

Lesson:
Red Light, Green Light
(Adapted from
youngwomanshealth.org)

Length of Lesson
20 Minutes

Materials:

- Prepared Red Light, Green Light Paddles, and yellow light paddles
- Large Butcher paper and markers

Discussion Summary:

Prompt a discussion about the criteria the participants used to categorize the qualities or behaviors that are healthy or desired in a relationship. Talk about the qualities that participants feel fall into definite categories as well as behaviors that are worrisome. This activity is an interactive way to discuss what can be acceptable and unacceptable in various circumstances.

Discussion Questions:

- **Why do some behaviors depend on the situation?**
- **How can the “red light” behaviors be dangerous?**

1. Begin by handing out a red, green and yellow light paddles to be held up by each girl.

2. Explain:

Green light= Acceptable/Healthy Behaviors

Yellow light= Sometimes acceptable or based on circumstances

Red light= Completely unacceptable

Note: It’s helpful to prepare these definitions on a large butcher paper for the girls to refer to.

3. Following the discussion of healthy relationships ask the girls some scenarios from each category and ask the girls to raise their paddle to which they think each situation belongs.

4. If there are any outlying answers ask the girl to explain why they feel the action belongs in that category.

5. Conclude by reviewing healthy relationships and answering any remaining questions.

Green Light	Yellow Light	Red Light
Talk to each other/ Good communication	Embarrasses you	Is clingy
Trust each other	Is annoying sometimes	Is jealous
Support each other	Shows off	Feel unsafe
Feel happy around the other person	Calls you on the phone often	Feel like they are a pain or a nuisance
Share feelings	Is competitive with you	Have limited trust
Have freedom within the relationship	Makes plans and then breaks them	Tries to control and manipulate
Have more good times than bad	Tries to make you more like them	Makes you feel bad about yourself
Have fun together	Uses sarcasm	Does not make time for you
Do things together	Disagrees from time to time	Discourages you from being close to anyone else
Encourage other friendships	Have unequal power	Criticizes you
Trust and honesty between each other	Ask you to change things about yourself	Uses you