

## Resource 1 (Activity 1)

# What I Think Is Okay

This activity helps you consider how you behave differently with different people, and how you expect them to behave towards you.

Along the top of the table are spaces for you to write in some people you have a relationship with. For example, you might write mum, dad, teacher, friend etc, as discussed already in class.

Along the side of the table are statements describing some behaviours that occur in relationships. For each statement, you are going to decide whether you think it is okay or not, using a number scale of 1 to 5, where 1 means 'not okay at all' and 5 means 'absolutely fine'.

	People I have a relationship with				
	Parent/ Carer	Teacher	...	...	...
Talk informally and joke with					
Ask you a personal question					
Swear in front of					
Hold hands					
Give a hug					
Sit on their knee					
Be tickled by					
Undress in front of					
Sleep in the same bed occasionally					
Link arms when walking together					
Give you a kiss as a greeting					
Rub your leg when you've fallen over					

1 = Not Okay At All

5 = Absolutely Fine