



Health & Wellbeing



5


THEME: Social Well Being – Building Positive Relationships


Learning outcome – by the end of this session, young people will understand what it takes to foster and maintain positive relationships. They will develop an understanding on what features are involved in a positive relationship and the impact of these. They will learn new strategies which will help them to maintain positive relationships.

LEARNING OBJECTIVES

- 1.To understand what contributes as a positive relationship.
- 2.To explore the importance of positive relationships.
- 3.To understand why relationships can be challenging.
- 4.To consider what strategies can be used to overcome challenges.

CONTENT	METHODS/ RESOURCES	APPROX. TIME
Introduction Gauge baseline understanding into the participants understanding of what a relationship is	Think – pair – share – method of delivery is guided learning and through the principle of think about the subject and task, pair up in small groups and discuss and share to the group. 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. State what you have learned about others to the group as a collective.	10 minutes
	Introduction – What is a relationship? A relationship is “the way in which two or more people or things are connected” or “the way in which two or more people or groups regard and behave towards each other.” A relationship isn’t always romantic; it can also include relationships with family, friends and much more.	15 minutes

Activity to tease out understanding	<p>Identify as many different relationships as possible that you have in your life and discuss why they are all different. Are they positive or negative relationships?</p> <p>Compare group answers with slide 4. Did you think you had to manage so many relationships in your life?</p> <p>Most important relationship you have is with yourself (Slide 5). If you are not honest with yourself, not nice to yourself then it will have a negative impact.</p>	15 minutes
Activity – to gain an insight into group’s understanding.	<p>Working in pairs - Identify the features of a relationship - Are they healthy or unhealthy in practice?</p> <p>Spending time together, knowing each other’s family and friends, same interests, honest and fair, fun and humorous, open, talk about feelings etc. When can these become unhealthy? Slide 6</p>	15 minutes 20 minutes
Activity	<p>Complete the worksheet on features of a relationship. Give examples of how each one may be positive or negative.</p> <p>Ask the groups can they think of the effects of healthy positive relationships – Less stress, better behaviours, clearer and greater sense of purpose, longer life.</p>	20 minutes
Strategies to maintain positive relationships. 	<p>Maintaining positive relationships – sometimes moments of disagreement will arise in relationships which may cause some frustration with others. Everyone experiences this. However, maintaining positive relationships involves work.</p> <p>Ways to maintain –</p> <ol style="list-style-type: none"> 1. Listen effectively – this can help make others feel supported and valued. 2. Accept and celebrate differences – everyone is different, accept it. 3. Time – give people your time. As you get older this becomes harder due to extra pressures on your time; studying, sport, family. 4. Communication – develop your communication skills. It is always better to communicate clearly so another person understands what you want. Lack of communication may lead to misunderstandings. 5. Manage your phone use – when in the company of others, try to manage your phone use. A phone is a distraction and indicates that you are not present in the conversation etc. 	20 minutes

	<p>6. Give and take feedback – constructive feedback will help to foster positive relationships as it helps others to tap into their potential. Taking feedback helps you to get a different perspective.</p> <p>7. Treat people how you would like to be treated yourself. To empathise and understand with someone helps to build a positive connection between people, developing mutual trust.</p>	
<p>Fun activities to initiate trust building and development of positive relationships within the group.</p>	<p>Human knot Have young people form a circle. They then will reach out and connect right hands with someone on the opposite side.</p> <p>Next, they will connect left hands with someone else.</p> <p>Have them try to unravel the knot without breaking any contact. This will build communication and team thinking.</p> <p>Trust fall Have someone stand in the middle of a circle of the group and close their eyes.</p> <p>They then announce that they are ready to fall, and the circle will respond that they are re them.</p> <p>When the person in the middle falls, the circle will keep them upright/catch them.</p> <p>This builds trust for your group literally and metaphorically having your back.</p> <p>Obstacle course Spread cones (or other objects) throughout an area.</p> <p>One person is blindfolded and must follow instructions from their group to successfully navigate through the obstacles.</p> <p>Leader may want to change the positions of the objects throughout this game</p>	

Features of a Relationship

Give an example of how each of these features of a relationship might be either healthy or unhealthy in practice.

1. Spending time together.

2. Knowing each other's family and friends.

3. Shared interests.

4. Honesty and fairness.

5. Fun and humour.

6. Being able to talk about your feelings.