

Relationship Safety

Activity #2

Title: Relationship Improv.

Format: Improv match

Number of players: All (two teams)

Duration: Approximately one hour

Objectives:

- review components of healthy relationships
- encourage team work
- promote healthy decision-making by recognizing signs of abuse
- encourage creativity and role playing

Instructions:

- Print topic cards below. Some cards have been left empty, so you can fill them out with your own themes.
- Organize the class so that enough space is allotted for acting out the improvs. Move desk and chairs out of the way and to the side where players who aren't acting can sit.
- Divide the group into 4 teams: 2 teams will act out an improv and the other 2 will vote. After the match, the improv teams change roles.
- It's important that you specify to the students that their improvs need to be related to situations or conflicts pertaining to relationship safety. Improvs should be constructed with the motto: *What would you do?*

Theme: The first date Number of players: Unlimited Duration: 1 min, 30 sec.	Theme: The first argument Number of players: Whole team Duration: 2 mins
Theme: He hit me! Number of players : 2 per team Duration: 2 mins	Theme: When I saw him for the first time Numbers of players: 3 Duration : 1 mins. x 3
Theme: It's over! Number of players: Unlimited Duration: 45 seconds	Theme: I'm in love with you, Bob Number of players: Unlimited Duration: 1min, 30 sec.

Theme: Is this normal? Number of players: Unlimited Duration: 2 mins.	Theme: It's my body, not yours Number of players: Whole team Duration: 2 mins.
Theme: I need to talk to you Number of players: Unlimited Duration: 1 min, 30 sec.	Theme: I don't recognize you anymore Number of players: Whole team Duration: 2 mins.
Theme: Why me? Number players: 2 per team Duration: 2 mins.	Theme: The delivery Number of players: 3 Duration: 1 min. 30 sec
Theme: The breakup Number of players: Unlimited Duration: 45 seconds	Theme: Did you see the new guy? Number of players: Unlimited Duration: 1 min, 30 sec.
Theme: Does Nat have a boyfriend? Number of players: maximum 3 per team Duration: 2 min.	Theme: I'm so scared Number of players: Unlimited Duration: 1 min.
Theme: Number of players: Duration:	Theme: Number of players: Duration:
Theme: Number of players: Duration:	Improvisation: Compared Theme: Category: Number of players: Duration:
Theme: Number of players: Duration:	Improvisation: Compared Theme: Category: Number of players: Duration:
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