



teaching
sexual
health.ca

Grade 8

Learning Activity

Healthy, Unhealthy, Abusive

Learning Outcome

W-8.7 determine the signs, methods and consequences of various types of abuse; e.g., neglect, physical, emotional, sexual abuse

Healthy Unhealthy Abusive

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Part One: Sort Cards

In this activity, you will look at different relationship situations and place them on a continuum from healthy to unhealthy to abusive. Some situations may not be obvious – discuss these situations with your group to decide where you think each one fits best and why.

Place the cards on a continuum

Healthy

safe • respectful
supportive • honest

Unhealthy

feels off • disrespectful
one-sided • confusing

Abusive

unsafe • controlling
harmful • violent





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

Your partner asks
you to do sexual acts
that 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

When you refuse to do
certain sexual acts, your
partner puts you down

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

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 are
protected 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





Part Two: Reflect

Work with your group to answer the questions.

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?

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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?



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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?



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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 relationships?

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.



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