

Fun and Single Relay Race

Goal:

- To show that being single is fun (and can be easier than being in an abusive relationship).

Have Ready:

- Flipchart paper and markers, or chalk/white board.
- Tape, if using flipcharts.

Instructions:

- Have the youth brainstorm things they can do to have fun when they are single.
- This can be done as a large group brainstorm, small group flipcharts, or for a lot of fun, break youth into two teams and create a relay race where each team has individuals running to the flipchart, writing an activity and running back to the team to tag off until everyone has had a turn or two.

Sample Flipchart:

Fun Things To Do When Single

- Watch movies
- Spend time outside
- Go camping
- Play card games
- Hang with friends
- Masturbate
- Play bingo (Win!)
- Be a role model
- Spend time with Elders
- Fishing

- Flirt
- Attend gatherings
- Learn your history
- Try something new
- Visit family
- Swimming
- Create art
- Make dinner
- Join a team/club
- Work out
- Go to a party
- Crafts
- Volunteer
- Dance
- Sit by the fire
- Meet new people
- Read
- Ceremonies
- Facebook
- Sweats

Debrief:

- This list shows us that being single can be really fun.
- Being single is also better for your self-esteem than being in an unhealthy/abusive relationship.
- Being single does not mean that you have a boring life. In fact there are tons of things you can do to feel good about yourself and to have fun.
- This is a great list to have even if you are in a relationship because a big part of healthy relationships is having space to do your own thing and be your own person.