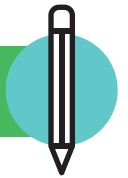


5 Relationship Warning Signs Activity Plan



This is a main activity and needs to be delivered in one session.

Activity 5.1



Designate 3 separate table top areas with signs saying "End the relationship",

"Have a little understanding" or "Reserve".

Divide "Relationship Warning Signs" cards out to the participants.

Resources

- Three designated table top areas
- Relationship warning signs cards

Activity 5.2



Ask the participants to read the cards and then place them face up on one of the two tables.

At the same time, if anyone disagrees with the placement of a card they should pick it up and move it to the "reserve" table.

Activity 5.3



Take the cards from the reserve table and read from them one at a time.

Ask the participants who placed them on the "reserve" table why.

Lead a discussion with the participants and encourage them to reflect on what they think is unacceptable in a relationship.

Lead the discussion into considering the consequences of staying in an abusive relationship.

Activity 5.4



Hand out the sheet: "Things about my relationship that are good for me".

Ask if anyone disagrees with anything on the sheet.

Resources

- "Things about my relationship that are good for me"

Learning outcomes

- Understand that relationships are complex
- Understand that warning signs accumulate and form a bigger picture
- Understand that people have different ideas of what makes a relationship bad
- Understand that staying in an abusive relationship has long term harmful effects
- Recognise features of a healthy relationship