

VIRTUALLY ADAPTED
ACTIVITY –
HEALTHY RELATIONSHIPS

YOUTH WILL DISCUSS AND IDENTIFY
CHARACTERISTICS OF HEALTHY RELATIONSHIPS

*From the The Council for Boys and Young Men Activity Guide,
“Living a Legacy” (Session 6)*

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We are all connected.

To All One Circle Facilitators,

With these difficult times, One Circle Foundation wants to acknowledge you for the great work that you continue to do with youth.

In an effort to make that a little easier for you, we are adding Adapted Activities from our curricula in order for you to have the ability to hold Girls Circle and The Council for Boys and Young Men sessions online with the youth in your programs. As you know, the creative and experiential activities presented in the Activity Guides require individuals to be in a live, in-person circle. We began adapting these activities so the youth could participate from the safety of their homes. These adaptations are made available to you on the One Circle Foundation website “Virtual Solutions” section, for your easy access.

Each adapted activity will note which Activity Guide they were adapted from as well as which session. We include an outline of the six steps of the Girls Circle Model and the seven steps of The Council for Boys and Young Men Model for you to use as a guide.

PLEASE NOTE: These adaptations do NOT include the full session; only the **ACTIVITY** step is described. However, you will see in the adaptation that there is an overview of the topic and brief discussion to incorporate into your circles. The objectives of the activity align with the original intent of the session.

Girls Circle:

Opening Ritual
Theme Introduction
Check-In
Activity → ADAPTED
Sharing of Activity
Closing Ritual

The Council for Boys and Young Men:

Opening Ritual
Theme Introduction
Warm-Up
Check-in
Activity → ADAPTED
Reflection
Closing Ritual

We welcome your suggestions and feedback. We also want to hear of any adapted or original activities you are doing online with the youth that you serve. Please email info@onecirclefoundation.org to share the online adaption work that you’re doing, and we invite you to share with one another in our Facebook Facilitator Support Group. Visit @onecirclefoundation on Facebook to join the conversation.

We at One Circle Foundation are committed to supporting all of you as we find our new normal. Be safe and continue to reach out for support from One Circle Foundation.

Virtually Adapted Activity – Healthy Relationships

Adapted from Living a Legacy, Session Six, Activity One: Hot Shot and Activity Two: Relationship Reflections

Topic: Healthy Relationships

Youth at this age are exploring who they are as well as just beginning to experience relationships. This can be a time when a lot of questions come up for youth. Through asking questions anonymously the youth can engage in a group discussion and resolve some of the confusion they may be experiencing during this time in their lives. In addition, youth will explore identifying the characteristics of a healthy relationship.

Objectives:

- To provide an opportunity for participants to ask questions and participate in a discussion about relationships (friendships and romantic/intimate).
- To engage participants in challenging societal expectations of how we relate to our relationships.
- To identify the characteristics of a healthy relationship.

Procedure to Lead Activity:

Activity 1: Hot Shot, Questions, and Answers

- 1 Prepare to share the handout “Relationship Reflections,” included at the end of this activity.
- 2 Let the youth know we will be having a discussion today about relationships and defining the characteristics of a healthy relationship.
- 3 Tell them they will need some blank paper and something to write with during these activities.
- 4 Say:
 - We are going to do an activity that will allow you to ask any questions in regards to relationships anonymously. I will be the only one that will see who asks the questions in chat. As a group, we will all have an opportunity to answer the questions.
 - Everyone take a few minutes and think of any questions you may have in regards to relationships.
 - After you have thought about the questions, write them down on a blank piece of paper.
 - Set chat to respond only to me and write your questions in chat.
 - I’m going to share my whiteboard and write the questions on the screen. I’m NOT going to share who wrote the questions.

- Once the questions are all on the whiteboard, I will invite you to unmute and respond to any question you wish. As the questions are answered and we have a discussion I will delete the question from the whiteboard. We will do this for all questions until they are all answered and discussed.
- 5 Check for understanding.
 - 6 Say:
 - If everyone is ready, start writing your questions on a blank piece of paper and then write them in chat. You'll have about 5 minutes.
 - 7 After the questions are all in chat, write them on the whiteboard.
 - 8 One at a time, read each question and ask the youth, "What do they think about the question?" Invite the youth to unmute and respond.
 - 9 After all questions have been discussed, ask the youth to take the paper they wrote their questions on and ball up the paper. Ask them to throw the ball at the screen.

Summarize the Discussion

Take time to summarize all the key points that were shared, and thank them for their level of openness and participation.

Activity 2: Relationship Reflections

- 1 Before the activity let the youth know they will need a piece of blank paper, a pen, or a pencil.
- 2 Using Share Screen, show the youth the Relationship Reflections handout.
- 3 Have the youth on a blank piece of paper fill in responses to each statement.
- 4 Ask the youth to find a comfortable place to sit and spend 10 minutes filling in their responses.
- 5 After the youth have completed the handout let them know you will be sending them into breakout rooms with one other person. Once in their breakout rooms, they can share some or all of their responses with the other person. Let them know after 5 minutes you will bring them back to the main room.
- 6 Give the youth 5 minutes in their breakout rooms.
- 7 After they return to the main room ask the following reflection questions:
 - What was it like for you to complete these activities?
 - Did you feel awkward talking about this topic with your peers?
 - Did the Relationship Reflection Activity bring up anything (memories, experiences) that you forgot about?

- What are the expectations when it comes to relationships?
 - Where do these expectations come from?
 - How do you know when you are ready for a relationship beyond friendship? Do you ever have to be ready?
 - What can happen if the other person isn't ready when you are?
- 8 Using the Whiteboard, ask the youth what are some of the characteristics of a healthy relationship? Ask them to chat their responses and you will make a list on the whiteboard.
- 9 Review all the characteristics listed. Thank everyone for sharing.
- 10 Go around the circle one last time. Ask the application question:
- **What is one healthy characteristic you can bring to your relationships in the next week?**
- 11 Thank everyone for their participation.
- 12 Complete the session with your closing ritual.

Relationship Reflections

I had my first real crush when I was age _____ It made me feel _____

The first time I was rejected was _____

It made me feel _____

When it comes to romantic relationships, I _____

When it comes to someone I'm "interested" in, my friends think I _____

Those I'm "interested" in think I am _____

Something I would like to ask my current or future intimate partners is _____

My biggest fear when it comes to my crush (or intimate relationship) is _____
