



Relationships Timeline



Preparation: Cut out the timescale headings and the relationship activities.

Instructions for the young person: Our aim is to create a plan for a positive relationship. Place the headings in a row in order of length of time. Select which relationship activities should go under each heading. Think about what the relationship might be like at each point.

Note for Facilitator: This works well following an activity such as the Diamond 9, which encourages young people to prioritise characteristics and qualities that are important in relationships. Qualities and skills could then be identified prior to each relationship activity to ensure that it is as safe and healthy as possible. This may help your young person to identify, for example, that trust is important before being in a serious relationship. You can then discuss what trust 'looks like' and how long building trust takes.

You could also talk about knowledge of contraception and sexual health risks, and about the skills required to access a sexual health service.

Timeline Headings

<i>1st Day</i>	<i>Within 1 week</i>
<i>Up to 2 weeks</i>	<i>Up to 1 month</i>
<i>Up to 2 months</i>	<i>Up to 3 months</i>
<i>Up to 6 Months</i>	<i>Up to 1 year</i>
<i>1 year+</i>	<i>5 years+</i>

Timeline Activities

Have sex	Get a test or STIs
'Ask out'	Get married
Go out for a drink / cinema	Masturbation
Talk about what they like / don't like	Change social media relationship status
Talk about contraception	See each other naked

Dealing	Linking
Start living together	Introduce to friends / tell friends
Oral sex	Talk about sex
Say 'I Love You'	Introduce to family
First kiss	Have a child

