



teaching
sexual
health.ca

CALM

Learning Activity

Healthy, Unhealthy and Abusive Relationships

Learning Outcomes

General Outcome 1: Personal Choices

Students will apply an understanding of the emotional/psychological, intellectual, social, spiritual and physical dimensions of health — and the dynamic interplay of these factors — in managing personal well-being.

Specific Outcome P11:

Examine the relationship between commitment and intimacy in all its levels.



Healthy, Unhealthy and Abusive Relationships

CALM



Teaching Sexual Health

Place the cards on a continuum

Healthy

safe • respectful
supportive • honest

Unhealthy

feels “off” • disrespectful
one-sided • confusing

Abusive

unsafe • controlling
harmful • violent



Healthy, Unhealthy and Abusive Relationships

CALM



Teaching Sexual Health

What makes a relationship healthy?

Pick 2 “healthy” cards that your group sorted in part 1 and explain how they show mutual respect and shared decision making.

Example 1: _____

Why is this healthy?

Example 2: _____

Why is this healthy?

What kind of commitment is demonstrated in these examples? How do you know it’s safe and supportive?



Healthy, Unhealthy and Abusive Relationships

CALM



Teaching Sexual Health

What are early warning signs of an unhealthy relationship?

Pick 2 “unhealthy” cards and explain how they might seem okay at first but aren’t.

Example 1: _____

Why is it not okay?

Example 2: _____

Why is it not okay?

What is missing in unhealthy relationships? What might happen to someone’s sense of emotional safety or commitment when threats or jealousy are present?



Healthy, Unhealthy and Abusive Relationships

CALM



Teaching Sexual Health

What might indicate that a relationship is abusive?

Pick 2 “abusive” cards and explain what makes them harmful or unsafe.

Example 1: _____

What is happening to the trust, consent and safety in this relationship?

Example 2: _____

What is happening to the trust, consent and safety in this relationship?

How does fear replace intimacy in an abusive relationship and how can this affect someone’s ability to make their own choices?



Healthy, Unhealthy and Abusive Relationships

CALM



Teaching Sexual Health

Why might someone stay in an unhealthy or abusive relationship?

List 2 – 3 possible reasons someone might not leave.

Why might someone not tell others about an unhealthy or abusive relationship?

List 2 – 3 feelings or fears that might keep someone from speaking up.

If someone is in an unhealthy relationship, what can they do about it?

Think of what they could say, who they could talk to, or where they could ask for help.





**It's okay with you when your
partner spends time alone
with friends or family**

**Your partner has the power
to make you feel bad and
uses it**

**Your partner has
intentionally physically hurt
you**





It's okay with your partner
when you spend time alone
with friends or family

Your partner asks
you to do sexual acts
you don't want to do

You are afraid of your
partner's temper so you
avoid making them angry





Your partner likes the way
you look and act, and tells
you so

Your partner puts you down
e.g., when you refuse to do
certain sexual acts

You have stopped seeing
your friends or family
because your partner is
jealous of them





**You both decide how you
spend your time together**

**Your partner has threatened
to break up with you**

**You have performed sexual
acts you didn't want to
because of pressure from
your partner**





**You usually feel happy
in this relationship**

**Your partner believes that
jealousy is a sign of love**

**Your partner threatens to
hurt themselves if you break
up**





You have both agreed that
you are a couple and trust
each other to stick to it

You think you can make your
partner's problems go away

Your partner threatens to
post private/nude photos of
you if you break up with them





You can be honest about
your feelings and talk
about them freely with your
partner

You worry that the
relationship might end and
would do anything to keep it
going

Your partner posts
private/nude photos of you
on their social media
accounts





You and your partner protect
yourselves from STIs and/or
unintended pregnancy

Your partner repeatedly asks
you to have unprotected sex

Your partner removed a
condom during sex
without your knowledge





Healthy

Unhealthy

Abusive



Healthy, Unhealthy and Abusive Relationships

CALM



Teaching Sexual Health

© 2025, Primary Care Alberta, Student and Adult Health Promotion and Oral Health



This work is licensed under a Creative Commons Attribution-Non-Commercial-Share Alike 4.0 International license. To view a copy of this license, see <https://creativecommons.org/licenses/by-nc-sa/4.0/>. You are free to copy, distribute and adapt the work for non-commercial purposes, as long as you attribute the work to Primary Care Alberta and abide by the other license terms. If you alter, transform, or build upon this work, you may distribute the resulting work only under the same, similar, or compatible license. The license does not apply to Primary Care Alberta trademarks, logos or content for which Primary Care Alberta is not the copyright owner.

This material is intended for general information only and is provided on an "as is", "where is" basis. Although reasonable efforts were made to confirm the accuracy of the information, Primary Care Alberta does not make any representation or warranty, express, implied or statutory, as to the accuracy, reliability, completeness, applicability or fitness for a particular purpose of such information. This material is not a substitute for the advice of a qualified health professional. Primary Care Alberta expressly disclaims all liability for the use of these materials, and for any claims, actions, demands or suits arising from such use.

