

Healthy Relationship Kahoot Game Night

Remember when you are using Kahoot you can always make learning fun through playing games. When it comes to educating and gaming, you can come up with an introduction before you present that game or topic that is about to go forth. You can use this gameplay through the classrooms or virtually through zoom or Instagram live.

It's ok to come up with a script based on the answers to each question that is presented so you do not have to stumble over your words and you give the audience a moment to take in what you are saying to them at that moment in time.

10 questions are what I use to get through a game night on IG live and which last about 45 minutes to an hour. Due to time on the presentation on zoom I used these 5 questions which complimented the healthy relationship that was spoke upon prior to.

***It can always be good to connect your game with whatever lesson that you may have done beforehand.**

1. What is the most effective thing you can do to make a relationship healthy?
 - a. Sex
 - b. Love
 - c. Communication**

***Communication is the key to ALL relationships. Not just communicating but effective communication. Effective communication is about more than just exchanging information. It's about understanding the emotion and intentions behind the information. As well as being able to clearly convey a message, you need to also listen in a way that gains the full meaning of what's being said and makes the other person feel heard and understood.**

2. When everyone gets treated in a way that is best for them in a relationship it is called...
 - a. Equity**
 - b. Equality
 - c. Taking advantage

***Equity deals with meeting the needs of someone. For example, two people are at a concert and one person cannot see and the other can barely see, you decide to give BOTH parties a box that's the same size to stand on, now this leads to the person can barely see can now see and the other person still can see due to both parties having the same size box. However, with equability you give BOTH parties boxes that are suitable for both of them to see the concert, with one box being less for the taller person and the other box being more for the shorter person. Healthy relationships can build more due to wanting to give what you can base on the individual.**

3. The best form of communication you can use in building relationships is?
 - a. Passive
 - b. Assertive**
 - c. Aggressive

***Being assertive means being able to stand up for your own or other people's rights in a calm and positive way, without being either aggressive, or passively accepting 'wrong'. Assertive individuals are able to get their point across without upsetting others, or becoming upset themselves which leads to relationship building**

4. What is a relationship?
 - a. A bond or connection among people**
 - b. A connection of love between two people
 - c. When people have sex and don't call each other afterwards

***There are some many relationships that a person can be involved in from friendships, to coworkers, teacher and student and romantic to name a few. A lot of people think that you have to know someone on an intimate level to be in a relationship but that is not the case.**

5. Assertive communication looks and sounds like:
 - a. Always speaking your mind, no matter what.
 - b. Being honest, clear, and respectful of yourself and your partner**
 - c. Telling your partner that "you're fine" to smooth over any conflict

***Remember assertive communication is a form of effective communication which leads to the individuals who are conversing at the moment can all walk away from any situation comfortably and knowing where each other stands.**