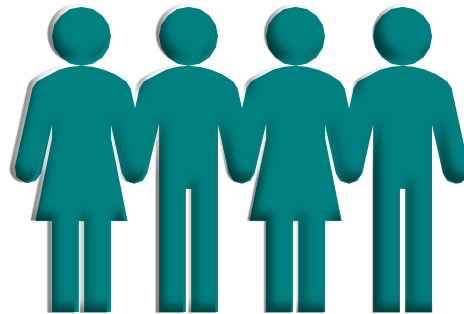


HEALTHY RELATIONSHIPS

Naviance Student



Rights & Responsibilities

- Be positive & enthusiastic
 - Be proud about your sexuality
 - **Its ok to feel embarrassed**
 - **Pass**
 - **Be heard**
 - Safe place to ask questions
 - Listen patiently
- Raise hand to talk
 - Use appropriate language
 - Express your opinions
 - Be open to other's opinions
 - **Be mature/professional**
 - **Be respected**
 - Not have assumptions
 - **Privacy**
 - **Confidentiality**

Objectives

- Students will clarify values about healthy and unhealthy relationships.
- Students will identify risks of dating significantly older partners.
- Students will determine resources for a person in an unhealthy relationship.
- Students will review and practice strategies for interrupting or objecting to unhealthy and abusive behaviors of others.

Personal Values Clarification about Relationships

[Click Here to Play](#)

Kahoot!

HEALTHY & UNHEALTHY RELATIONSHIPS

Healthy & Unhealthy Relationships

(Turn and Talk)

Brainstorm characteristics for each relationship and Identify qualities of **“Healthy Relationships”** and **“Unhealthy Relationships”**

Healthy & Unhealthy Relationships

(Turn and Talk Follow-up)

- A key part of sexual health is having healthy relationships.
- While relationships can take many different forms, today's class will focus on dating and sexual relationships.

Healthy & Unhealthy Relationships

Choose one question below from each color and turn and discuss the questions with a partner.

What are some different forms jealousy can take?	How do social media and technology affect dating relationships?	How important is it to have boundaries and make them known?
Are there some situations where jealousy is acceptable?	What are the possible risks involved with “sexting”?	What types of boundaries should people have in a dating relationship?
Are there some situations where jealousy can be unhealthy?	What are some risks when teens have significantly older partners?	How could a person start a conversation about boundaries with a partner?

Relationship Characteristics Mix-up

- With a partner, take out 1 piece of scratch paper and draw a T-Chart.
- Organize the following characteristics into two categories:

Healthy Relationship Characteristics	Unhealthy Relationship Characteristics

Honesty	Equality	Irresponsible	Manipulative
Respect	Communication	Controlling	Consent
	No Consent	Feeling Scared	Lies

Issues of Abuse

According to the National Domestic Violence Hotline

- 1 in 4 women (24.3%) and 1 in 7 men (13.8%) aged 18 and older in the US have been the victim of severe physical violence by an intimate partner in their lifetime.
- Victims of digital abuse and harassment are twice as likely to be physically abused, twice as likely to be psychologically abused, and 5 times as likely to be sexually coerced.
- Over half of all college students (57%) say it's difficult to identify dating abuse.
- 36% of dating college students have given a dating partner their computer, email, or social media passwords; these students are more likely to experience digital dating abuse.
- Approximately 84% of victims are psychologically abused by their partners; half are physically abused and one third experiences sexual coercion.

Warning Signs of Abusive Relationships (Red Flags)

- | | |
|--|---|
| <ul style="list-style-type: none">• Telling you that you never do anything right.• Showing extreme jealousy of your friends or time spent away.• Preventing or discouraging you from spending time with friends, family members, or peers. | <ul style="list-style-type: none">• Insulting, demeaning, or shaming you, especially in front of other people.• Preventing you from making your own decisions, including about working or attending school.• Controlling finances in the household without discussion, taking your money, refusing to provide money for expenses. |
|--|---|

Warning Signs of Abusive Relationships (Red Flags)

<ul style="list-style-type: none">• Pressuring you to have sex or perform sexual acts you're uncomfortable with.• Pressuring you to use drugs or alcohol.• Intimidating you through threatening looks or actions.	<ul style="list-style-type: none">• Insulting your parenting or threatening to harm or take away your children or pets.• Intimidating you with weapons like guns, knives, bats, mace.• Destroying your belongings or your home.
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What is Consent?

- Consent in this sense is one word that draws a line between what is acceptable and unacceptable sexual behaviors.
- This one word helps define whether an experience was sexual assault or not. Was the action wanted? Was the act agreed upon by both people?
- It is important to reevaluate what consent is and how we get it or withhold it. It's also essential that we understand what it looks like when our partners give – or don't give – consent.

Issues of Consent

Issues with consent could be any combination of the following:
(*not in any particular order)

- Power imbalance with control
- Vulnerability of People and Groups
- False Expectations
- Individual Perceptions
- Language Barriers
- Religious Influence

WHAT IS A DEALBREAKER?

So What's a Dealbreaker??

[Click Here to Play](#)

Kahoot!

Dealbreaker Kahoot Follow-up

1. What things did most people agree about?
2. Which things had many different response within the class?
3. Which behaviors are warning signs that things could get worse?
4. When one partner has more power or freedom than another partner, how can that lead to unhealthy situations?

BYSTANDER TRAINING

What is Bystander Intervention?

- Bystander intervention refers to a person deciding to voice their opinion about someone else's language and/or behavior, thereby working to prevent violence or abuse.
- There are several strategies that can be used to intervene effectively.

Bystander Intervention Strategies

- The following strategies can be used to intervene on abusive relationship behavior

"I" Statements

Silent Stare

Humor

Group Intervention

Bring it Home

"We're Friends, Right?"

Distraction

Bystander Intervention Strategies

"I" Statements	Silent Stare	Humor	Group Intervention
<ol style="list-style-type: none"> 1. State your feelings 2. Name the behavior 3. State how you want the person to respond 	You don't have to speak to communicate.	Diffuses the tension inherent in an intervention.	There is safety and impact in a united front
Focuses on the confronter's feelings rather than criticizing confrontee	Sometimes a look can be far more powerful than words	If you are witty, this may fit well with your style. Funny doesn't mean unimportant.	Best used with someone who has a clear pattern of behavior where many examples of his own behavior can be presented
<p>Example:</p> <p>I feel _____ when you _____.</p> <p>Please don't do that anymore.</p>		Be careful not to be so humorous that you end up mocking and making light of your own feelings or reaction.	

Bystander Intervention Strategies

“Bring it Home”	“We’re Friends, Right?”	Distraction
<p>Prevents someone from distancing themselves from the impact of their actions. Example: “I hope no one ever talks about you like that.”</p>	<p>Reframes the confrontation as a caring, non-critical gesture.</p>	<p>Most effective for street harassment.</p>
<p>Prevents them from depersonalizing their targets as well.</p>	<p>Example: “Hey, there. As your friend, I’ve gotta tell you that the degrading pictures of other people in your room are killing your image, especially with the people on our hall. Why don’t you do yourself a favor and take them down?”</p>	<p>Snaps someone out of their “sexist comfort zone.”</p>
<p>Example: “What if someone said your sibling deserved to be abused or your parent deserved to be hurt?”</p>		<p>Example: Ask the one person harassing another on the street for directions or the time.</p>

IMAGINE THIS...

Bystander Intervention Practice

- With a partner, choose a scenario in the next few slides.
- Discuss how you would apply a bystander intervention strategy to the scenario.
- Is there more than one strategy that would work for the chosen scenario?

Bystander Intervention Scenarios

Imagine This #1	Imagine This #2	Imagine This #3
Imagine you have a friend that you witness having very little power in an unequal relationship. Imagine what your friend must be feeling.	Imagine you witness your friend having all the power in an unequal relationship. This relationship could be through school, work, the military, or some other way.	Imagine you are at a social gathering with your friend, and you witness your friend having very little power in an unequal relationship with their partner.

**How would you intervene?
What strategy would you use?**

Bystander Intervention Scenarios

Imagine This #4	Imagine This #5	Imagine This #6
Imagine you are at a social gathering with your friend who has very little power in an unequal relationship with their partner, and you witness your friend being pressured to do something that they don't want to do. Your friend says "No" firmly to the pressure cooker situation and the person keeps pushing on your friend to do the thing they don't want to do.	Your friend keeps texting the new person they are dating. Your friend gets visibly angry and annoyed that they are not texting back so the friend wants to drive by their house and see if they can find them.	You are at a party and notice a friend and their partner in the corner. You see them grab the partner's arm, shake it and get in their face. They're talking quietly but very forcefully. You can't hear what is said and can't see what the partner's reaction is except their physical efforts to pull away from them.

**How would you intervene?
What strategy would you use?**

Bystander Intervention Scenarios

Imagine This #7	Imagine This #8
<p>You are out to dinner with three other couples. Conversation is going well with people moving in and out of several topics and sometimes the whole group is talking, and other times separated conversations happening. At one point you overhear one of the people tell a joke that you find to be homophobic and sexist. You look across the table and notice someone else looking uncomfortable, while some people laugh.</p>	<p>You are at a get together after work. Several co-workers have brought their friends. You overhear a group of a few coworkers rating others that have come to the party that don't work with you.</p>
<p>How would you intervene? What strategy would you use?</p>	

Bystander Intervention Scenarios

Imagine This #9	Imagine This #10
<p>You're walking down the street with a group of friends when the group gets slightly separated one group ahead of the other. A car drives by, honks and yells something out of the car at the group walking ahead. One of the people comments to the others about how they used to do that all the time with their friends.</p>	<p>You're in the locker room at the gym after a workout with your weightlifting partner, the club instructor and a couple of other gym members. The club instructor starts talking about their date tonight. They mention that they've been with their partner for several months but sometimes their partner gets cranky and complains that they spend too much time at the gym, and then jokes that they just "need to show their partner who's boss".</p>

How would you intervene?
What strategy would you use?

Bystander Intervention Practice

- What should people do if they realize they are feeling controlling or violent toward a partner?
- Anyone feeling like this should talk to a trusted adult immediately for help.
- Anyone who feels a partner is being controlling or abusive should also seek help immediately.

How to Report Abuse

- Call 911 immediately
- Call **1-866-ENDHARM** (1-866-363-4276*) if you:
suspect abuse or neglect of a vulnerable adult
- Call Domestic Violence Services of Snohomish Co at 425-425-25-ABUSE or call 425-252-2873 or visit
- <https://dvs-snoco.org/how-to-get-help-resources/>

Other Resources:

- National Domestic Violence Hotline
1-800-799-SAFE or for more resources and help
<https://www.thehotline.org/>
- Violence Against Women Network at <https://vawnet.org/>

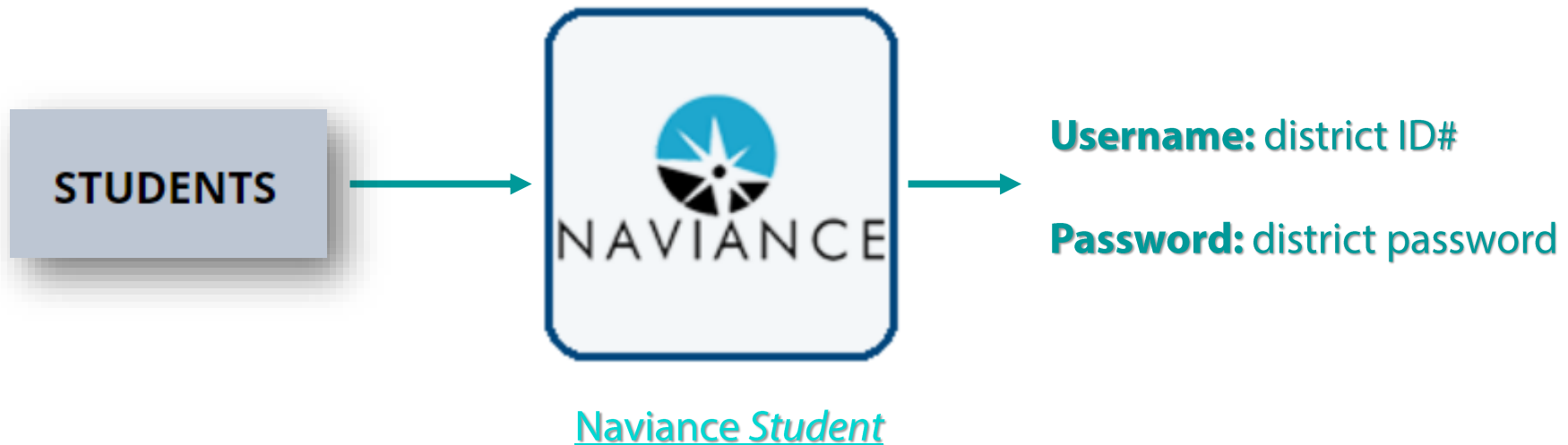
TASK COMPLETION...

Log in to Naviance Student

Click **Students** from school website

Click **Naviance** button

Log in with district ID# and password



Complete the Task...

To complete the lesson task log into Naviance *Student*, click on **Planner > Tasks**.

Click the title of the task to complete the reflection –
CCRS – Healthy Relationships Reflection

