

Healthy Relationships - Quotes Activity

‘Stop, Pause, Play’

15 minutes: Ask the group to split into small groups and give each group a set of quote cards and a Pause, Play, Stop sheet (**See appendix 1**). The cards are quotes from relationship situations. The group’s task is to place each card beside the ‘play, pause or stop’ signs. Encourage them to discuss each one and to decide as a group.

Explain to the group that:

‘**Play**’ means that this looks like a healthy situation, keep doing what you’re doing!

‘**Pause**’ means that it’s not clear whether this demonstrates a healthy situation so proceed with caution.

‘**Stop**’ means that this quote seems worrying – a sex/relationship ‘red flag’.

Give them **10- 15 minutes** to do this part.

Once the groups have placed the quotes on the relevant signs, come back to the big group. Have each group read out which ones they felt were the most/least healthy and reflect on why they thought this. Thinking about their least healthy, what would they say to a young person who said this statement to them during a class or a one-to-one?

Unpick what might make it easier for people to identify signs of more/less healthy scenarios during an activity but at times, more difficult to respond to these signs in ‘real life’ relationships.

Appendix 1

Photocopy cards and do enough sets for each small group.

“I don't think I'll ever want to have sex- some people say that'll change when I'm older, but I think I'm asexual.”

“He said as long as I'm on the pill he didn't need to wear a condom – he said only people who 'sleep around' get STIs.”

“He said giving him a blow job would be a great way to show him I cared.”

“They told me they were nervous, and didn't feel like they knew what they were doing – that made me feel a bit better since I was nervous too!”

“I didn't know if they liked what I was doing but was too nervous to ask.”

“They said they would like to go down on me but only if I would shave my pubic hair off”

“We didn’t speak about what we liked doing but we did show each other”

“I was nervous to be naked with someone else as I have just come out as trans, but they were open and they helped me be calm and relaxed enough to get into it”

“He had brought condoms, said he wanted to make sure we were safe but I thought that was a bit presumptuous!”

“I was trying to mimic what I’d seen people do online – I really liked him and wanted to impress him.”

