



HEALTHY RELATIONSHIPS INITIATIVE

Toolkit for Teens

Reflection Activity #4: Relationship Messages

The world around us is constantly filled with messages about what being in a relationship means, what relationships should look like, and how we should feel when we're in a relationship. Sometimes these messages can be valid and realistic, but oftentimes, these messages can be unrealistic, confusing, overwhelming, and completely false. Either individually or with your partner or a friend, describe some of the lessons you have learned about relationships from the world around you.

Don't judge any of your responses because there is no wrong answer! Your answers are simply a reflection of the messages you've received from the world around you. It's important to understand what these messages are first before you go about accepting or rejecting them. After you're done, have a conversation with your partner or a trusted friend or adult about what you came up with!

Example: A message you may have received from social media is: "Everyone in my social circle should know what's going on in my relationship. If my partner does not acknowledge me on social media, there is something wrong!"

What messages did each of the following sources teach you about relationships?

Source	Partner A	Partner B
The movies		
Television shows		
Your parents		

Your friends/peers		
Your siblings, other family members		
Your religious/spiritual community		
School		
Books		
Social media		
The government		
Other: _____		

When you're all done, answer this question: "Which sources of information have influenced me the most in my personal attitudes about relationships?" Which sources of information have influenced your partner the most?"

Continue to have a conversation with one another about how these influential messages do and/or could impact your relationship or potential relationships you may have in the future.