

Healthy Relationships

'Snowball' discussion activity

Ontario Health and Physical Education Curriculum

This activity meets the Ontario Health and Physical Education Curriculum expectations for Human Development and Sexual Health of the Healthy Living strand PPL 1O - C2.2

Developed with the York Region District School Board H & PE curriculum consultant

Grade

Grade 7 to 12 students – content should be adapted by facilitator/teacher to meet the needs and developmental stage of the group

Learner outcome

Students will demonstrate an understanding of the characteristics needed to build healthy social and intimate relationships

Materials needed

- Blank white paper for each student
- Pencil for each student
- York Region [healthy sexuality self-reflection student resource](#) for each student
- York Region [healthy relationship poster](#)
- Canadian Centre of Child Protection's ['It is a Big Deal grade 9/10 Activity Book'](#)

Activity instructions

1. Discuss ground rules for the group – respect each other, no name calling, one person speaks at a time, confidential setting, cell phones away
2. Introduce the topic, healthy relationships, and the activity 'snowball' as a way of discussing healthy relationships as a class
3. Give each student a blank piece of white paper and a pencil or pen.
4. Ask question one – **'What are some types of relationships?'** – Using the paper provided, ask students to write down their thoughts on the different types of relationships that exist. Give the students a couple minutes to complete



5. Once everyone has had a chance to write their thoughts down, ask the students to crumple their paper like a snowball and toss them around at each other (only throw to someone who is looking).
Alternatively, snowballs can be thrown into a basket in the middle of the room after all the snowballs are in the basket; everyone retrieves a snowball.
6. Once everyone has a snowball, ask students to uncrumple it and share responses – many types of relationships should be mentioned – friends, family, romantic, coach, teachers...
7. With the same paper, ask question 2 – **What are some characteristics of a healthy relationship?**
Repeat the process of writing their thoughts, crumpling their paper and tossing the snowballs. Once everyone has a snowball back, ask for one student to write the shared responses on the board (this helps visual learners to see the characteristics of a healthy relationship). Once the sharing is complete, use the York Region Healthy Relationship poster to summarize the characteristics of a healthy relationship, unhealthy relationship and abusive relationship. If appropriate, leave the poster displayed in the class.
8. Ask question 3 – **What are some ways to get out of an unhealthy relationship or help a friend get out of one?** Repeat snowball process. Use the Canadian Centre of Child Protection’s ‘It is a Big Deal grade 9/10 Activity Book’ pages 27 – 30 for summary discussions related to uncomfortable situations
9. Provide each student with a York Region healthy sexuality self-reflection student resource to complete in class if time permits or as a take home activity.

