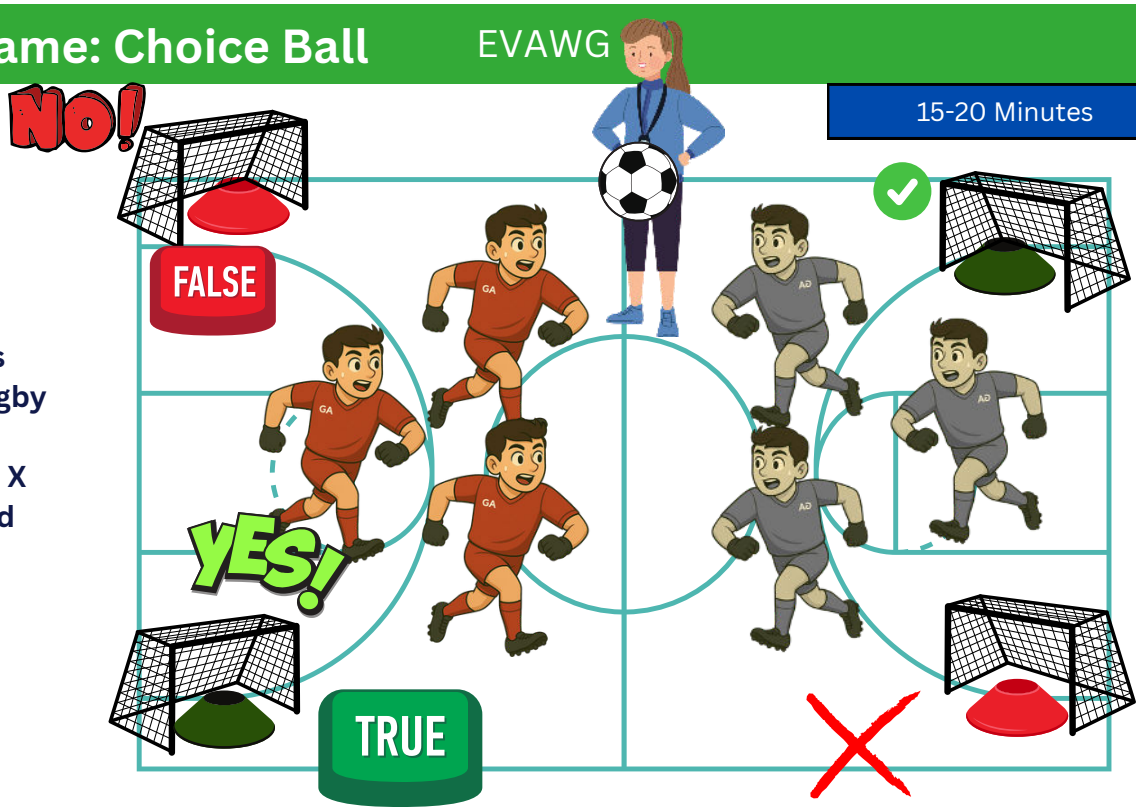
Game: Choice Ball

EVAWG

15-20 Minutes



Equipment required:

- 4 Pop Up Goals
- Bibs with 2 sets of colours
- A football/ tennis ball/ rugby ball/ Hurling ball
- Two A4 pages with a large X and two with a tick printed out
- Print out to use Words on next page

I🎯 Intended Learning Outcomes

1. Knowledge & Awareness
By the end of the session, young people will be able to identify at least three red flags and three green flags in relationships and explain why they matter.

2. Personal Boundaries & Confidence
By the end of the session, young people will be able to describe what a healthy boundary is and practise how to say "no" confidently and safely in different scenarios.

3. Help-Seeking & Support
By the end of the session, young people will be able to name at least two trusted adults or support services they could go to if they feel unsafe or uncomfortable in a relationship.

Activity

- At each end, designate one goal as Right/Good and the other as Wrong/Bad.
- The coach will call out statements related to mental health. Teams must work together to decide whether the statement is correct or incorrect, then aim to score in the appropriate goal. Use language that is suitable and relevant for the group being coached.
- The ball is placed in the middle to start play, and the first team to score in the correct goal earns the point.
- After each goal, take time to reflect and discuss why players believed the statement was right or wrong, and explore the meaning behind it. NOTE: You can keep reflection to the "End of the Session"

NIC 104363

MENTAL WEALTH GAMES ©

Game: Choice Ball

🚩 10 Red Flags (Warning Signs) for Teens

- **They make fun of you and call it "banter"**

If it hurts and they won't stop, it's not a joke.

- They control who you talk to
  - "Don't hang out with them."
  - "Why are you texting him/her?"
  - That's not caring — that's control.
- **They check your phone or demand passwords**
  - Privacy is healthy. Trust doesn't need surveillance.
- **You feel nervous before seeing them**

If you're anxious instead of excited, that's important.

- **They ignore you to punish you**
  - Silent treatment = emotional control.
- **They pressure you**
  - To send pictures.
  - To skip school.
  - To do things you're not ready for.
  - Pressure is not love.
- **They get jealous over everything**
  - Jealousy isn't proof they care. It's insecurity.
- **You feel like you have to change to keep them**
  - Different clothes, different friends, different personality.
- **They blame you for their bad behaviour**
  - "You made me angry."
  - No. Everyone is responsible for their own actions.
- **You feel drained after being with them**
  - Healthy relationships don't exhaust you.

🟢 10 Green Flags (Healthy Signs) for Teens

- **You feel safe being yourself**
  - Weird laugh? Random hobbies? They're cool with it.
- **They respect your "no"**
  - No convincing. No guilt-tripping.
- **They don't pressure you**
  - No Peer Pressure
- **They support your goals**
  - Exams, sport, hobbies — they cheer you on.
- **They're kind to other people**
  - How they treat others is who they are.
- **You can disagree without drama**
  - Arguments don't turn into threats or break-ups every week.
- **They don't embarrass you online**
  - No posting without permission. No public humiliation.
- **You still have your own life**
  - Friends. Family. Interests. Independence.
- **They apologise properly**
  - Not "sorry you feel that way."

Real ownership.

- **Make you feel good**
  - Good relationships grow your confidence.