

Knowing the signs

Time: 10-15 minutes

Materials:

- [Knowing the signs statement cards](#)
- [Knowing the signs answer key](#)
- Whiteboard and markers

Instructions

- Introduce the activity by stating that sometimes it is necessary to step back and evaluate our romantic relationships. Often we cannot see the unhealthy trends when we are in the relationship.
- Create a T-chart on the whiteboard and label one column "Healthy" and the other column "Unhealthy"
- Hand out the Relationship Statement cards giving one or two to each student
- Select one student to read his or her statement card aloud to the class
- Ask the student to then place the cards in the T-chart under the appropriate column (Healthy or Unhealthy)
- Open a discussion about the statement and whether it represents a healthy relationship or an unhealthy relationship
 - Ask the students to explain their rationale
 - Supplement or clarify information using the answer key and Core Knowledge Content as needed

Variations

- Allow students to complete this activity in small groups
 - Divide the statements among the different groups or print additional statement cards to allow each group to work with the full set