

## Guide for implementing activity #1

### Seven Words and a Picture to Promote Healthy Romantic Relationships



#### Activity summary

After having examined the results of the Youths' Romantic Relationships (YRR) Survey on the words that more than 8,000 youths associated with an ideal or desired relationship, students are invited to write a short 7 word sentence describing a positive aspect that promotes healthy romantic relationships.

#### Objectives

Allow youths to reflect on romantic relationships while consulting the results of the YRR Survey. Specifically, they will:

- reflect on their own representations of romantic relationships;
- gain awareness of aspects that promote healthy romantic relationships;
- develop interpersonal skills by discussing and debating.

Furthermore, this activity helps develop an openness to research by making youth aware of qualitative data that is transformed into quantitative results.

#### Target group

1<sup>st</sup> and 2<sup>nd</sup> high school cycles. The activity can take place with a single class, multiple classes or a subgroup of students.

#### Duration

In total, the activity can be animated in 60 to 75 minutes. It is divided into two parts of 30 to 35 minutes each.

#### Animation

This activity requires the involvement of a teacher or a school staff member. The animation can be done during class or during an extracurricular activity. Since it includes notions of English, the activity can also be conducted in an English class.

#### Required material

- Annex A: "Words associated with the most beautiful romantic relationship"
- Annex B: "Visual presentation of the 8,000 youths' results"
- Annex C: "Quantitative presentation of the results (percentages by gender)"
- Annex D: "Instructions for writing a sentence promoting healthy romantic relationships"
- Board, markers or chalk
- Camera

This guide and its annexes can be downloaded from the following website: [www.paj.uqam.ca](http://www.paj.uqam.ca)

### **TO CITE THIS DOCUMENT**

Lavoie, F., Hébert, M., Poitras, M., Blais, M. & the YRR Team (2015). Seven Words and a Picture to Promote Healthy Romantic Relationships. Activity #1, YRR Survey Knowledge Transfer Campaign. Montreal : Université du Québec à Montréal.

## Guidelines for part 1 of the activity

### Organize the teams

- Ask students to form teams of 3. For example, if there are 30 students, there will be 10 teams.
- Distribute a copy of the document "Words associated with the most beautiful romantic relationship" to each team (Annex A).

### Instructions for teams

- Allow 10 minutes for this task.



Here are 6 words that youths often associate with the most beautiful romantic relationship experienced or desired. Put the most frequently mentioned words in order. Guess the order of the most frequent to the least frequent. Discuss to reach a consensus!

### Plenary feedback

- Allow 15 minutes for the plenary feedback.
- Ask teams, on a voluntary basis, to present the results of their discussion, i.e. the order of words.

### Suggestions of questions



Did all the teams achieve the same result?



What are the differences between the teams' results?

- Distribute a copy of the document "Visual presentation of the 8,000 youths' results" (Annex B) or project the document on a screen by downloading it from: [www.paj.uqam.ca](http://www.paj.uqam.ca)
- Reveal the order of the most popular words.

### ORDER OF THE WORDS

Love = 1; Trust = 2; Happiness = 3; Passion = 4; Respect = 5; Sexuality = 6

### **Suggestions of questions**

- ?** Can the ideal romantic relationship differ from one person to another? For example, do you think girls and boys share the same vision of the ideal romantic relationship?
- ?** According to you, do 12 to 14 year olds share the same idea as those who are 14 to 18 years old?
- ?** What does trust mean to you? Are we talking about trusting oneself or trusting others?
- ?** Regarding passion, how is it experienced by youths in couples?

- Distribute a copy of the document "Quantitative presentation of the results (percentages by gender)" (Annex C) or project the document on screen by downloading it from: [www.paj.uqam.ca](http://www.paj.uqam.ca).

### **Suggestions of questions**

- ?** In your opinion, how do boys and girls differ most?
- ?** And how are they most alike?

### **Messages to leave students with**

- Boys and girls name several of the same words, such as love and happiness. However, boys mention sexuality more frequently than girls. Also, girls mention trust and respect more frequently than boys. That said, some girls might value sexuality as much as boys and some boys might value respect as much as girls.
- It is important to communicate, among other things, expectations or sexual boundaries.
- Love is a complex experience where different spheres of life interact (emotional and physical spheres).
- There are multiple ways of representing an ideal romantic relationship.

## Guidelines for part 2 of the activity

### Instructions for teams

- Distribute a copy of the document "Instructions for writing a sentence promoting healthy romantic relationships" (Annexe D).
- Ask students to write a short sentence that describes an aspect promoting healthy romantic relationships.
- Allow 10 minutes for this task.



**Write a sentence describing a positive aspect that promotes healthy relationships. The sentence must resemble a slogan.**

#### You must...

- write a sentence that contains 7 words.

#### You cannot...

- repeat or enumerate words from part 1 of the activity.

#### You can...

- use symbols such as ♥♀♂
- not count articles
- include a verb or not
- choose any style, either poetic, humorous, philosophical or romantic !

#### Examples of sentences with 7 words

- "Taking your time in love is important!"
- "Trust is at the ♥ of a healthy relationship."

### Plenary feedback

- Allow 20 minutes for the plenary feedback.
- Solicit groups to voluntarily present their sentence.
- Ask someone to transcribe the sentence on the board.
- Foster discussions by asking students to reach a consensus on the choice of a sentence. If no consensus is reached, ask them to vote on the final choice for the sentence.

### Message to leave students with

- ➔ No matter the type or the duration of a relationship, an important value to promote in any relationship is respect for oneself and for others.

**Share your sentence with the rest of the school**

- To end the activity, transcribe the sentence on the medium of your choice: on a pin board, post-its, cardboard, PowerPoint presentation, or on the palm of your hands!
- Invite students to take a picture of the transcribed sentence.
- Propose to disseminate the picture in the school paper or on the school's Facebook page. If there are faces present in the picture where one or several students can be identified, please check the rules of the school before releasing it.

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**Annex A**

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**Seven Words and a Picture to  
Promote Healthy Romantic Relationships**



**WORDS ASSOCIATED WITH THE MOST BEAUTIFUL ROMANTIC  
RELATIONSHIP**

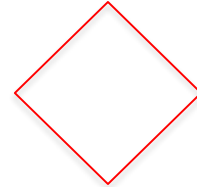
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Here are 6 words that youths often associate with the most beautiful romantic relationship experienced or desired. Place the words in the order you think they were most frequently mentioned by youths; guess the order from most frequent to least frequent. Discuss to reach a consensus! You have 10 minutes to accomplish this task.

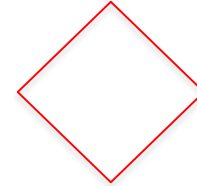
**1 = most frequent**

**6 = least frequent**

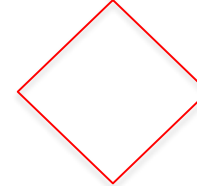
**PASSION**



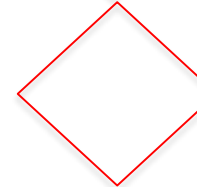
**SEXUALITY**



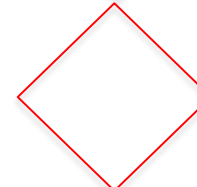
**RESPECT**



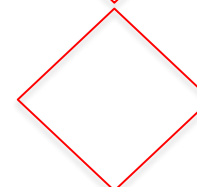
**HAPPINESS**



**TRUST**



**LOVE**



## Annex B

### Seven Words and a Picture to Promote Healthy Romantic Relationships



VISUAL PRESENTATION OF THE 8,000 YOUTHS' RESULTS

Results obtained from more than 8,000 youths who were asked to answer the following question:

"Write three words that you associate with the most beautiful romantic relationship that you experienced or would like to experience."



Results from the Youths' Romantic Relationships Survey. For more information, consult the following article:

Blais, M., Hébert-Ratté, R., Hébert, M., & Lavoie, F. (2014). Grammaire de l'expérience romantique adolescente au Québec : une analyse sociosémantique des idéaux amoureux. *Sociologie et sociétés*, 46(1), 203-223.



## Annex C

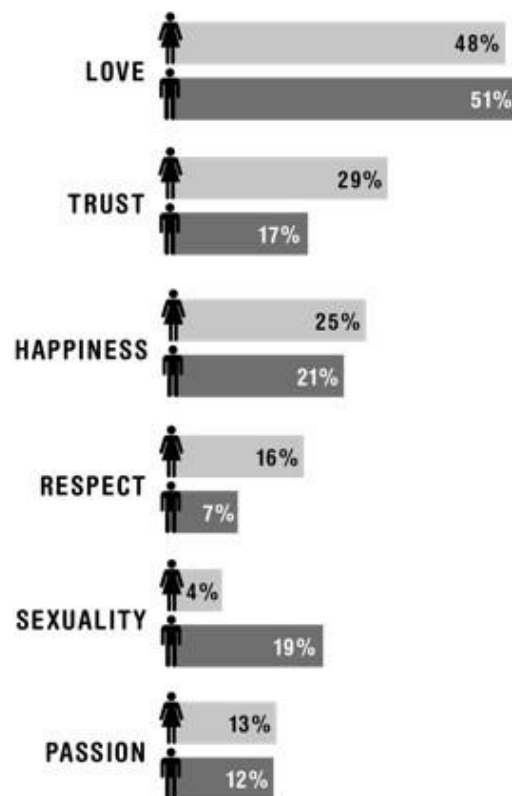
### Seven Words and a Picture to Promote Healthy Romantic Relationships



#### QUANTATIVE PRESENTATION OF THE RESULTS (PERCENTAGES BY GENDER)

Results obtained from more than 8,000 youths who were asked to answer the following question:  
"Write three words that you associate with the most beautiful romantic relationship that you experienced or would like to experience."

#### WORDS USED TO DESCRIBE THE GREATEST MOMENT YOUTHS HAVE EXPERIENCED OR WOULD LIKE TO EXPERIENCE IN A ROMANTIC RELATIONSHIP



#### Results from the Youths' Romantic Relationships Survey.

##### For more information, consult the following article:

Blais, M., Hébert-Ratté, R., Hébert, M., & Lavoie, F. (2014). Grammaire de l'expérience romantique adolescente au Québec : une analyse sociosémantique des idéaux amoureux. *Sociologie et sociétés*, 46(1), 203-223.

## Annex D

### Seven Words and a Picture to Promote Healthy Romantic Relationships



#### INSTRUCTIONS FOR WRITING A SENTENCE PROMOTING HEALTHY ROMANTIC RELATIONSHIPS

#### Instructions

Write a sentence describing a positive aspect that promotes healthy relationships.  
The sentence must resemble a slogan.

#### You must...

- write a sentence that contains 7 words.

#### You cannot...

- repeat or enumerate words from part 1 of the activity.

#### You can...

- use symbols such as ♥ ♀ ♂
- not count articles
- include a verb or not
- choose any style, either poetic, humorous, philosophical or romantic!

#### Examples of sentences with 7 words

- "Taking your time in love is important!"
- "Trust is at the ♥ of a healthy relationship."

**Transcribe your 7 word sentence here:**

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