

# THE GAME

Consent, sex & relationships



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RELATIONSHIPS CARDS  
For students

# RELATIONSHIPS CARDS – GAME INSTRUCTIONS



This is a conversation game. It's about sharing ideas and opinions. It should be fun and interesting.

- Sit in a circle with a small group of 3–6 people. Make sure everyone in the class has a group.
- Every group uses a set of cards to play independently. One person in each group takes a card and reads out the top section. Then ask each question one at a time in your small group.
- Stop after each question so everyone in the group can share their opinion. Make sure everyone who wants to respond gets the chance.
- It's ok to have different opinions. Everyone should listen and show respect. No one **has to** share an opinion or read out the questions; it's fine to pass.
- Then another person takes a card and asks the questions on it.

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# RELATIONSHIPS 1

## Does the other person feel the same?

You're at a party and someone you **really like** walks into the room. You haven't told them you like them, but you want to make your move and let them know.

### Talk with your group

- A.** What are some ways you could find out if they feel the same way about you?
- B.** What kind of body language shows they might like you?
- C.** What kind of body language means they might **not** be interested in you romantically?
- D.** What might you say to them to find out if they like you too?



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# RELATIONSHIPS 2

## Relationships include freedom too

A healthy relationship should bring more happiness than sadness or stress. It should allow people to keep some important freedoms. This includes those listed below.

**Talk with your group. Why are each of these freedoms important?**

- A.** The freedom to see family and friends
- B.** The freedom to control your own money
- C.** The freedom to make decisions about your own body
- D.** The freedom to follow your own cultural practices, religion or spiritual beliefs
- E.** The freedom to have your own hobbies or interests



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# RELATIONSHIPS 3



## Human rights

In Australia today, same-sex and queer couples have the same rights as heterosexual couples, at least on paper!

This is a major milestone, and a human rights achievement for us all to be proud of.

However, sometimes these rights aren't realised in real life.

### Talk with your group

- A.** Why is it important that same-sex and queer couples have the same rights as heterosexual couples?
- B.** What impact can sexual and gender discrimination have on people?
- C.** What can be done in a school environment to help protect the human rights of people who are in same-sex or queer relationships?



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# RELATIONSHIPS 4



## Controlling behaviours

People may think relationship abuse is all about physical violence, but there are other negative behaviours that are forms of abuse or control.

**Talk with your group. Do you think each one of these behaviours is controlling and/or abusive? Why or why not?**

- A.** Telling your partner they aren't allowed to wear a certain outfit because it is 'too sexy'
- B.** Telling someone the colour they're wearing looks great on them
- C.** Secretly reading your partner's messages, diary or other personal things
- D.** Telling your partner that they see their friends too much and that they shouldn't
- E.** Asking someone if they are free on Friday night because you'd love to go to the movies with them

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# RELATIONSHIPS 5

## Breaking up

It can feel so sad to break up with a partner, or when they break up with you.

It really hurts to have your heart broken! But sometimes it can be for the best in the end.

### Talk with your group

- A.** What are some circumstances in which it may be best for a couple to break up?
- B.** What are some ways to break up respectfully?
- C.** If a person is feeling depressed about a break-up, where can they get support?
- D.** If one of your friends was depressed about a break-up, how could you support them?



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# RELATIONSHIPS 6

## Balance in relationships

Sometimes when people have a new partner, they spend almost **all** their time together. This can be fine for a while, but if it goes on too long a person can become overly dependent on their partner or lose touch with friends or family members.

### Talk with your group

- A.** What are some of the issues with becoming overly dependent on a partner?
- B.** How can people keep other parts of their life strong outside of their romantic relationship?
- C.** How might an unhealthy relationship feel?
- D.** How might a healthy relationship feel to the people in it?

