

ACTIVITY 16 Lessons Learned



Theme: There is value in going slow.

Objectives:

- Participants will analyze the consequences of neglecting important issues as relationships develop.
- Participants will use critical thinking to examine important relationship questions.

Time needed: 20 minutes

Materials needed:

- Five *Things to Know Before You Say “Go”* cards for each pair of students.
- Copy of the *Lessons Learned Worksheet* for each pair of students.

Activity Summary:

Mistakes are often easier to identify in others. This activity helps students look at others in their life to see the negative consequences of not asking important questions before proceeding deeply into a relationship.

Directions:

- Ask each student to find a partner.
- Partners are given five cards from the *Things to Know Before You Say “Go”* deck.
- Ask the students to read the cards front and back, looking for examples of questions that were not asked by people they know as they entered relationships.
- Ask them to fill out the *Lessons Learned Worksheet* and discuss any lessons that can be learned from this.



GROUP MEMBERS

ACTIVITY 16 Lessons Learned Worksheet

Examine the five cards you were given, and think about people you know who did not get these questions answered before they entered into a romantic relationship. Then answer the following questions.

1. I know someone who didn't ask this question when they were dating:

.....

a. The negative consequence of neglecting this issue resulted in:

b. I think they didn't ask this because:

2. Another question couples do not always ask when they begin dating is:

.....

a. The negative consequence of neglecting this issue resulted in:

b. I think they didn't ask this because:

3. A third question couple do not always ask when they were dating is:

.....

a. The negative consequence of neglecting this issue resulted in:

b. I think they didn't ask this because:

DATE

ACTIVITY 4 Exits



Theme: Relationships are generally hard to exit.

Objectives:

- Participants will identify the various ways relationships end.
- Participants will assess the emotional costs of ending relationships.

Time needed: 20-30 minutes; 10-20-minute Add On

Materials needed:

- One copy of the *Exit Strategies Worksheet* for each small group.

Activity Summary:

Leaving a relationship is not always easy or comfortable. Hearts can get bruised, broken, or shattered when relationships end. This activity will help students look at the potential costs and challenges in leaving a relationship, even if it is “the best thing to do.” There are kind, hurtful, easy, and hard ways to exit relationships. This activity will help identify the range of ways partnerships come to an end.

Directions:

- Have students sit in small groups of 5-8 participants.
- Give each group a copy of the *Exit Strategies Worksheet*.
- Ask students to fill out the form together, discussing the various ways relationships end.
- Discuss the questions at the bottom of the sheet.

Add On: 10-20 minutes

- As a small group or whole class, make a poster of the most painful ways to end relationships, paired with a clear strategy of how to do this differently to avoid unnecessary hurt.



GROUP MEMBERS

DATE

ACTIVITY4 Exit Strategies Worksheet

Fill in each box with a description of ways people leave relationships that fit with the theme of the exit strategy identified.

Respectful	Disrespectful
Mean/Hurtful	Kind
Slow	Quick
Direct	Indirect
Early	Later

Have you witnessed relationships ending in each of these ways? Which was most painful and which most tolerable for the person being left? What could have been done to make it less painful?

