



# The Relationship Factor

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## Group work on relationships designed for 11-14yr olds.

How often do we help our young people explore what is most important in a relationship? This resource is designed to help them think more deeply about relationships they see in the media and what they can apply to their own relationships. By allowing young people to think about the qualities of a good relationship and whether they see that modeled in celebrity relationships, they can then reflect on the quality of relationships they would like to have for themselves. These activities work very well in small group settings, but can easily be adapted for a PHSE lesson.

### ▶ Preparation

Download the 'rights and responsibilities' cards and the 'celebrity couples' cards from the [schoolswork.co.uk](http://schoolswork.co.uk) website. Simply search for 'relationship factor' and you will find them. Print them out and laminate if you have time/resources. Print copies for each group and put them in envelopes.

### ▶ Rights and responsibilities cards

Working in a group of 4-6 young people (or if you are working with a whole class, split them into groups of 4-6), give out the envelopes with the word cards inside. The cards are designed to help young people think about their responsibilities in a relationship. Ask the group to sort the words into the four categories: 'Things I shouldn't do', 'My rights', 'Things I'm required to do', 'rewards, bonuses and advantages'. Some examples of what are on the cards include:

- respect
- flirt with others
- listen
- teasing

Encourage them to get a group consensus but don't change where they put the words, they must make those decisions as a group. Asking questions such as "why have you chosen to put that word there?" and "What do other people think?" will help the group find agreement.

Allow them 10 – 15 minutes to do this activity then get some feedback once they are happy with their categories.

### ▶ Celebrity Couples

Say "based on the exercise you have just done, sort these relationships with the best one at the top and worst at the bottom. Imagine you are judges on the X Factor, judging relationships instead of music talent". The pictures include pictures and descriptions of 10 celebrity couples, including JayZ and Beyonce, Angelina Jolie and Brad Pitt and Kat and Alfie from Eastenders.

Discuss what they found interesting, obvious or difficult about their decision making process.

Wrap up the exercise with a discussion about any issues that have arisen, and what they may have learnt about implications for their own relationships. Here are some questions to help you do that:

1. If we were to have asked you to rate these relationships before we did the first activity together, would the outcome have been different? How?
2. What makes a good relationship? How do you know when you are in a healthy relationship – what are the top 5 indicators?
3. What in the rights and responsibilities task stood out to you as being something that you are wrestling with when you consider a healthy relationship?

### **New playing card resource launched at the Youthwork Conference**

Romance Academy has partnered with [schoolswork.co.uk](http://schoolswork.co.uk) to launch a new set of playing cards, designed to help young people talk openly in a helpful way about sex and relationships. Following on from the primary and secondary age playing cards that [schoolswork.co.uk](http://schoolswork.co.uk) already produce, these cards are designed to be played with young people either in a school, youth group or home setting. They are ideal for discussion starters around the topic of thinking through sex in the media, culture, pornography, romantic relationships, responsibilities, community, character and self-esteem.

They can be used in as many ways you use a normal pack of playing cards as they are use a normal pack of 52 cards with the four different suits. Each of the suits has a different category assigned to it designed to get discussion going in a different area around the theme of sex and relationships. The idea with putting questions on playing cards, takes out the confrontational element of having conversations around potentially tricky topics, and it also allows the young person to take the question as deep as they would like, or move on quickly to looking at another card or playing another game.

Check these out on: <http://www.romanceacademy.org/product/romance-academy-playing-cards>

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