



Health & Wellbeing



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THEME: Social Health

Relationships are an extremely important facet of a young person's development, negative relationships can lead to demotivation, social isolation, reluctance to participate in physical activity and have extreme consequences. This session will help young people recognise and understand the types of relationships they have, the impact of these and how to create and sustain a healthy positive relationship.

LEARNING OBJECTIVES

1. To explore what is meant by "relationship".
2. To understand and explore different types of relationships.
3. To learn how to build and maintain positive relationships.

CONTENT	METHODS/ RESOURCES	APPROX. TIME
Icebreaker	This is a great icebreaker to get young people interacting with each other and promotes group cohesion through commonality. The activity encourages participants to understand the features of how to engage in open dialogue, sustain conversation and build positive relationships. Set a timer and ask participants to move around the room, engage with others and identify one commonality with each person in the room. However, you cannot share the same commonality with anyone else which becomes challenging and a way to get people exploring beyond what they already know about each other. Discuss what you have learned about each other to the group.	60 minutes
Introduction -self-awareness of Relationships	<p>In groups: Discuss what a relationship is to you?</p> <p>In pairs: Write down as many different types of relationships that are in your life. (Slide 2) Compare this list with others in the group and discuss whether all relationships are the same. Do you have the same relationship with each person on this list? (Slide 3) What's the difference? (Slide 4)</p>	



