedly at your house</b>
<b>Partner tells you, you should watch what you eat</b>	<b>Partner forced you to have sex when you didn't want to</b>
<b>Partner always wants to know where you are going to be</b>	<b>Partner checks your e-mails and texts</b>

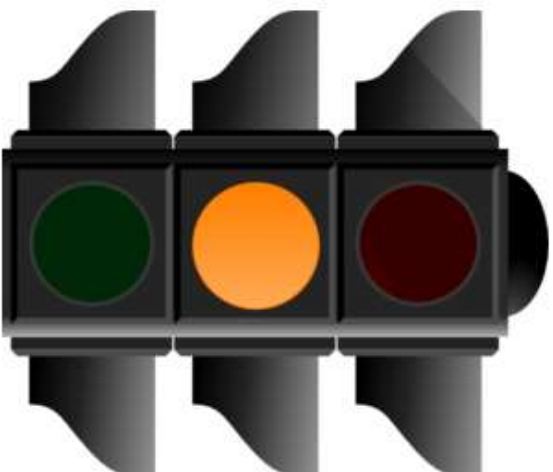


<b>Partner treats you as an equal</b>	<b>Partner hugs you when you are upset</b>
<b>Partner makes comments about what you wear</b>	<b>Partner regularly says they love you</b>
<b>Partner listens to you</b>	<b>Partner regularly tells you, you look nice</b>
<b>Partner smiles at you a lot</b>	<b>Partner tells all their friends you have had sex</b>
<b>Partner hits you when they are drunk</b>	<b>Partner flirts with other people when you are out together</b>
<b>Partner refuses to have sex using a condom</b>	<b>Partner won't have an STI test because they're 'clean', even though they've slept with other people.</b>

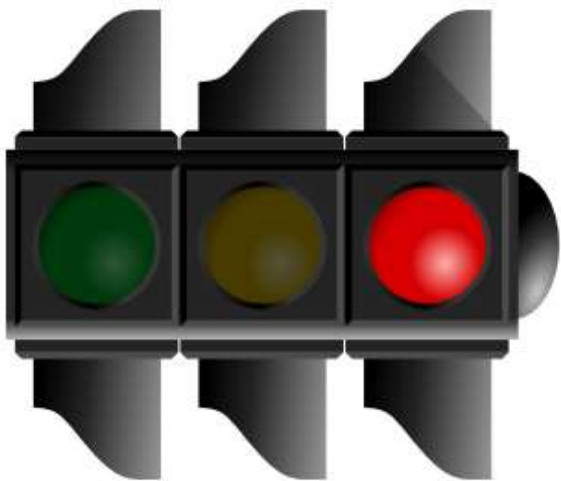


**OK**





# Perhaps



**Not OK**