

What Type of Behavior Is it?

Healthy, Unhealthy, or Abusive

This activity will give participants a chance to review their understanding of healthy, unhealthy, and abusive behavior in relationships.

Materials

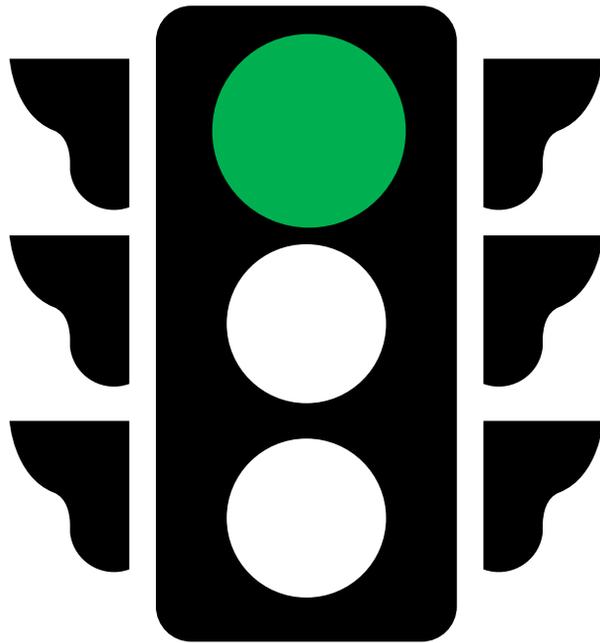
- Large pieces of paper or labels that say Healthy, Unhealthy, and Abusive, one label for each word.
 - See attached for examples that may be used
- Example cards
 - See attached for pre-made example cards that may be cut out and used

Directions

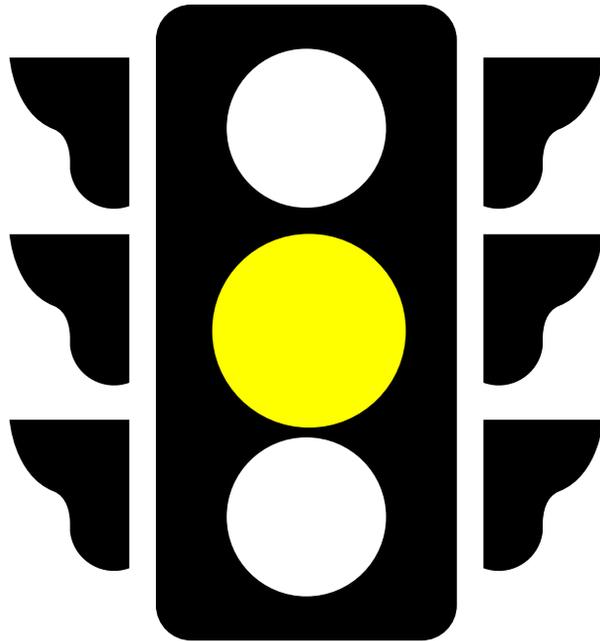
1. Hang a large piece of paper on the wall on one side of the room that says “Healthy.”
2. Place a large piece of paper on the wall in the middle of the room that says “Unhealthy.”
3. Place a large piece of paper on the wall at the other end of the room that says “Abusive.”
4. Hand out the example cards to participants in the class.
5. Ask them to read the card out loud or the facilitator can read the card out loud to the class (choose the option that works best for the participants in your class).
6. Ask the participant to tape the card under the label that best describes the type of behavior (Healthy, Unhealthy, or Abusive).
 - a. Note that participants might think that some behaviors fall between two labels. For example, they may see something as best placed in between Unhealthy and Abusive. The entire wall should be seen as a continuum, and examples can be placed anywhere along the wall to represent how Healthy, Unhealthy, or Abusive the behavior is.
7. Ask them to talk about why they chose to place the card next to Healthy, Unhealthy, or Abusive.
 - a. Allow for any class feedback and thoughts about the behavior.
 - b. The class does not need to agree on the exact placement along the continuum, but a general understanding of what is Healthy, Unhealthy, and Abusive is important.
8. At the end of the activity, look at each behavior that they determined was Unhealthy or Abusive.
 - a. Ask them to talk about how this situation would be handled differently in a healthy relationship.
9. Variation: if participants like to move around during the class, they can hold their cards and stand in the spot along the continuum where they think the behavior belongs.



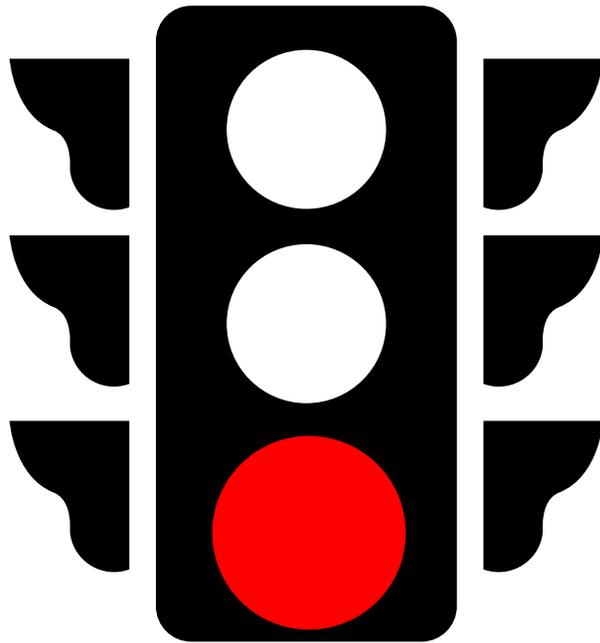
Healthy



Unhealthy



Abusive



Behavior Cards

1

You get into an argument with your boyfriend about how often you should go on dates together. Both of you yell a little bit. Your boyfriend says he needs to take a break from talking until he is not so angry.

2

Your girlfriend gets upset when you go out with your friends. She says that you should be spending your time with her.

3

You find your boyfriend reading through your text messages. He says that, if you love him, you should have nothing to hide.

4

The person you are dating says something mean to you, and you tell them you don't want to talk to them for a while. They say you better get over it, because no one else would want to date you.

5

A person you are dating says that they need your money to pay their rent. They won't spend more time with you until you find the money to help them.

6

Your boyfriend tries to touch you in a place where you don't want to be touched. You tell him, and he says okay, and removes his hand.

7

Your girlfriend puts her hand on a private part of your body. You are not ready to be touched there, and you ask her to stop. She keeps her hand there and says that she is your girlfriend, so she can touch you where she wants.

8

Your boyfriend chooses a violent, scary movie to watch. You tell him that you don't like these kinds of movies. He says you need to get over it and learn to like them if you want to spend time with him.

9

When you try to kiss a person you are dating, they take a step back. They say that they really like you, but they are not ready to kiss yet.

10

You are in an argument with your boyfriend. When you try to leave, he holds you against the wall and says you need to listen to him.

11

Your girlfriend chose a restaurant and activity that you don't like. When you tell her, she says that she should be in charge of picking the activities, because you're just not as smart as she is.

12

You've chosen an outdoor market and concert for your next date, and you're excited about going. When you tell your girlfriend, she says that she gets really overwhelmed in those markets and can't be there. She asks if you can pick another activity together.