

Annex 2 – *Call to Action* Activity Template

Theme: Navigating Relationships

Thematic Area	Navigating Relationships
Activity Title	Building Positive Relationships
Type of resource	Self-Help Activity
Photo	

<p>Duration of Activity (in minutes)</p>		<p>Learning Outcome</p>	<ul style="list-style-type: none"> • Develop interpersonal communication skills for building and maintaining healthy relationships. • Identify the characteristics of healthy and unhealthy relationships and understand the importance of setting boundaries. • Demonstrate an understanding of different types of relationships and the impact of cultural and societal factors on relationship dynamics. • Practice strategies for conflict resolution and effective problem-solving in relationships. • Identify personal values and beliefs that impact relationship building and maintenance.
<p>Aim of activity</p>	<p>Completing this activity on Navigating Relationships will provide learners with the opportunity to reflect on their current relationships and identify areas for growth and improvement. By engaging in this self-help activity, young people will gain a better understanding of healthy relationship dynamics and how to communicate effectively with others. They will also be equipped with practical tools and strategies for building and maintaining positive relationships in their personal lives.</p>		
<p>Materials Required for Activity</p>	<p><i>Pen/ pencil</i> <i>Worksheet</i></p>		
<p>Step-by-step instructions</p>	<p><i>1. Take a moment to reflect on your current relationships, both personal and professional, and write down some of the positive aspects of those relationships.</i></p> <p><i>2. Identify any areas where you feel they could improve in their relationships, such as communication, boundaries, or conflict resolution.</i></p> <p><i>3. Read carefully the basic principles of positive communication, such as active listening, expressing oneself clearly, and avoiding blame and criticism.</i></p>		

	<p><i>4. Practice these principles by role-playing common scenarios, such as resolving a disagreement with a friend or colleague or communicating boundaries with a romantic partner.</i></p> <p><i>5. Research and share some tips for building and maintaining positive relationships, such as making time for one another, showing appreciation, and respecting each other's differences.</i></p> <p><i>6. Create a personal action plan for improving your relationships, setting specific goals and strategies for implementing positive changes.</i></p>
Template	Worksheet