

Snowball activity

Time: 10-15 minutes

Materials:

- Paper
- Pens/pencils

Instructions

- Have students pair up and distribute two pieces of paper to each pair
- Ask students what they think makes a relationship healthy or unhealthy. Allow the students 2-3 minutes to discuss ideas with their partner
- Instruct students to write one quality of a healthy relationship on one piece of paper and one quality of an unhealthy relationship on the other piece of paper
- Ask students to stand up at their desks and step to the side. Instruct them to crumple up each of the pieces of paper into a ball and have them throw their paper “snowballs” towards the front of the class.
 - If necessary, remind them that it is unacceptable to throw their snowball at other people in the class.
- Then, have each student retrieve a new paper ball (do not take your own) and take turns reading the quality/answer aloud
- After each, discuss whether this is a quality of a healthy relationship or an unhealthy relationship, encouraging students to reflect on their rationale
- Collect any paper balls that identify the same answer/quality
- Repeat until all the answers have been read
- Recap the answers that have been identified and supplement with any that have not been discussed by the students (refer to information in Core Knowledge Content)
- If time permits, engage in a discussion about healthy and unhealthy relationships using the prompts below:
 - Why do people sometimes stay in an unhealthy relationship?
 - The expression "love is blind" is often true. Someone may feel they are so in love that they do not look deeply at the problems and stay in the relationship for the reasons below.
 - People who are in unhealthy relationships often believe things will get better, the problems are just a phase or that they can change their partner. Sometimes they will have seen this type of behaviour in

another relationship, for example at home and not realize that the characteristics are unhealthy.

- Teens may feel that having a partner is more important than getting out of an unhealthy relationship. They may be scared to break it off either because they feel they cannot cope without the other person or the other person may be abusive or violent towards them.
(Source: [Teaching Sexual Health](#))
- What can you do if you know someone is in an unhealthy relationship?
 - If someone feels that their relationship is unhealthy they should talk to their partner and make it clear the relationship will end unless things change. Talking to friends or others they trust is important - often friends can provide some insight by letting you know how they see the relationship. If violence and abuse are present in the relationship then talking to a counsellor may help.

Variations

- Rather than having students write and read their ideas, simply do this in the format of a class discussion.
- Incorporate this activity into the Healthy Relationships PowerPoint presentation after presenting the S.H.A.R.E. slide.