

# Healthy Relationships: what's ok?

**Estimated activity time:** 15 minutes

This activity aims to encourage young people to explore what kinds of things (behaviour, words, situations, etc.) are ok, or not ok, in a healthy sexual relationship.

In the context of the activity the following definitions apply:

- 'Ok' means the situation on the card is something that belongs in, or would build, a healthy sexual relationship. We might say the person or their behaviour is 'green flag'.
- 'Not sure' means it's not clear whether the situation on the card belongs in or would build a healthy relationship. Maybe more information or context would be needed, or it may be a situation where partners should pause and check in with each other.
- 'Not ok' means this situation seems worrying or is something that does not belong in a healthy relationship. We might say the person or behaviour is 'red flag'.

## Wellbeing and further support

This activity has the potential to trigger questions or worries about the young people's own relationships or of those they care about. It may remind them of an unhealthy relationship they or their loved ones have experienced. Or they may be worried about a prospective or current partner's behaviour, or their own behaviour.

Before you begin the activity, consider providing a content warning such as 'this activity talks about some situations that aren't kind or healthy in a relationship. Come and talk to me or another trusted adult if you have any questions or worries'.

End the activity by reminding the group that they can speak to a trusted adult about any questions or worries they have, and signpost them to relevant resources or sources of support (Appendix 2).

Reaching young people through education, information and services

**Materials required:** set of quote cards, 'ok, not ok, not sure' sheet and the support and resources sheet (See appendices 1 and 2) for each group

### **Activity instructions**

- split larger groups into small groups
- give each group a set of quote cards, the 'ok, not ok, not sure' sheet and the support and resources sheet (See appendices 1 and 2)
- explain what 'ok', 'not sure' and 'not ok' mean in the context of this activity
- ask the groups to read each card, discuss together whether what they are reading is ok or not ok within a healthy relationship, then place each card beside the 'ok, not ok, not sure' signs
- when all groups have placed their quotes, come back together into the large group and discuss. Some ways to do this are:
  - have each group read out which ones they placed in each category and compare across groups
  - read out each quote and ask where the groups placed it
- help the group reflect on their thinking and decisions
  - ask how/why they came to their decisions
  - ask if they would change any after hearing wider discussions
  - what might they say to a friend experiencing a 'not sure' or 'not ok' situation?
- unpick what might make it easier for people to identify signs of more/less healthy relationship situations in 'real life' relationships
- remind the group that they can speak to a trusted adult if they have any questions or worries after doing this activity and show the 'support and resources' sheet.

## Appendix 1

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 was trying to mimic what I'd seen people do online. I really liked them and wanted to impress them.

They asked me to send a picture, no bra. I don't know if I want to. I'm worried about other people seeing it.

She said she wanted to have sex, but I don't feel ready. I don't feel like we have known each other long enough. But I'm worried she will think there's something wrong with me if I say no.

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.

They had brought condoms, said they wanted to make sure we were safe, but I thought that was a bit presumptuous!



**ok**

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**Not  
sure**

'Not sure' means it's not clear whether the situation on the card belongs in or would build a healthy relationship. Maybe more information or context would be needed, or it may be a situation where partners should pause and check in with each other.



**Not  
ok**

'Not ok' means this situation seems worrying or is something that does not belong in a healthy relationship. We might say the person or behaviour is 'red flag'.



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'Not ok' means this situation seems worrying or is something that does not belong in a healthy relationship. We might say the person or behaviour is 'red flag'.

## Appendix 2

### Wellbeing and further support

Talking about healthy and unhealthy relationships can sometimes bring up questions or worries. Some of the things you and the group talked about while doing the activity might have made you think about your own relationships, or maybe the relationships that people you care about are in. It might have made you question or worry about a partner's behaviour, or maybe your own.

Here are some things that might answer your questions or help with any worries you have.

- You could talk to an adult you trust, maybe a:
  - teacher
  - parent
  - youth worker
  - school nurse
  - someone at your local Healthy Respect drop in  
[www.healthyrespect.co.uk/find-services-near-me/](http://www.healthyrespect.co.uk/find-services-near-me/)
- You can get more information about relationships on Healthy Respect's website: [www.healthyrespect.co.uk/something-else-is-on-my-mind/relationships/](http://www.healthyrespect.co.uk/something-else-is-on-my-mind/relationships/)