

# 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	
Made fun of you	Said negative things about your appearance
Shouted at you	Threatened to hurt you physically
Sent 20 text messages a day to find out what you were doing	Used a mobile phone or the internet to upload a private photo of you
Pushed you into a wall	Pressured you to kiss them
Punched a wall because you made them angry	Physically forced you to touch them sexually
Spent some time with you and some with their friends	Shared fun activities with you
Said they want you all to themselves	Asked you to lie to your parents so that you could be alone together.
Acted jealous when you spent time with others	Blamed you for their problems
Told you that they would hurt you /your family/ themselves if you left them	Made you act differently so they wouldn't get angry with you
Took your mobile off you so they could check your messages	Respected your opinion even though they didn't agree with it
Helped you out when you were having a bad day	Listened to what you had to say and asked you what you wanted to do
Said they love you	Asked you not to tell anyone that you were going out
Broke promises about meeting up with you	Sent you pornography.
Introduced you to their friends	Made sure that you were okay and that things weren't moving too fast
Respected you when you said you didn't want to do something	Begged for forgiveness after they hurt your feelings
Spread rumours about the two of you having sex	Made you feel guilty about what you were eating
Asked you to do something sexual with their friend	Asked you to pay for their meal
Gave you a gift for your birthday	Flirted in front of you with your best friend
Watched you play sport	Met up with you at lunch
Asked you which movie you wanted to see	Used your name when they talked to you
Congratulated you when you did well on one of your projects	Remembered and played your favourite song for you
Like that you support a different football team	Asked you to send sexual pictures.

Level 7-8

# Giving relationships the green light

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Red

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# Amber

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**Green**

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# Giving relationships the green light

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**Made fun of you**

---

**Shouted at you**

---

**Sent 20 text messages  
a day to find out what  
you were doing**

---

**Pushed you into a wall**

---

**Punched a wall because  
you made them angry**

---

**Spent some time  
with you and some with  
their friends**

---

**Said they want you all  
to themselves**

---

**Acted jealous when you  
spent time with others**

---

**Told you that they  
would hurt you /your  
family/ themselves if  
you left them**

---

**Took your mobile off  
you so they could check  
your messages**

---

**Helped you out  
when you were having  
a bad day**

---

**Said they love you**

---

**Broke promises about  
meeting up with you**

---

**Introduced you to  
their friends**

---

**Respected you when  
you said you didn't want  
to do something**

---

**Spread rumours  
about the two of you  
having sex**

---

**Asked you to do  
something sexual with  
their friend**

---

**Gave you a gift for  
your birthday**

---

**Watched you play sport**

---

**Asked you which movie  
you wanted to see**

---

**Congratulated you when  
you did well on one of  
your projects**

---

**Like that you support a  
different football team**

---

**Said negative things  
about your appearance**

---

**Threatened to hurt  
you physically**

---

**Used a mobile phone or  
the internet to upload a  
private photo of you**

---

**Pressured you to  
kiss them**

---

**Physically forced you to  
touch them sexually**

---

**Shared fun activities  
with you**

---

**Asked you to lie to your  
parents so that you  
could be alone together**

---

**Blamed you for their  
problems**

---

**Made you act differently  
so they wouldn't get  
angry with you**

---

**Respected your opinion  
even though they didn't  
agree with it**

---

**Listened to what  
you had to say and  
asked you what you  
wanted to do**

---

**Asked you not to tell  
anyone that you were  
going out**

---

**Sent you pornography**

**Made sure that you  
were okay and that  
things weren't moving  
too fast**

---

**Begged for forgiveness  
after they hurt your  
feelings**

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**Made you feel guilty  
about what you were  
eating**

---

**Asked you to pay for  
their meal**

---

**Flirted in front of you  
with your best friend**

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# Giving relationships the green light

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**Met up with you at lunch**

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**Used your name when  
they talked to you**

---

**Remembered and  
played your favourite  
song for you**

---

**Asked you to send  
sexual pictures**

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