



## TYPES OF RELATIONSHIPS ACTIVITY

*Young people have all types of relationships throughout the course of their young adult years. This activity is to explore norms around these relationships based off the labels that society places upon them. It is important to note that no matter where the relationships fall on the spectrum of “formal” to “informal,” the goal of this activity is to have young people analyze the values that society places on a relationship’s label and examine boundary-setting, communication, and consent.*

### Directions:

1. On a whiteboard, chart paper, or Google slide, draw out a long horizontal line. This is the “spectrum line.”



2. Label one end of the line **FORMAL** and label the other end **INFORMAL**.
3. If in-person, give the participants one to three post-it notes and ask them to write a type of relationship on each post-it. Give them one minute to do this.
  - a. Examples of relationships include: boyfriend-girlfriend, friends-with-benefits, married/spouses, just dating, etc. There is no “right” or “wrong” answer. Ideally, participants use their own language/colloquialisms to identify these relationships rather than one that is “socially acceptable.”
4. After the minute, ask the participants to come up and place their post-it notes where they believe their relationship falls on the spectrum line of **FORMAL** to **INFORMAL**.
  - a. If virtual (on Google Slide), the facilitator can ask the participants to directly add a text box on the Slide and place the relationship onto the line.
5. Facilitator then reads out the types of relationships that the participants placed onto the line.

### Facilitator Debrief:



1. Going along the spectrum, ask the participants their reasons for relationship placement. E.g. Why did you place this here? What do others think? What does this relationship mean/how would you define this relationship?
2. If there are any relationships that fall in the middle, ask the participants to explain why they feel that relationship belongs there.
3. How did this activity make you reflect on your current or past relationships?
4. After talking through these questions, ask the participants if there any relationship types that they would like to move on the spectrum and explain why.