

# Giving relationships the green light

## Teacher Reference Sheet

### Traffic light system.

- **Red Light** Not at all acceptable. Break off the relationship and seek help.
- **Amber Light** Doesn't feel okay and you let your partner know. Keep a close watch on how things are going.
- **Green Light** Feels safe and you completely agree with what is going on.

Cards	
Asked for a nude	Deleted your nudes after you sent them
Shared your nude with their friends	Discussed contraception before having sex
Told your friends that you had hooked up when you hadn't	Kept sending nudes after you asked them not to
Said 'I love you'	Sent a nude
Removed a condom during sex	Told you about their previous relationships
Didn't organise condoms even though they knew you were meeting up.	Insisted on paying for a date
Insisted that you get a rod (Implanon)	Showed up at your work 'just to see you'
Didn't tell you they had an STI	Started undressing on a video call
Opened up a porn website and played a video while you were hanging out	Asked to record the two of you having sex
Insisted that both of you get STI tested before having sex	Asked if you could have an open relationship (have sex with other people)
Decided that they don't want to have sex until you've been together for a year	Asked you to lie to your parents so you could sleepover at their house while their parents are away
Told you they hooked up with someone else while they are on a holiday but that it didn't mean anything	Started acting rough during sex without asking (i.e. choking)
Said they had to watch porn while hooking up in order to keep their erection	Pushed your head down to their lap while you were making out
Asked for your phone password	Told you not to hang out with some of your friends
Asked you to turn on 'share location' from your phone	Only ever wanted to hook up when they had been drinking
Wanted to kiss in public	Didn't want to tell their friends that you had hooked up
Wanted to have sex while you had a period	Started laughing while you were hooking up, but didn't tell you why
Had long text exchanges with an ex	Wanted you to meet their parents
Wouldn't give your phone back unless you gave oral sex	Asked over and over for a nude

Level 11-12

# Giving relationships the green light

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Red

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# Amber

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**Green**

# Giving relationships the green light

**Asked for a nude**

**Shared your  
nude with their  
friends**

**Told your friends  
that you had  
hooked up when  
you hadn't**

**Said 'I love you'**

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**Removed a  
condom during  
sex**

**Didn't organise  
condoms even  
though they  
knew you were  
meeting up.**

**Insisted that  
you get a rod  
(Implanon)**

**Didn't tell you  
they had an STI**

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**Opened up a  
porn website  
and played a  
video while you  
were hanging  
out**

**Insisted that  
both of you get  
STI tested before  
having sex**

**Decided that  
they don't want  
to have sex until  
you've been  
together for a  
year**

**Told you they  
hooked up with  
someone else  
while they are  
on a holiday but  
that it didn't  
mean anything**

# Giving relationships the green light

**Said they had  
to watch porn  
while hooking up  
in order to keep  
their erection**

**Asked for your  
phone password**

**Asked you to  
turn on 'share  
location' from  
your phone**

**Wanted to kiss in  
public**

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**Wanted to have sex while you had a period**

**Had long text exchanges with an ex**

**Wouldn't give your phone back unless you gave oral sex**

**Deleted your nudes after you sent them**

# Giving relationships the green light

**Discussed  
contraception  
before having sex**

**Kept sending  
nudes after you  
asked them  
not to**

**Sent a nude**

**Told you about  
their previous  
relationships**

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**Insisted on  
paying for a date**

**Showed up at  
your work 'just  
to see you'**

**Started  
undressing on a  
video call**

**Asked to record  
the two of you  
having sex**

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**Asked if you  
could have an  
open relationship  
(have sex with  
other people)**

**Asked you to lie  
to your parents  
so you could  
sleepover at  
their house while  
their parents are  
away**

**Started acting  
rough during sex  
without asking  
(I.e. choking)**

**Pushed your  
head down to  
their lap while  
you were making  
out**

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**Told you not to  
hang out with  
some of your  
friends**

**Only ever  
wanted to  
hook up when  
they had been  
drinking**

**Didn't want to  
tell their friends  
that you had  
hooked up**

**Started laughing  
while you were  
hooking up, but  
didn't tell you  
why**

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**Wanted you  
to meet their  
parents**

**Asked over and  
over for a nude**