

Make It or Break It Game Instructions

Purpose:

To encourage youth to start thinking about what qualities are important to them in a relationship.

What you will need:

Everything you need can be found on our Educator Resource page. You will find a printer friendly version of the:

1. Discussion Cards
2. Personality Cards
3. Situation Cards

Tip: Once printed, cut the Personality and Situation pages in half.

You can print the above noted cards on different colored paper and laminate them for continued use.

How to play:

Step 1: Divide the youth into 4 groups. Each group will get a **Discussion card**.

Introduce the topic by asking if anyone has seen the movie “He’s just not that into you”. These cards use that same language.

Ask the group to brainstorm and answer the question from their **Discussion card**. Have them come back into the large group and discuss their answers.

Explain to the group that they will be meeting lots of new people and forming new relationships over the next 10 years. This game is a way to simulate this. Encourage them to use this opportunity to help determine which qualities they do and do not like in a partner.

Step 2: Give each group FIVE (5) **Personality cards**. They need to decide if the qualities are ones that they could be happy with in a relationship.

If there are enough cards, they can trade in one Personality card, that they don’t like, for another randomly selected card. Before they trade, try to get them to identify to the class why they don’t like that quality.

Have each group share with the class what their personality cards are and whether they would continue the relationship with that person.

Step 3: Once the groups have shared their personality cards; hand out ONE (1) **Situation card** to each person. State that in life many situations change. Have them discuss the situation on their card and whether they would continue the relationship or not.

This should be a fun exercise and promote lots of discussion!

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DEPARTMENT

Durham Health Connection Line | 905-668-2020 or 1-800-841-2729
durham.ca/sexualhealth

If you require this information in an accessible format, contact 1-800-841-2729.

