

# Qualities of a Healthy Relationship Brainstorm

## Goals

- To identify characteristics of a healthy relationship.
- To encourage youth to expect a healthy relationship as a means to avoiding abuse.

## Senior 1-4 Education Curriculum Connections

This activity contributes to the following Student Specific Learning Outcomes:

### *Family Studies*

- *S1 5.1.3 Identify behaviours that promote health and wellness.*
- *S1 & S4 4.4.2 Analyze and evaluate strategies for building, maintaining, and ending relationships.*

*Guidance Education GLOs under Personal/Social Component.*

### *Physical Education*

- *K.3.S1.B.5a Analyze issues related to violence prevention in a variety of contexts.*
- *K.4.S1.B.1a Describe ways to treat others for developing healthy and meaningful relationships.*
- *K.4.S1.B.2b Identify appropriate social behaviours for developing meaningful interpersonal relationships.*
- *K.5.S1.E.2a Identify the components for building and maintaining healthy, close relationships.*
- *K.5.S1.E.3c & K.5.S2.E.3c Review personal responsibilities and sources of support with regard to sex-related health issues.*
- *K.5.S2.E.2 Analyze the components in different case scenarios for building and maintaining healthy relationships.*
- *S.4.S1.A.3 Apply interpersonal skills in case scenarios related to developing close, meaningful relationships.*
- *12.HR.1 Demonstrate understanding of the characteristics of healthy and unhealthy, relationships, and discuss factors that might influence their development.*

## Have Ready

- Write “Qualities of a Healthy Relationship” on a flipchart paper.
- Large Post-it notes (or squares of scrap paper), markers and tape.

## Instructions

- Hand out a marker and paper or Post-it Notes to everyone.
- Ask, “**What are we looking for in 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?

- **Respect** - Partner has the right to make their own decisions. Treating each other well even in disagreements. Supportive partners honour our relationships with ourselves.
- **Like/love/care** - Genuinely liking, loving or caring for each other
- **Acceptance** - Being able to be yourself/ Accepting your partner for who they are
- **Communication** - Use open, honest and assertive communication
- **Affection** - Flirting, holding hands, making out, sex (definition is mutual)
- **Using consent** - happens all the time in healthy relationships
- **Listening** - to try and understand each other
- **Time together and time apart** - creating a balance
- **Equality** - Each having equal say in the relationship
- **Freedom** - To have own friends, interests, goals and supports
- **Boundaries** - What we do and don't want around sexual activities, time, privacy and space
- Healthy Conflict
- Doing activities that are fun together
- Helping each other feel safe
- Trust - Develops throughout the relationship
- Sense of humour
- Support etc.....

## Debrief

- Look how many 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.
- **To build a healthy relationship and receive the qualities on our lists, we must also be willing to offer them to our partner as well. One of the best ways to have a healthy relationship is to know what one looks like for you and to expect one.** So, some unofficial homework is to think about and write down what you want out of a relationship. It might help to look for people whose relationships are healthy and try to learn from them.
- Healthy relationships take work and practice. Mention that we are all responsible for our actions and for the way we treat others.
- At Teen Talk we ask youth, **"Is this a wish list, or a checklist?"** 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