

# Teaching the Values of Being Human

Quick start connections – building trusting relationships

## What do I SAY and DO to build relationships?

This is a relationship building exercise for parents and educators alike.

You may choose to do it by yourself, or with a group.

### Questions;

**1. What can we DO to build 'positive relationships' with young people?**

(Rapidly record 5 things - 3 minutes)



**2. What can we SAY to build 'positive relationships' with young people?**

(Rapidly record 5 things - 3 minutes)



**3. What might we DO that will damage our relationship with young people?**

(Rapidly record 5 things - 3 minutes)



**4. What might we SAY that will damage our relationship with young people?**

(Rapidly record 5 things - 3 minutes)



Finally, spend 10 minutes, with each group sharing their findings with the larger group. Encourage everyone to speak freely as this is an activity that is invisibly absorbed by those who will be most advantaged.