

## Activity: 9-10.8.2

### Key Messages

- A good relationship consists of many traits but there must be respect, communication, mutuality and consent for it to be considered a safe and healthy relationship.
- Relationships can become exploitative or unhealthy if these qualities are not present and it is important to recognise if this is the case.

### Activity Details

#### Victorian Curriculum

**Health & PE** Investigate how empathy and ethical decision-making contribute to respectful relationships  
VCHPEP146

**Capabilities** VCPSCSO049

**Time** 20 minutes

**Levels** 9 & 10

**Equipment**

- butchers paper
- textas
- Blutac

# What is a healthy relationship?

## Purpose

To encourage students to discuss the many facets of a healthy relationship and to discuss the prerequisites for a healthy relationship.

## Teaching notes

This activity is intended to be a quick introduction to healthy relationships and is a good way to get the students thinking about what traits they value and expect in their relationships.

## Procedure

1. Place students in small groups of about four to five.
2. Instruct students to brainstorm all the traits they expect to find in a healthy relationship and write these down on the butcher's paper. E.g. respect, communication, etc.
3. Once they have completed their brainstorm they need to circle their top five traits. They must all agree on these traits as a group.
4. Each of the groups can then *blu-tac* their butcher's paper at the front of the room so the class can see their responses.
5. As a class collate the top five traits required in a healthy relationship as determined by the group brainstorming.

## Discussion

- How did your group select their top five traits required for a healthy relationship?
- Which of these traits would you consider to be a 'deal breaker' if they were not a part of the relationship? Explain.
- How could you assess if your partner had the traits that you deem to be important?