



**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



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?

Healthy Unhealthy Abusive

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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?

Healthy Unhealthy Abusive

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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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