

*This resource is linked to the Sexual Lives & Respectful Relationships 'Talking about relationships' series. Please review this handout before using this resource in practice. SL&RR Peer Educators and Program Partners think it is important to have background information from the talking about series before you use these activities with someone one on one.*

## **The Relationship Cards**

This is an activity to help to understand more about intimacy. It has been adapted from a resource developed by Headspace Barwon for their Youth Sexual Health Project Peer Education Program.

*Sometimes people might feel uncomfortable during this activity. This is OK. If you need to support someone, make sure you sit and listen to them, try not to interrupt them. If you need help to support someone, there are some suggestions at the end of these instruction.*

### **Why you might use the relationship cards?**

- You might use them in a group
- You might use them one on one in counselling
- If you have a large group you might like to split the group up into two
- It can be used in peer to peer approaches
- This activity could be help to:
  - Learn more about relationships
  - Learn more about intimacy
  - Learn more about appropriate behavior
  - Understand sexuality diversity (for example, it could be used to explain different type of relationships)

On the back of the cards are definitions of the activities. The cards explain what you might do with someone you are in a relationship with, such as going to the cinema, hugging, and oral sex. There is no right or wrong answer to this activity.

## How to do the activity (one on one):

1. First, decide if you would like to do this activity with the entire deck, or select just a few cards.
2. Start by having a conversation about what intimacy is. Sometimes the word intimacy is hard to say so it would be a good idea to tailor your terminology to what the person you are with uses.  
Intimacy could be defined as:
  - Being very close with someone, like a partner, it is somebody you might have sex with
  - It is not a friend
  - It is someone you trust to share person things with (sexually and emotionally)
  - Someone you connect and want to share private things with
3. Explain that you are going to do an activity about all kinds of relationships and the things that you do in the different kinds of relationships. You could think about this as intimacy or how close you are with someone. The person you are with might like to reflect on relationships in their life
4. Put the cards which say 'very close' and 'not close' on the floor or table with about a metre of space in between.
5. Make sure everyone knows what the activities are and what is meant by close/not close.
6. Ask the person to think about each activity and think about what the means to a relationship. How important is this activity? Work together to put the cards in a list going from the closest to the least close activity.
7. Think about how this activity sits in comparison to the other activities around it. You can work together and negotiate where they think each card should go. Some cards might be equal or overlap.

8. Move on to the next card
9. Check that the person you are with is happy with the order of the activities. You might want to swap some cards round. People may have different opinions. This is OK.
10. To finish up explain that everyone has different opinions about how close something is in a relationship. Communication about this is very important in respectful relationships. Ask them if they feel OK.
11. If it is your role, you could refer them to someone for some extra information and help if they want it.

## **How to do the activity (group setting):**

1. First, decide if you would like to do this activity with the entire deck, or select just a few cards.
2. Start by having a conversation with the group about what intimacy is. Sometimes the word intimacy is hard to say so it would be a good idea to tailor your terminology to what the person you are with uses. Intimacy could be defined as:
  - a. Being very close with someone, like a partner, it is somebody you might have sex with
  - b. It is not a friend
  - c. It is someone you trust to share personal things with (sexually and emotionally)
  - d. Someone you connect and want to share private things with
3. Explain that you are going to do an activity about all kinds of relationships and the things that you do in the different kinds of relationships. You could think about this as intimacy or how close you are with someone. The group might like to reflect on relationships in their life

4. Give each of the group members a card
5. Put the cards which say 'very close' and 'not close' on the floor or table with about a metre of space in between.
6. Make sure everyone knows what the activity on their card is and what is meant by close/not close.
7. One at a time, invite each person to think about each activity and think about what the means to a relationship. How important is this activity? The person can put down this card where they think it is suitable.
8. Think about how this activity sits in comparison to the other activities around it. The group can work together and negotiate where they think each card should go. Some cards might be equal or overlap.
9. Move on to the next person.
10. Once all the cards are laid out, make sure that the group is happy with the order. You might want to swap some cards round. People may have different opinions. This is OK.
11. To finish up explain that everyone has different opinions about how close something is in a relationship. Communication about this is very important in respectful relationships. Ask them if they feel OK.
12. If it is your role, you could refer them to someone for some extra information and help if they want it.

# Kissing on the cheek



# Tongue kissing



**When one person's lips touch another  
person's face**

**An open mouth kiss when tongues touch**



**Holding  
hands**

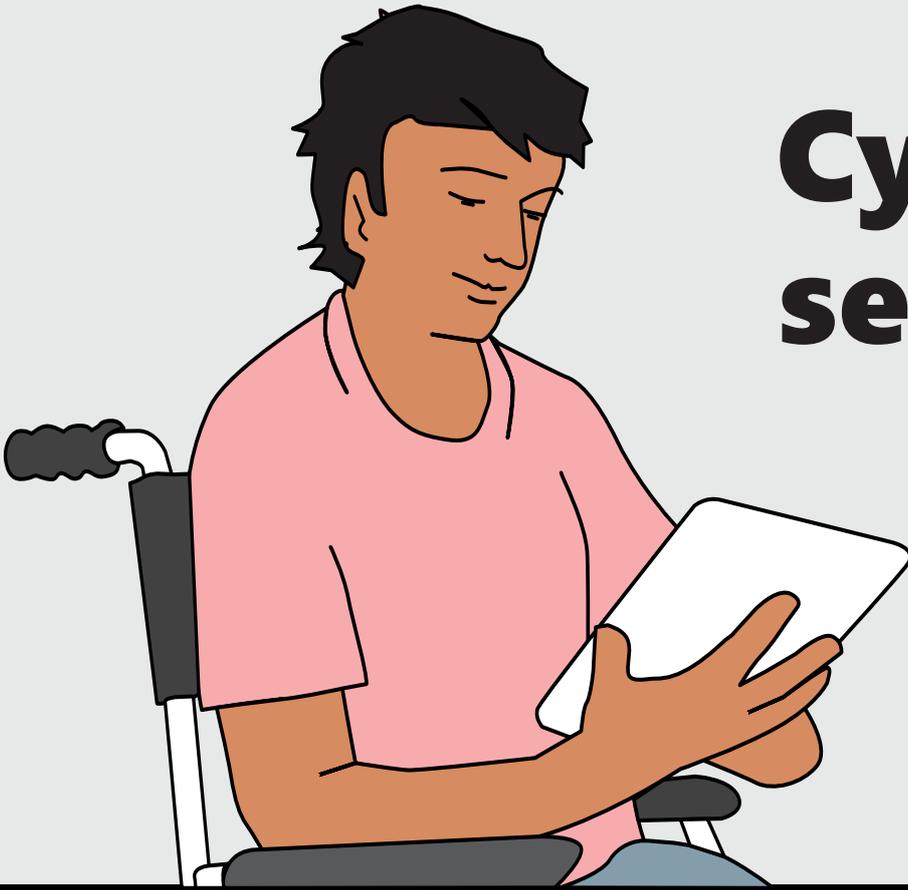


**Talking  
on the  
phone**

**When two people put their hands together**

**When two people have a phone call to tell each other  
about something in their lives**

# Cyber sex



# Crying in front of



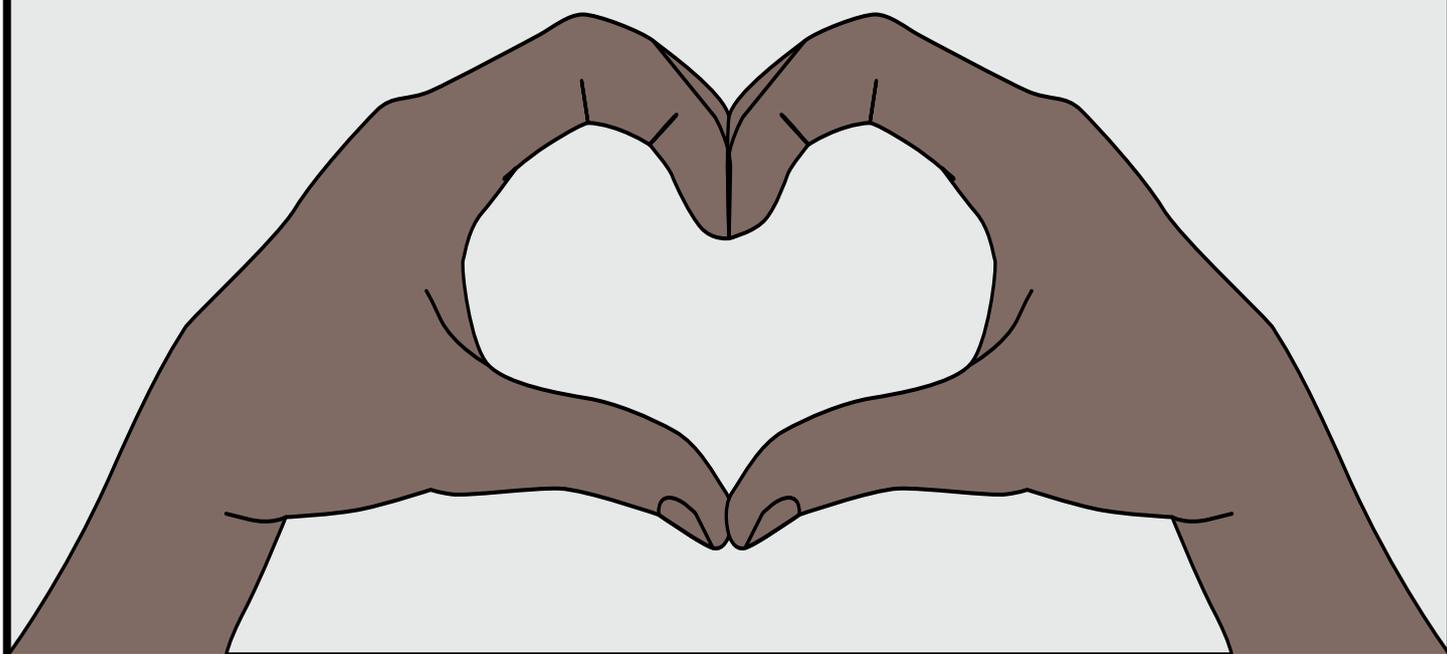
**Any sexual activity or sexual discussion over  
the internet**

**When one person is feeling sad and crying in  
front of a friend**

**Sleeping together -  
no sex**



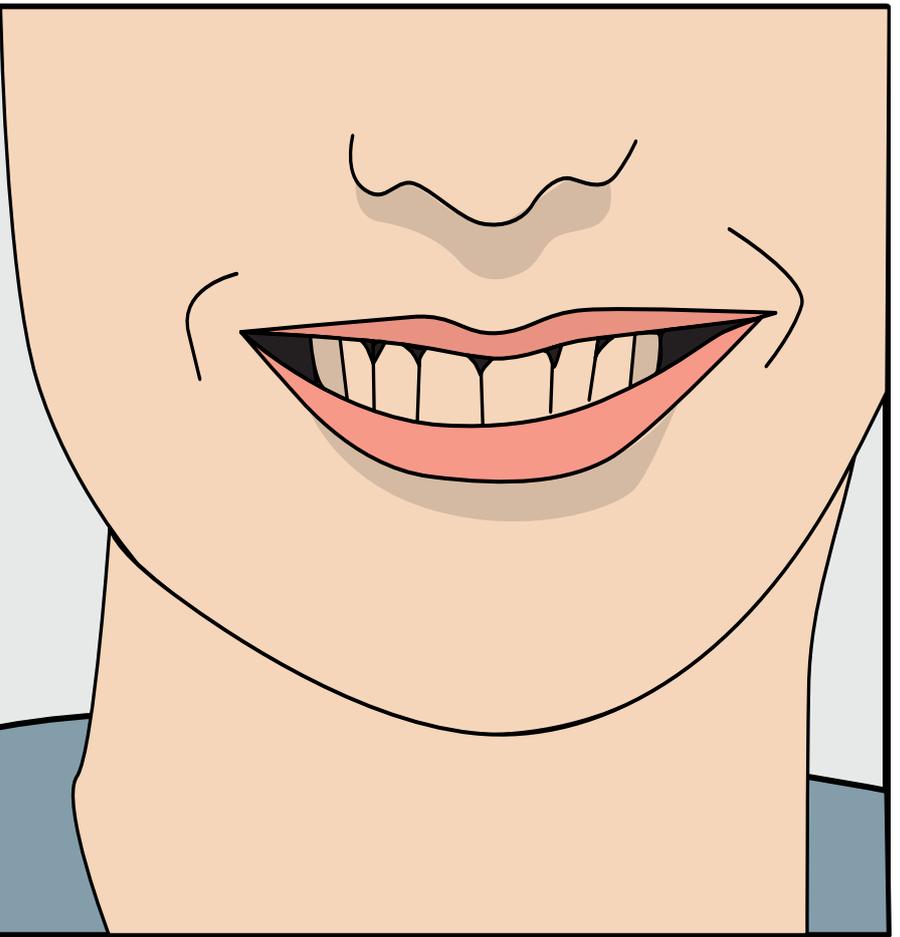
**Saying "I love you"**



**When two people share a bed to sleep in**

**When one person says to another person "I love  
you"**

**Oral  
sex**



**Public  
affection**



**When one person's mouth touches another  
person's genitals**

**When two people hug or show their love for each  
other in public- this sometimes called PDA**

**Kissing  
on the  
lips**



**Sharing  
secrets**



**When two people's mouths touch**

**When one people share something personal about themselves to a friend and says not to tell anyone**

# Having sex



# Flirting



**When people have sex involving their  
genitals**

**When someone gives attention to someone  
they like**

# Hugging

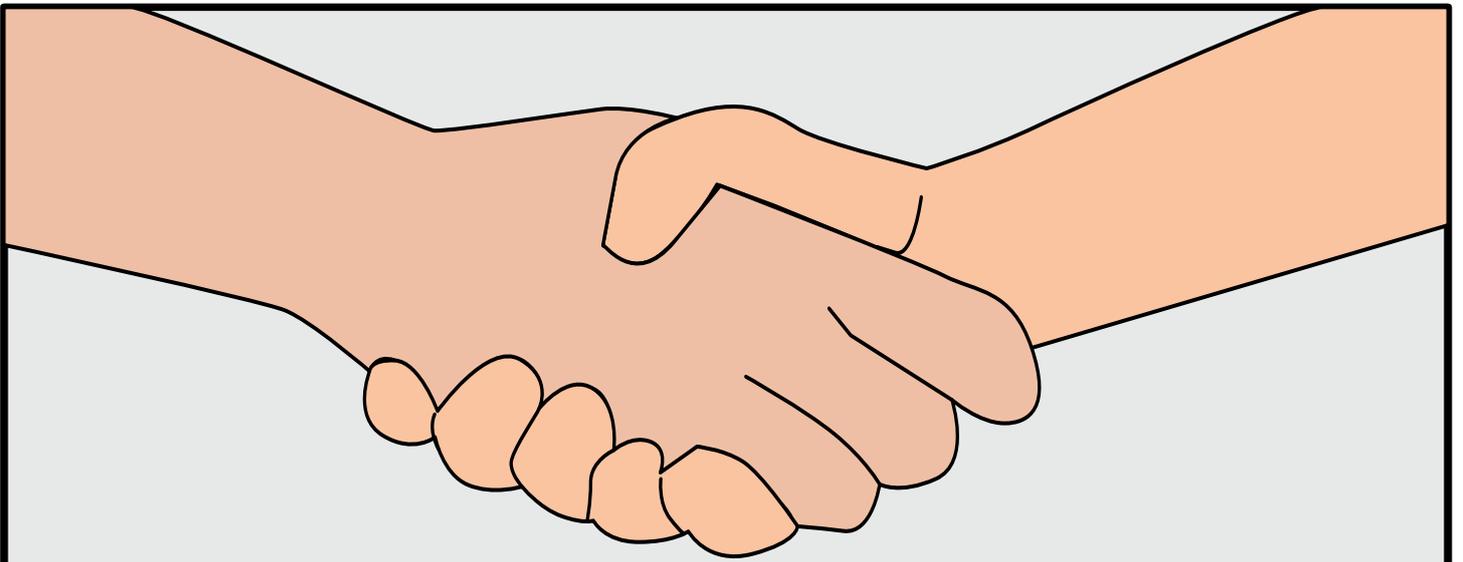


# Going to the movies



**When two people wrap their arms around each other to show affection**

**Going to the movies with someone**



**Meeting someone  
you only know online**

**Sharing  
sexy  
photos**



**Meeting someone in person who you have been  
talking to over the Internet**

**Sending a nude or semi-nude photo of yourself to  
someone else**

**VERY CLOSE**

**NOT CLOSE**

**This is intimate**

**This not intimate**