

Relationship "Green Flags" post-it activity

The Relationship Green Flags Activity is a positive, interactive exercise that encourages students to reflect on their idea of a "good" romantic partner, and the positive aspects of romantic and sexual relationships. It helps to show students that consent is a positive concept, not just something related to sexual violence.

While we should be aware of red flags, as it is important to raise young peoples' awareness of abusive/unhealthy relationships, it is also important to share information on what healthy relationships look like.

This is a great activity for your secondary school or college campus during SHAG week or Wellness Week!

INSTRUCTIONS:

- Explain to pupils what green flags are: behaviours that make us feel safe, supported, and respected. They could be emotional, physical, or action-based.
- Give some examples, such as "apologises", "surprises me with small gifts", "always asks for consent", "looks after their sexual health" and "doesn't judge my body".
- Let them know while it is important to learn about red flags, it is also important to know about the healthy side of relationships.
- Ask them to write their example on the green post-it, and place it on the white paper on the wall/display board.
- The results can then be moved easily if needed on the flipchart paper if you would like to keep them or move them.

You can take a photograph of the board and use to promote this message on social media - don't forget to tag us @activeconsent so we can reshare!

Materials you will need

- Green post-it notes
- Markers
- White flipchart paper
- Bluetac
- Wall or display board for the 'flags'
- 2-3 staff members



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