

## HEALTHY OR UNHEALTHY RELATIONSHIP – WHAT TO DO?

Grade level : Cycle 2 Elementary

This activity is designed to help children identify the components of healthy and unhealthy relationships, as well as strategies to deal with tricky situations.



### Goal

Identify the components of healthy and unhealthy relationships and find strategies to solve conflicts.

### Material

- “HEALTHY”, “UNHEALTHY” and “SOLUTIONS” cards (see following page);
- Cards with situations to classify;
- Sticky tack or velcro to stick the cards;
- Board or wall to stick the cards.

### Procedure

Stick the “HEALTHY”, “UNHEALTHY” and “SOLUTIONS” cards on the board or wall as to create 3 distinct categories. Explain what each category means.

**Healthy relationship:** relationship in which there is respect, communication, equality, etc.

**Unhealthy relationship:** relationship in which there is violence, lack of respect, control, etc.

**Solutions:** ways to solve conflicts or how to act in tricky situations.

Give the students the cards with the situations. Ask them to come one by one and stick their situation in the category it relates to. After all situations have been categorized, the group votes to confirm if the cards are placed in the right category. Finally, go over the unhealthy situations and ask the students what would be a good solution to solve the issue.

**Additional information:** These situations are suggestions. You can create new situations or use some that have occurred in your class.

**Suggestion for older students:** the cards with the solutions are not used. You can ask the students to come up with solutions on their own.

Categories to cut out and place on the board

**HEALTHY** 

**UNHEALTHY** 

**SOLUTIONS**

### Situations and Solutions to Classify

A person who comforts me.	A person who constantly gives me hugs when I don't want to.	Confide in my friends.
A person who makes fun surprises.	A person who decides for me.	Confront the person and tell them how I feel.
A person who shares with me.	A person who asks me to keep a bad secret.	Talk to my teacher about it.
A person who apologizes when they acted wrongfully.	A person who gets mad at me often.	Distance myself from this person.
A person who compliments me.	A person who constantly teases me.	Spend more time with my other friends.
A person who helps me when I need.	A person who insults me.	Check with others if this person is acting this way only with me or with other people as well.
A person who listens.	A person who interrupts me when I talk.	Ask help from a safe adult.
A person who makes me laugh.	A person with whom I can't be myself.	
A person who will take my defence.	A person who only plays with me because they have no other choice.	
A person who respects my boundaries.	A person who criticizes me.	

### HEALTHY

### UNHEALTHY

### SOLUTIONS

A person who comforts me.	A person who constantly gives me hugs when I don't want to.	Confide in my friends.
A person who makes fun surprises.	A person who decides for me.	Confront the person and tell them how I feel.
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A person who respects my boundaries.	A person who criticizes me.	