

### 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 a 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
- Bring the whole class together with students standing in a circle
- Instruct students to crumple up each of the pieces of paper into a ball and have them throw their paper balls into the center of the circle
- Have each student retrieve a new paper ball and take turns reading the quality aloud
- After each quality, 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 quality
- Repeat until all the qualities have been read
- Recap the qualities 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 immediately after the Healthy Relationships PowerPoint presentation