

Qualities of a Healthy Relationship Brainstorm

Goals:

- To identify positive characteristics of a healthy relationship.
- To encourage youth to expect a healthy relationship.

Have Ready:

- A piece of flipchart paper with the heading “Qualities of a Healthy Relationship.”
- Large Post-it notes (or squares of scrap paper), markers and tape.

Instructions:

- Hand out a marker and paper or Post- it Note to everyone.
- Ask the group, “**what are qualities of a healthy relationship?**”
- Get the youth to brainstorm the things that they would want in a healthy relationship and ask everyone to write one quality on their paper and post it on the flipchart.
- This activity may work well as a whole group brainstorm or go-around where each person gets to add a quality to the list. With a quiet, smaller group this activity can be done as a drawing activity. Ask youth to draw or write out their version of a healthy relationship, or write a letter to their future or current partner (everyone needs a paper and pencil). Invite any the youth to share what they have created and explain their drawing to the rest of the group.

Sample Flipchart:

What Are Qualities of a Healthy Relationship?

- **Equality**
- Affection (like/love/care)
- **Respect**
- Fun
- **Support**
- **No violence/abuse**
- **Respecting boundaries**
- **Feeling safe**
- Space - Common interests and/or different interests
- **Good communication**
- Different friends
- Trust
- Honesty
- Friendship
- Freedom

Debrief:

- Look how many amazing qualities can be part of a healthy relationship!
- Acknowledge that we may not be seeing these things in all the relationships we see in the media or in our lives, but we can still plan to expect these things from a partner.
- If we haven't learned how to have a healthy relationship from our family or friends then we can try and find people or couples who can teach us these qualities. Look for people who can teach you how to be a good partner; find positive role models.
- Let youth know that they don't have to be dating or thinking about dating to think about healthy relationships. A great time to make this list is before deciding to date.
- Mention that we are all responsible for our actions and for the way we treat others.

- Healthy relationships take work and practice.
- At Teen Talk we ask youth, **is this a wish list, or a checklist?** This is a checklist. We can all expect these things of our partners and from ourselves.
- Ask youth, **who deserves a relationship like this?** Everyone. If we decide to date, we all have the right and the responsibility to develop healthy relationships.
- **Expecting a healthy relationship is the best thing anyone can do to prevent being in an abusive relationship.**
- Remind youth that you can be just as happy and fulfilled whether you are single or in a relationship.

Additional Activities:

Ideally, this activity can be followed by:

- Fun and Single Relay Race