



WP2 - PR.I.S.C.I.LLA EDUCATIONAL PROGRAMME FOR YOUTH WITH I.D.

Module 1: Relationships: feeling good with myself and others

Project number: 2023-2-RO01-KA220-YOU-000174271

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



**Co-funded by
the European Union**



PR.I.S.C.I.LLA EDUCATIONAL PROGRAMME FOR YOUTH WITH I.D.

Module 1: Relationships: feeling good with myself and others

Module Summary

This module begins by exploring one of the basic requirements for understanding relationships: emotions. It looks at what emotions are, how they manifest and how they are expressed. The module then outlines the key differences between friendship and love, both in terms of emotions and behaviour. A key theme is the importance of self-love and self-determination in relationships. The module also explores the differences between on the internet and in-person relationships, looking at the advantages and disadvantages of each. Finally, it addresses the importance of recognising the signs of a healthy versus toxic relationship, providing a framework that can be applied to both offline and online contexts.

Learning Outcomes of the module

- **Emotion identification:** Recognise emotions, their physical effects and how to express them.
- **Distinguish between love and friendship:** Identify the key emotional and behavioural differences between love and friendship.
- **Practice self-love and boundaries:** Learn to set healthy boundaries and prioritise personal wellbeing.
- **Navigate Relationships:** Explore the differences between online and real life relationships, focusing on communication, trust and safety.
- **Identify toxic relationships:** Recognise the signs of toxic relationships and understand the importance of maintaining healthy boundaries.

Educational principles adopted

Positive risk-taking, Self-determination, Sense of control, Promotion of independence

Contents of the module

Introduction

Project number: 2023-2-RO01-KA220-YOU-000174271

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



Co-funded by
the European Union



In this lesson we are going to talk about relationships, both online and offline, and how feelings or emotions are a big part of them. Emotions are what we feel inside, such as happiness, sadness, excitement or fear. They help us understand how we feel about other people and how they feel about us.

Relationships are a big part of our lives. Sometimes we connect with people face to face and sometimes we connect over the internet. In this lesson we will talk about the difference between friendship and love. We will also look at how relationships can be different online than in person.

We will learn how to recognise whether a relationship is healthy or unhealthy and what to do if something feels wrong. Understanding our emotions and relationships can help us to build strong and respectful relationships, both in real life and online.

THE EMOTIONS

What are emotions?

Emotions are the feelings we have inside. They help us understand how we feel and how others feel. Why do we have emotions? Emotions are like messages from the brain. They tell us what's going on in our hearts and minds. For example:

- If something good happens, we feel happy.
- If something bad happens, we feel sad.
- If someone breaks the rules, we might feel angry.
- When we see something unexpected, we might feel surprised.

Emotions help us make sense of our world and connect with the people around us. The main emotions are happiness, fear, anger, surprise, disgust and sadness.

What do emotions feel like?

Our emotions don't just stay in our heads - they can also affect our bodies! Here are a few examples:

- Happiness: You might feel warm, your face might light up with a smile, and you might laugh.
- Sadness: Your chest might feel heavy, your eyes might fill with tears and your energy might drop.
- Fear: Your heart may beat fast, your body may feel shaky and your palms may sweat.
- Anger: Your face may turn red, your muscles may tighten and you may feel very energetic or tense.

Project number: 2023-2-RO01-KA220-YOU-000174271





- Surprise: Your eyes may widen, your mouth may open and you may stop moving for a moment.
- Disgust: You might wrinkle your nose, have a bad taste in your mouth, or turn your body away from something.

How do we show emotion?

We show emotions with

- Our **faces**: A smile shows happiness and a frown can show sadness.
- Our **bodies**: A hug can show love or comfort.
- Our **words**: Saying "I'm sorry" shows concern, and saying "thank you" shows gratitude.

Why is it important to understand emotions?

Understanding emotions can help us

- Make friends: If you know someone is sad, you can cheer them up.
- Work together: If someone is angry, you can give them space or help them to calm down.
- Feel better: If you know what you're feeling, you can talk about it and ask for help.

Remember

Everyone has feelings.

All emotions are OK. It's normal to feel happy, sad, scared or even angry sometimes.

What's important is that you learn to understand your feelings and share them with others.

The difference between love and friendship

Love and friendship are both special types of relationships, but they are different. Friendship is when two people care about each other and enjoy spending time together, but it's not romantic. Friends help each other, have fun together and support each other in difficult times.

Love is a deeper feeling and often means wanting to be with someone in a special way, sometimes romantically. When we love someone, we may feel strong emotions, such as passion, and we may want to build a life together. Love often involves a physical connection that friendship doesn't. Understanding these differences helps us to know how to behave and respect each other's feelings.

Project number: 2023-2-RO01-KA220-YOU-000174271





Friendship

Friendship is when two people enjoy spending time together and care about each other. Friends can be anyone - people we meet at school, work or in the community. Here are some common friendship behaviours:

- Spending time together: You might get together with your friends to do fun things like play games, go for walks, or just talk.
- Supporting each other: Friends are there to listen, help when you need it, and cheer you up when you're feeling down.
- Respect boundaries: In a friendship, you don't have to share everything with your friend. It's OK to have your own space and time.
- No romantic gestures: Friends do not kiss, hug or say "I love you" in a romantic way. The affection is more about care and respect, not attraction.

Love

Love is a deeper and more special feeling. It's a relationship that often involves attraction and a desire to be close to someone in a romantic way. Here are some behaviours that can happen in a loving relationship:

- Spending more time together: People in love want to spend a lot of time together. They enjoy each other's company and often plan special activities together, such as going out on dates or travelling.
- Romantic gestures: Love often involves physical affection, such as hugging, kissing, holding hands, saying 'I love you' and, if both people in the couple are ready, even making love. These gestures are meant to show how special the other person is.
- More personal connection: In love, you may share more about your thoughts, feelings and dreams for the future because you want to build a life together.
- Making plans for the future: People in love often talk about their future together, such as living together, getting married or having a family.

Remember

Both friendship and love are important, and both are special in their own way. It's important to understand how you feel

Project number: 2023-2-RO01-KA220-YOU-000174271





about someone and always respect the feelings of the other person. If you're not sure whether your relationship is friendship or love, it's OK to talk to someone you trust to help you understand your feelings better!

The importance of self-love

Have you ever done something out of love or friendship, even though you didn't feel very comfortable with it or didn't agree with it? Maybe a friend or someone you care about asked you to do something and you said "yes" even though you weren't sure or didn't feel right.

It is normal to want to make the people we care about happy, and sometimes we do things for them to show that we care. Relationships, whether friendship or romance, are very important in our lives and can evoke strong emotions. But there is another thing we need to remember: it is just as important to show **love to ourselves** as it is to show love to others.

How can we show love to ourselves?

Loving ourselves means knowing that we deserve respect, care and happiness just like everyone else. It means taking care of our feelings, respecting our boundaries and making sure we're doing what feels right for us. Here are some situations in friendships or romantic relationships where people can practice self-love and self-respect by not overstepping boundaries - even when someone close to them asks for something:

- Saying "no" to something that makes you feel uncomfortable: If a friend or partner asks you to do something you don't want to do, it's OK to say 'no'. You don't have to do everything for others if it doesn't feel right.
- Don't let anyone pressure you: Even if someone is really close to you, it's important not to let them pressure you into doing something you don't want to do. For example, if a friend asks you to go somewhere you don't like or do something that makes you feel uncomfortable, you can say, "I'd rather not do that".
- Set boundaries: If someone asks you to do something that makes you feel uncomfortable, whether it's in a

Project number: 2023-2-RO01-KA220-YOU-000174271

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



**Co-funded by
the European Union**



friendship or a romantic relationship (like being physically close when you don't feel like it), you have the right to say, "I'm not ready for that" or "I'm not comfortable with that".

- Take some time out for yourself: Sometimes we are asked to be available for someone at all times. But it's important to know that it's OK to take time for yourself, to do things you enjoy or just to relax.
- Be honest about how you feel: If a friend or partner wants you to act in a way that doesn't feel true to who you are, it's OK to explain your feelings and say, "That doesn't feel like me" or "I'm not comfortable with that".
- Respect your own feelings: If you're feeling hurt, sad or upset about something in a relationship, it's OK to speak up. You deserve to be heard and understood, and it's important to trust your feelings.

Social Media vs. real-life relationships: what are the differences?

When it comes to relationships, there are two main ways to connect with others: offline (in real life-in person) and online (through the internet or social media). There are positives and negatives to both, and understanding the differences can help you make better decisions about how to connect with people while staying true to your needs and values. Let's explore both approaches and consider how we can safely take risks and maintain control over our relationships.

How we talk to each other

When you're meeting someone in person, communication can feel more natural because you can see their facial expressions and hear their tone of voice. This helps you to understand how they are feeling, and it can be easier to resolve misunderstandings straight away. However, it can also be difficult to express yourself clearly in a noisy or crowded environment, and sometimes face-to-face communication can be overwhelming.

On the other hand, online communication is convenient because you can chat from anywhere at any time. You may feel more comfortable taking your time to respond to

Project number: 2023-2-RO01-KA220-YOU-000174271





messages. However, it's often harder to gauge how the other person is feeling because you don't have the visual cues you would get in person. This can sometimes lead to misunderstandings or difficulty connecting emotionally.

Meeting new people and building relationships

In person relationships can develop over time as you spend more time with someone in person. This allows trust and bonds to grow, creating a sense of connection that can feel deep and genuine. However, meeting new people offline can be challenging, especially if you're shy or don't have many opportunities to meet others in person.

The internet offers countless ways to meet new people, whether it's through social media, games or online communities. It's easy to find people who share your interests, which can help you feel more connected to others. But because you can't see or meet people face-to-face, it can take longer to fully trust someone, and there's always the risk that someone isn't who they say they are.

Trust

Trust is something that grows over time, and personal relationships usually offer a more direct way of seeing how someone behaves and whether they can be trusted. You can build trust by spending time with them and observing their actions. But sometimes, even in person, people can behave unexpectedly, which can make it harder to build trust.

In relationships developed on social media, trust takes time to build and may require more patience. You can get to know someone by chatting and sharing stories, but it's harder to tell if they're being completely honest. The internet gives people the opportunity to hide behind screens, which means you need to be more careful when building trust online.

Emotional connection

In person, emotional connections tend to feel stronger because you're physically present with someone, which makes it easier to show empathy and support. You can also read each other's body language to understand how they are

Project number: 2023-2-RO01-KA220-YOU-000174271

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



**Co-funded by
the European Union**



feeling. But sometimes, if you're feeling nervous, it can be difficult to express yourself face-to-face.

Online communication allows you to take your time to share your feelings and may even give you the space to talk more openly than in person. Some people find it easier to talk about their feelings online because they don't have to worry about immediate reactions. However, it can be harder to feel as emotionally close to someone online because you can't really see their emotional reactions or body language.

Boundaries and privacy

When you connect with someone in real life, it's often easier to set boundaries because you can communicate directly with them about your needs. In person, it's clear when you need space or want to end a conversation. But sometimes people may not respect your boundaries as well in a crowded or public place.

On social media, you have more control over your privacy and can decide exactly what you want to share. It's easier to manage what people know about you, and you can take your time before sharing something personal. However, the Internet also brings risks, such as oversharing or unintentionally revealing private information. So, it's important to be careful about the information you share online.

Safety and security

Being with people you personally trust can feel like a safe way to build relationships. You can always ask for help if something goes wrong, and you know who the people you're spending time with are. But sometimes being in unfamiliar places or situations can be unsafe, so it's important to stay alert.

Online, the internet allows you to connect with others from the comfort of your own home, which can feel safe. However, there are also risks, such as meeting people who may not be honest or who may try to take advantage of you. Staying safe online means being aware of who you talk to, what you share, and when to seek help if you feel uncomfortable.

Project number: 2023-2-RO01-KA220-YOU-000174271

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



**Co-funded by
the European Union**



Signs of healthy and unhealthy relationships

Recognising the signs of a toxic relationship

A toxic relationship is when someone makes you feel bad, insecure or unhappy. This can happen in friendships as well as romantic relationships. Here are some signs to look out for in a toxic relationship:

1. Disrespect: The other person doesn't listen to you, makes fun of your ideas, or puts you down. They may ignore your feelings or make you feel unimportant.
2. Control: Someone tries to control what you do, who you talk to or where you go. This can make you feel like you don't have the freedom to make your own choices.
3. Excessive jealousy: The person may get very jealous and ask questions like "Why are you talking to them?" or "Where have you been?" This can make you feel trapped and uncomfortable.
4. Manipulation: They make you feel guilty about things that aren't your fault, or try to persuade you to do things you don't want to do. They may say things like "If you really cared, you would do this".
5. Emotional or physical harm: A toxic person may shout at you, insult you or physically hurt you. This is never OK, and it's important to recognise these actions as harmful.
6. Feeling guilty or afraid: You may feel scared, anxious or guilty when you are around this person. You may worry about upsetting them or making them angry all the time.
7. Lack of trust: In a toxic relationship, it's hard to trust the other person. They may lie, cheat or make you feel insecure about yourself.
8. Isolation: They may try to stop you seeing your friends or family, making you feel alone or like no one else cares about you.
9. Being forced to change: If the person wants you to change who you are or what you believe in to make them happy, it's a sign of a toxic relationship. You

Project number: 2023-2-RO01-KA220-YOU-000174271

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



**Co-funded by
the European Union**



should never feel pressured to be someone you're not.

If you notice these signs in a relationship, it's important to talk to someone you trust, such as a family member, friend or professional, to help you understand your feelings and what to do next. Remember that you deserve to be in a relationship where you feel respected and safe.

Recognising the signs of a healthy relationship

In a healthy relationship, whether it's a friendship or a romantic relationship, both people feel safe, respected and happy. Here are some signs that a relationship is healthy:

1. **Respect:** Both people listen to each other, care about each other's feelings, and value each other's opinions. You feel safe to share your thoughts and feelings.
2. **Support:** A healthy relationship means that you support each other through good times and bad. You encourage each other and offer help when needed.
3. **Trust:** You can trust each other and there is honesty in the relationship. Both people feel safe and confident that they won't be lied to or betrayed.
4. **Boundaries:** Both people respect each other's boundaries. If something makes you uncomfortable, it's OK to say no and the other person will respect your feelings.
5. **Communication:** You are open about your thoughts and feelings. If there's a problem, you work together to solve it, rather than ignoring it or getting angry.
6. **Kindness:** In a healthy relationship, both people are kind to each other. You treat each other with care, love and respect, and you enjoy spending time together.
7. **Equality:** Both people share equally in the relationship. Neither person controls or dominates the other and decisions are made together.
8. **Fun and enjoyment:** You have fun together! You enjoy each other's company and laugh, play and share happy moments together.

Project number: 2023-2-RO01-KA220-YOU-000174271

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



**Co-funded by
the European Union**



9. Independence: Even in a close relationship, it's important for both people to have their own space, hobbies and time to themselves.

Healthy relationships make you feel good about yourself and bring out the best in you. Both friends and partners should make each other feel valued, supported and understood. In a healthy relationship, you can be yourself and your feelings are respected.

What to do if you realise you are in a toxic relationship

If you find out that you are in a toxic relationship, it is important to take steps to protect yourself. Here are some simple steps you can take:

- Talk to someone you trust: If you feel safe, talk to someone you trust, such as a family member, friend or professional. They can help you understand what's happening and give you support.
- Set boundaries: If you can, tell the person what they are doing that makes you feel uncomfortable or hurt. It's important to stand up for yourself and protect your feelings.
- Take time for yourself: If the relationship is making you feel stressed or unhappy, take some time to think about your needs and how you feel.
- Ask for help: If the situation feels overwhelming, don't hesitate to ask for help. There's no shame in admitting you need support - talk to someone you trust. This could be a parent, therapist, teacher, mentor or someone close to you. They can guide you on what to do next and help you feel better.
- Consider ending the relationship: Sometimes the best thing to do is to end the relationship. If the person is hurting you or making you feel bad, it is okay to leave. You deserve to be treated well.
- Stay safe: If the relationship makes you feel unsafe, find a safe place to go. Ask someone you trust for help or call the emergency services if you need it.

Project number: 2023-2-RO01-KA220-YOU-000174271

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



**Co-funded by
the European Union**



Always remember that your safety and happiness are important. You deserve relationships that make you feel cared for, respected and safe. Don't be afraid to ask for help if you need it!

Additional Material

Resources

Name of the Activity

Objectives

Learning Methodologies

Time allocated for the Activity

Resources Needed

Instructions

Activity of Module

Emotion Detectives

- Improve ability to recognise emotions from visual cues and contextual descriptions.
- Develop social understanding by associating emotions with everyday situations.
- Promote self-awareness and empathy through guided discussion and reflection.

- Visual learning through the use of images (CAA icons and real life photos).
- Experiential learning through scenario-based tasks.
- Group discussions to enhance understanding and social interaction.

30 minutes

- Printed CAA pictures depicting basic emotions (e.g. happy, sad, angry, scared, surprised).
- Printed photographs of real-life situations that evoke emotions.
- A whiteboard or flipchart for group discussion.
- Markers and sticky notes for optional interactive tasks.
- A comfortable, distraction-free space for group activities.

The activities are designed to support the development of emotion recognition skills. They can be used sequentially or one at a time, depending on the target group.

Project number: 2023-2-RO01-KA220-YOU-000174271

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



**Co-funded by
the European Union**



Level 1: Identifying emotions using CAA images

1. Introduction

Welcome the participants and introduce the concept of emotions. Explain briefly that emotions are feelings we experience in response to situations (e.g., happiness, sadness). Explain that today's activity is about recognising emotions using simple pictures and stories.

2. Explain how the activity works

Tell the participants that you are going to read a short story and they have to identify the emotion shown in the story by pointing to or holding up a picture from a set of CAA pictures.

3. Warm up activity

Show a CAA picture (e.g. happiness).

Ask: "What emotion is that? When do you feel this way?". Encourage participants to give examples of when they experience this emotion.

4. Main activity

Read a short scenario (Annex 1 - CAA scenarios and pictograms). Ask the participants to choose the correct emotion from 2 alternatives among the selected pictograms. Repeat with the suggested scenarios, each focusing on a different emotion. After each scenario, give feedback to explain why the emotion is appropriate.

5. Discussion and reflection

Discuss with the participants:

"What was easy or difficult about recognising these emotions?" "Can you think of other times when you have felt these emotions?"

6. Conclusion

Summarise the activity and emphasise how recognising emotions can help in everyday life.

Thank the participants for their participation.

Level 2: Recognising emotions in real life photos

1. Introduction

Project number: 2023-2-RO01-KA220-YOU-000174271

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



**Co-funded by
the European Union**

Thank the participants for their efforts and participation.

	Activity of Module
Name of the Activity	Love or friendship?

Project number: 2023-2-RO01-KA220-YOU-000174271





Objectives	<ul style="list-style-type: none">• Help participants distinguish between friendship and romantic love.• Recognise the emotional and behavioural differences between the two relationships.• Understand the importance of recognising boundaries in both types of relationships.
Learning Methodologies	<ul style="list-style-type: none">• Role-playing and scenario-based learning to enhance real-life application.• Group discussions to reflect on feelings and actions.• Group analysis of scenarios to assess which behaviours reflect love or friendship.
Time allocated for the Activity	25-30 minutes
Resources Needed	<ul style="list-style-type: none">➤ Printed or digital copies of the scenarios.➤ Pen and paper for notes or feedback.➤ Space for role play.
Instructions	<p>1. Activity for group reflection</p> <p>The activities are designed to support the recognition of the difference between friendship and love relationships. They can be used in sequence or individually, depending on the target group.</p> <p><i>Read these two situations and the short talks that go with them. Look at what they say to each other and decide: Which situation shows love? Which situation shows friendship?</i></p> <p>Scenario 1</p> <p>Description: Mary has accepted Fred's friendship on Facebook. Mary and Fred have fun together talking about their favourite video games. Sometimes, they exchange messages to catch up on each other's day. When she thinks about Fred, Mary does not want to meet him in person to hug or kiss him, but she likes to keep playing, laughing and talking with him. Fred also behaves in the same way with Mary and her other online friends.</p> <p>Mary: 'Hi, have you tried the last level of our video game? It's hard to beat!'</p> <p>Fred: 'Yes, I tried it yesterday and lost three times. Shall we try again tomorrow?'</p> <p>Mary: 'Yes, good idea! Let's hope we win lol'</p>

Project number: 2023-2-RO01-KA220-YOU-000174271

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



**Co-funded by
the European Union**



Scenario 2

Description: Amy and David are friends on Facebook because they share the same hobby. For some time, they've been chatting a lot and having fun together. They understand each other and talk about everything. Amy feels her heart beat faster when she thinks of David, and David gets excited every time he receives a message from her. One day, Amy decides to take the first step and asks him to meet. David is also happy and accepts immediately, already proposing to become a couple.

Amy: 'I like talking to you so much, I would like to see you in person. When shall we meet?'

David: 'I can't wait to see you too! Do you ever think of us as a couple?'

Amy: 'Yes, it would be wonderful. I feel so special when we talk.'

Response:

The first scenario is about a friendship. Mary and Fred have common interests and are good together, but they have no romantic feelings or physical attraction, such as a desire to kiss or touch each other. They like to talk and laugh together as friends.

The second scenario is about love. Amy and David met as friends on Facebook, but their friendship has become something more. Besides being good together, they experience special emotions, such as a pounding heart and a desire to meet. They get excited thinking about each other and about a possible romantic relationship.

2. Alternative with role-play activities

Introduction:

Briefly explain the purpose of the activity: to understand the difference between love and friendship through role play. Read the scenarios together and check that they are well understood by the group (Scenario 1 and Scenario 2).

Assign roles:

Divide the group into pairs or small groups. Assign each group one of the scenarios to role play (Scenario 1 for friendship or Scenario 2 for love).

Role play:

Project number: 2023-2-RO01-KA220-YOU-000174271





Have participants take turns acting out the scenario, focusing on the emotions, behaviours and communication that distinguish friendship from love.

Encourage participants to express how they think each character would feel and behave in the given situation.

Group discussion:

After the role play, bring everyone together to discuss the main differences they observed between love and friendship.

Ask: "What behaviours and emotions did you notice in the scenario? How did the characters show friendship or love?"

Reflection:

Encourage participants to share personal experiences or observations that relate to the scenarios. Reinforce the idea that healthy relationships are based on mutual respect, clear boundaries and open communication.

Conclude by summarising the main takeaways: the emotional and behavioural signs of love and friendship, and the importance of recognising them in real life.

Activity of Module	
Name of the Activity	Identifying healthy and unhealthy relationships
Objectives	<ul style="list-style-type: none"> To help participants recognise healthy and unhealthy relationship behaviours. To explore the emotional impact and communication styles in relationships.
Learning Methodologies	<ul style="list-style-type: none"> Learning by doing: Work with provided scenarios to identify signs of healthy or toxic relationships. Group discussion: Analyse behaviours and reflect on how they can manifest in real life.
Time allocated for the Activity	<p>Total time 30 minutes</p> <p>Introduction 5 minutes</p>

Project number: 2023-2-RO01-KA220-YOU-000174271

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



**Co-funded by
the European Union**



Resources Needed

Reading and reflection on the scenario 10 minutes

Group work: 10 minutes

Conclusion: 5 minutes

Printed scenarios for each group

Whiteboard or paper to create a chart

Instructions

Introduction

Briefly explain the objectives of the activity and introduce the concepts of healthy and unhealthy relationship behaviours.

Read the scenarios (Annex 3) together and make sure everyone understands the context.

Group work

Draw a two-column chart on the whiteboard: Healthy Signals and Toxic Signals.

Ask participants to identify behaviours from the scenarios that reflect either healthy or unhealthy dynamics.

Encourage participants to share any personal experiences or examples that may enrich the discussion.

Discussion and reflection

Discuss the behaviours identified by the groups and categorise them as healthy or toxic.

Ask participants to reflect on how these behaviours would make them feel in real life and to share any examples they have encountered, either personally or observed.

Project number: 2023-2-RO01-KA220-YOU-000174271

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



**Co-funded by
the European Union**



Conclusion

Summarise the main points, emphasising that healthy relationships are based on mutual respect, clear boundaries and open communication.

Reinforce the idea that recognising the signs of a healthy relationship is essential for emotional well-being.

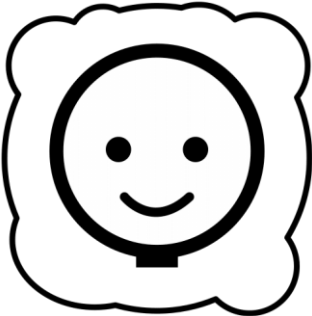

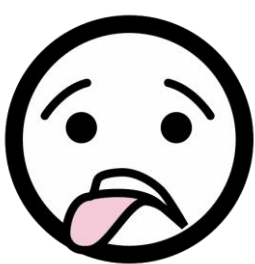
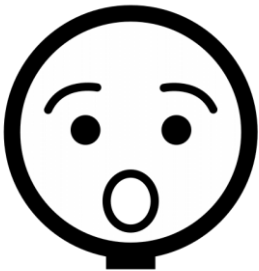


Annex 1 - CAA scenarios and pictograms

- "Anna is playing in the park with her best friend. They are laughing and having fun. How does Anna feel?"
 - Correct emotion: Happy
- "Tom's ice cream fell on the floor and he can't eat it anymore. How does Tom feel?"
 - Correct emotion: Sad
- "Sarah's little brother broke her favourite toy and now she can't play with it. How does Sarah feel?"
 - Correct emotion: Angry
- "John is outside and he hears a loud thunderstorm with bright lightning. He quickly runs inside. How does John feel?"
 - Correct emotion: Fear
- "Emma's friends gave her a surprise birthday party. When she walked into the room, everyone shouted, 'Surprise! How does Emma feel?"
 - Correct emotion: Surprise

Project number: 2023-2-RO01-KA220-YOU-000174271





Happiness 	Fear 	Disgust 
Surprise 	Sadness 	Anger 

Annex 2 real life scenarios

Scenario 1 - Happiness

Photo: Two friends hugging and laughing while holding ice-cream cones.

Scenario: "These two friends have gone out for ice cream on a sunny day. They are having fun and enjoying each other's company. What emotion do you think they are feeling?"

Correct emotion: Happy

Project number: 2023-2-RO01-KA220-YOU-000174271

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



**Co-funded by
the European Union**



Photo by [Freepik](#)

Scenario 2 - Anger

Photo: A girl turns her back on her friend who is screaming

Scenario: " These two friends are fighting because one of them accidentally broke a promise. How do you think they feel?"

Correct emotion: Angry

Project number: 2023-2-RO01-KA220-YOU-000174271

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



**Co-funded by
the European Union**



Photo by Liza Summer on [Pexels](#)

Scenario 3 - Sadness

Photo: Two friends are laughing together while a person sits next to them with her arms crossed.

Scenario: "This person wanted to join the group but was too shy to ask. She feels left out while everyone else is laughing. How do you think she feels?"

Project number: 2023-2-RO01-KA220-YOU-000174271

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



**Co-funded by
the European Union**



Correct emotion: Sad



Photo by [Freepik](#)

Scenario 4 - Surprise

Photo: Boy offering bunch of flowers to surprised girl

Scenario: "This person surprised their partner with flowers for their special anniversary. The partner wasn't expecting this gift. What emotion do you think they are feeling?"

Correct emotion: Surprised

Project number: 2023-2-RO01-KA220-YOU-000174271

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



**Co-funded by
the European Union**



Photo by [Freepik](#)

Scenario 5 - Sadness

Photo: A girl turns away in tears from a boy who puts his hand to his forehead.

Scenario: These two people were in a loving relationship but have just broken up. How do you think they feel?

Correct emotion: Sad

Project number: 2023-2-RO01-KA220-YOU-000174271

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



**Co-funded by
the European Union**



Photo by RDNE Stock project on [Pexels](https://www.pexels.com/photo/young-woman-sad-while-young-man-distressed/)

Annex 3 - Distinguishing between healthy and toxic love

Scenario 1:

John and Emily are in a romantic relationship and often chat online.

Emily: 'Why didn't you answer me right away? Were you talking to someone else?'

John: 'No, I was helping my little brother with his homework. I'm sorry I didn't answer you.'

Emily: 'You have to answer me right away and never talk to other girls, otherwise it means you don't really love me.'

John: 'I'm sorry, you're right. I don't want you to be angry with me.'

Scenario 2:

John and Emily are on a date and text each other every day.

Emily: 'Hi, I've had a tough day today. Do you want to have a video call later?'

Project number: 2023-2-RO01-KA220-YOU-000174271

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



Co-funded by
the European Union



John: 'Sure, let me know when you're free. I want to hear from you too!'

Emily: 'Thanks, you're always so kind. If you can't, we can talk tomorrow'

John: 'No, I want to talk to you. I want to know how you are.'

Answer:

- The first conversation is not healthy.

Emily controls John too much: She gets angry when John doesn't answer messages immediately and tells him not to talk to other girls. Emily makes John feel guilty. She says things like 'If you don't do this, you don't really love me'. John is not happy, he feels sad and under pressure because Emily does not respect his feelings.

- The second conversation is healthy:

Emily and John respect each other, they talk nicely and understand each other without pressure. Emily and John support each other: John supports Emily because she is sad and he wants to talk to her and Emily worries about John's free time without controlling him with sentences like 'If you are busy, we can talk tomorrow'.

Project number: 2023-2-RO01-KA220-YOU-000174271

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



**Co-funded by
the European Union**