

# “OPINION LINE”

Activity developed by: In Touch and Associació La Xixa Teatre



## OVERVIEW

With this exercise, we can introduce participants to topics/issues on relationships. We will also work with this exercise in other activities later on. It also gives us a chance to scan the group (what are the touchy topics, opinions, sensitivities, etc.)

## TIME



15-20 minutes

## PARTICIPANTS



Adaptable for 8 – 20 participants

## MATERIALS



Scotch tape or marker to make the line on the floor

## OBJECTIVES



- Give participants an opportunity to think and share opinions about relationships and social connections: how we connect, begin, maintain or end a relationship
- Identify the challenges/difficulties around social relationships in the group
- Help participants to reflect on the “taken for granted” ideas, concepts around relationships

## STEP BY STEP INSTRUCTIONS



1. Mark a line on the room floor using tape or a marker. Ask all the participants to stand on the line. Explain that one end means YES and the other end means NO. Read a statement out loud and let participants choose where to stand on the line based on how much or how little they agree.
2. Start with simple statements so that the participants can understand the method, like “Teenagers should be allowed to smoke.”
3. Move on to statements about relationship issues, for example, some of the issues you think are important in the group or connected to the topic of “skills to connect.” It is important to note that the objective of this exercise can vary from a very simple one, like working on the issue of “first contact”, to more complex relationship issues. You can make a collection of statements depending on your group and the aim of the exercise. Here we offer two sets of statements as examples:

### “First contact”

- It’s totally OK to shake hands when you meet someone for the first time.
- It’s OK to kiss someone on the cheek at the first contact.
- Eye contact is always the first contact.
- Men should greet women first at first contact.
- We should know the rules/norms about first contact in the country where we stay/live. It is not polite to ask these things.

# “OPINION LINE”



## “Relationships”

- If you don't have a relationship/friends, you have a problem.
- To end a relationship is traumatic.
- True friendships are made in childhood.
- A real friendship lasts long.
- In a good relationship, we don't have secrets.
- Trust is a basic value in a good relationship.
- With your husband/wife/girlfriend/boyfriend you should share everything (emotions/dilemmas/thoughts, but also your money/belongings)
- There is no chance for real connection in any relationship if our mother tongues are different.
- True friendship never occurs between a man and a woman.
- It is never possible to unconditionally love someone.

After each statement ask participants to briefly explain why they have chosen their positions. Participants can change their positions on the line if someone or something causes them to change their minds. They can share why they changed their minds.

## DISCUSSIONS




In the closing circle, participants can share what was easy and what was difficult during the exercise. What did you learn?

## HINTS



This exercise activates cognitive skills (more about thinking and talking and less about being embodied or focused on emotions). For some people it might be easier to think and talk instead of working in an embodied way or with emotions.

This exercise can also be challenging for some participants: it might be challenging to have one's voice/opinion openly heard in a group by placing oneself somewhere along the line and also to express oneself verbally (many reasons can be behind this: group or power dynamics, personality, gender differences, etc.).



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