

Red Flag, Green Flag

Respectful Relationships

To help students identify the early signs of respectful and disrespectful behaviour in relationships and strengthen their awareness around boundaries, safety, and support.



Learning Intentions

Students learnt to identify respectful and disrespectful behaviours.

This builds students' ability to understand what healthy and unhealthy relationship behaviours look like.

Students aim to explain why certain behaviours are unsafe or unhealthy.

This encourages students to think critically about relationship dynamics and personal boundaries.

Students learn to recognise when they or a friend might need help.

This supports early intervention and encourages help-seeking in unsafe situations.



Success Criteria

Behaviour Awareness:

Students can accurately classify behaviours as either respectful or disrespectful.

Critical Thinking:

Students can justify their decisions and explain the reasoning behind recognising a behaviour as a red or green flag.

Help-Seeking Confidence:

Students know what to do or who to talk to if they or a friend encounter red flag behaviours.



Red Flag, Green Flag

Respectful Relationships

Objective:

To help students identify the early signs of respectful and disrespectful behaviour in relationships and strengthen their awareness around boundaries, safety, and support.

Players:

Whole class.

Materials:

- Behaviour cards (found in PDF resource tab).
- Open space in the classroom for students to move, create two lines for students to stand on that are facing each other approximately 5 - 7 meters apart.

Setup:

Students start by standing on one of the two lines created, facing the opposite line of students (encouraging an even spread of students on each line). Explain to the students that they will be either crossing the space or standing still depending on their thoughts and opinions to each behaviour statement. If they think it is a positive/respectful behaviour they will cross the space and go to stand on the opposite side/line. If they believe it is a disrespectful behaviour they simply stay where they are.

Activity:

1. Read a card aloud

For each behaviour, the group listens to the statement and silently reflects on whether they believe the behaviour is respectful (Green Flag) or disrespectful (Red Flag).

2. Make your move, cross the space

Students:

- **Cross the space** = Green Flag (positive/respectful behaviour)
- **Stay put** = Red Flag (negative/disrespectful behaviour)

3. Mini discussion

After each move, invite students to share their reasoning:

- Why did you cross the space?
- What would this behaviour feel like?
- Would you feel safe or uncomfortable in this situation?
- What is this behaviour telling you about the person?
- Were you surprised by anyone's movements?
- Did you learn anything about other people's thoughts or feelings?

4. Continue

Repeat for 5 - 8 behaviours. End with a quick discussion about the types of behaviours that were tricky or unexpected and how to respond if they or a friend experience them.



Red Flag, Green Flag

Respectful Relationships

Reflection prompts:

- What is one green flag behaviour you value most in a relationship?
- What's a red flag that might be easy to ignore at first?
- If a friend was experiencing a red flag situation, how would you support them?

Winning the game:

There is no winner in this activity; it's about developing awareness, empathy, and the ability to recognise when support is needed. The real win is students building safer and more respectful relationships.

Additional notes:

This activity works well as a precursor to deeper conversations about consent, power dynamics, and emotional safety. For added challenge, include subtle or complex behaviours that spark thoughtful discussion (e.g. "They always want to know where you are").



BEHAVIOUR CARDS

PRINT AND CUT OUT THE CARDS FOR CLASS USE. STUDENTS BEGIN ON ONE SIDE OF THE ROOM AND LISTEN TO EACH BEHAVIOUR STATEMENT. IF THEY BELIEVE THE BEHAVIOUR IS RESPECTFUL (A GREEN FLAG), THEY CROSS TO THE OTHER SIDE. IF THEY THINK IT'S DISRESPECTFUL (A RED FLAG), THEY STAY PUT.

THEY SUPPORT
YOUR DREAMS
AND CELEBRATE
YOUR WINS.



THEY CHECK
YOUR PHONE
WITHOUT
ASKING.



THEY ALWAYS
GOSSIP ABOUT
PEOPLE BEHIND
THEIR BACKS.



THEY LAUGH
WITH YOU, NOT
AT YOU.



BEHAVIOUR CARDS

THEY KEEP YOUR
SECRETS SAFE
AND RESPECT
YOUR PRIVACY.



THEY HELP
THEIR FRIEND
CHEAT ON A
TEST.



THEY STOP
TALKING TO
PEOPLE THEY
THINK ARE
BULLIES.



THEY ONLY
HANG OUT WITH
YOU WHEN IT
BENEFITS THEM.



BEHAVIOUR CARDS

THEY DEFEND
YOU WHEN
SOMEONE IS
UNKIND.



THEY TRY TO
CONTROL WHO
YOU TALK TO OR
SPEND TIME
WITH.



THEY CHECK IN
TO SEE IF
YOU'RE OKAY
WHEN YOU'RE
QUIET.



THEY KEEP
SECRETS FROM
OTHERS TO
PROTECT
SOMEONE WHO'S
DOING THE
WRONG THING.

