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# Relationships

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## **Session 7:**

### Relationships

#### **Goals**

- Understand different forms of relationship abuse and their indicators
- Emphasize abusers' responsibility and avoid survivor-blaming
- Discuss resources to help teenagers seek help if they are in an unsafe relationship

#### **Objectives**

At the end of this session, students will be able to:

- Identify 2 signs of a healthy relationship
- Identify 2 signs of an unhealthy relationship
- Identify 2 ways they can support peers in abusive or violent relationships

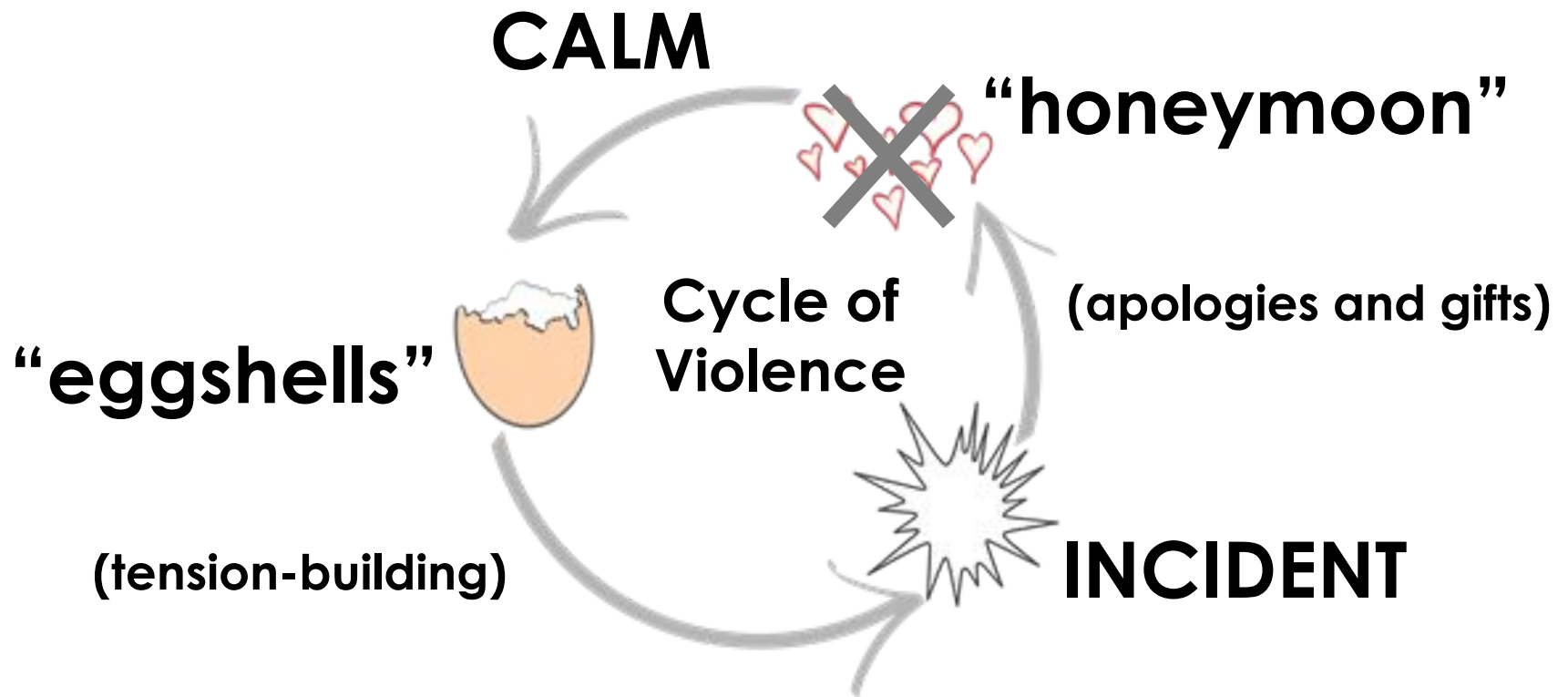
# Relationship Spectrum



# Types of Abuse

Type of Abuse	In-Person	Digital
<b>Physical</b>	Hitting, slapping, kicking, choking, grabbing	
<b>Psychological</b>	Threats, intimidation, isolation, stalking	Cyber-stalking, "catfishing," demanding account passwords, checking your texts/pictures
<b>Emotional</b>	Put-downs, name-calling, humiliation	Put-downs, name-calling, or humiliation online
<b>Sexual</b>	Sexual harassment, sexual assault, rape, tampering with birth control	Sending unwanted sexual pictures or videos, pressuring someone to "sext"

# Intimate Partner Violence



# Because I Love You...



# Signs to Recognize

- Signs of **physical abuse**
- Signs of **depression**
- **Anxiety** or worry
- **Changes** in self-care, grades, etc.
- **Self-harm**
- Increase in **risky behavior**

# Why Someone Might Stay

- Financially **dependent**
- **Hope** that the abuse will change
- **Fear** of retaliation
- **Embarrassment**
- Belief that they **deserve** it
- **Unaware** that relationship is abusive



# How to Help Someone

- Remind them it's **not** their fault
- **Believe** them
- **Listen** without judgement
- Encourage them to seek **professional help**
- Help them **identify** abuse
- Help them create a **Safety Plan**
- **Don't criticize** them for not leaving sooner

# Healthy Relationship Brainstorm

Spend 5 minutes to quietly **reflect** on the relationships in your life.

# Intimate Partner Violence Fact Sheet

Name \_\_\_\_\_ Period \_\_\_\_\_ Date \_\_\_\_\_

**SECTION 1**

Intimate partner violence, also known as relationship abuse, describes a pattern of **physical violence, sexual violence, stalking, or psychological aggression** by a current or former **intimate partner**.<sup>8</sup>

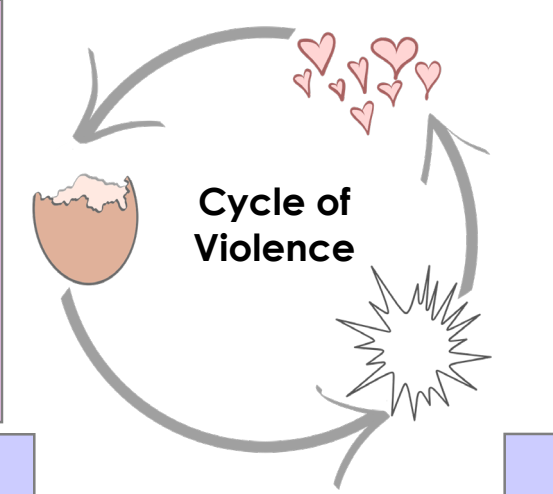
Abuse is about **POWER** and **CONTROL**. **NO ONE** deserves or wants abuse.

**SECTION 2**

**Lifetime prevalence of rape, physical violence, and stalking by an intimate partner<sup>2</sup>**

<b>For women:</b>	<b>For men:</b>
Heterosexual 35%	Gay 26%
Lesbian 43.8%	Heterosexual 29%
Bisexual 61.1%	Bisexual 37%

Trans\* identity was not asked about in the survey



Intimate partner violence occurs in **heterosexual** relationships as well as in **LGBTQ+** relationships.

**SECTION 3**

**Signs someone is in an abusive relationship:<sup>3</sup>**

- Signs of physical abuse
- Signs of depression, such as sadness, lack of energy, changes in sleep or appetite, withdrawing from normal activities
- Anxiety or worry
- Changes in self-care, less attention to hygiene, appearance, grades
- Self-harm
- Increase in risky behavior

**Reasons why people might stay in an abusive relationship:**

- Financially dependent
- Hope that the abuser will change
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**How to help someone in an abusive relationship:<sup>4</sup>**

- Remind them it's not their fault
- Believe them
- Listen without judgment
- Encourage them to **seek professional help**
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**SECTION 4**

<b>Resources:</b>	<b>Crisis Text Line</b>	<b>National Domestic Violence Hotline</b>	<b>Ventura County Health Care Agency 24/7 Hotline</b>	<b>LGBTQ+ Ally:</b>
CVUSD Community Resource List	Text HOME to 741741	1-800-799-7233 <a href="http://www.thehotline.org">www.thehotline.org</a>	866-998-2243	<b>Community United Against Violence</b> 415-333-HELP (4357) <a href="http://www.cuav.org">www.cuav.org</a>

**National Human Trafficking Hotline** 1-888-373-7888 [www.humantraffickinghotline.org](http://www.humantraffickinghotline.org)

<sup>8</sup> CDC (2016). Intimate Partner Violence Retrieved from <http://www.cdc.gov/violenceprevention/intimatepartnerviolence/>  
<sup>2</sup> CDC (2016). The National Intimate Partner and Sexual Violence survey. Retrieved from [https://www.cdc.gov/violenceprevention/pdf/nisvs\\_sofindings.pdf](https://www.cdc.gov/violenceprevention/pdf/nisvs_sofindings.pdf)  
<sup>3</sup> RAINN (Rape, Abuse & Incest National Network). (2016). Warning Signs for Teens. Retried from <https://www.rainn.org/articles/warning-signs-teens>  
<sup>4</sup> The National Domestic Violence Hotline. (2016). Help a Friend or Family Member. Retrieved from <http://www.thehotline.org/help/help-for-friends-and-family/>  
 Teen Talk High School, 2019 © Health Connected

# Healthy Relationships Brainstorm

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Period: \_\_\_\_\_

*Directions:* As you read the questions below, reflect on how they might apply to different relationships you have: family, friends, significant others, etc. The answers might be personal, so you will simply get credit for completing this worksheet.

1) If I get upset with someone I care about how do I want to address it?

2) If someone I care about is upset how will I support them?

3) If I am upset what can I do to make myself feel better?

4) Describe a time you have compromised in one of your relationships.

5) How do I want to show appreciation to someone I care about?

6) What is important to me in a relationship or in a partner?

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# Relationship Realities

# Relationship Realities

**Lilly tells you:** “I cheated on my boyfriend because the relationship had become so predictable and I needed some excitement. He never found out and I’m not sure if I should tell him.”

## What advice would you give?

1. Come clean and tell your boyfriend the truth.
2. Tell him you’re bored, and try to improve your relationship.
3. Do nothing, what he doesn’t know can’t hurt him.
4. Break up – face it, it’s over.
5. Create your own solution.

# Relationship Realities

**Hana tells you:** “My best friend Mia has started dating this much older guy. She’s 15 and he’s like 21. She says she likes him because he’s more mature than the boys our age, he buys her stuff, and he has a car. I know he’s been asking her to have sex with him. I have a really bad feeling about this guy. I don’t know if I should tell her what I think.”

## What advice would you give?

1. Stay out of it, it’s none of your business.
2. Tell Mia your concerns about him being so much older than her. She is your best friend.
3. What this guy is doing is illegal! You should tell her parents.
4. Go straight to the guy and ask him what he wants with Mia.
5. Create your own solution.

# Relationship Realities

**Sam tells you:** “I’ve started hanging out with this new guy Frankie, and I think I’m starting to catch feelings for him. My boyfriend knows we hang out, but he doesn’t know that we make out sometimes too. Is that considered cheating? Lately I’ve been wondering if I should fess up about what’s going on.”

## What advice would you give?

1. Honesty is the best policy. You should confess everything before he finds out.
2. Talk with your boyfriend about your feelings, but don’t tell him what you did with Frankie. That will just hurt him.
3. You should stop hanging out with Frankie, but don’t tell your boyfriend. Making out is not really cheating anyways.
4. You’re obviously not happy in the relationship, so you should probably just break up.
5. Create your own solution.



# Relationship Realities

**Carlos tells you:** “My friend David has been having sex with his girlfriend, and I know they aren’t using birth control. He doesn’t like condoms because they don’t feel as good, and she’s afraid to get on the pill because she doesn’t want to get fat. They are using the pull-out method. I just learned in health class that the pull-out method is not very effective. Should I tell him he’s playing with fire?”

## What advice would you give?

1. Tell his girlfriend what you learned about the pill, that it doesn’t actually make you fat.
2. The pull-out method is better than nothing, so don’t get involved.
3. Take him to a clinic to get tested for STIs and learn the facts! He might listen to a professional.
4. Just tell him what you learned about the pull-out method and let him decide for himself.
5. Create your own solution.

# Relationship Realities

**Robbie tells you:** “I’ve been dating Kris for a few months, and I think I’m in love with him. But he’s sort of jealous when I go out with my friends and he gets mad if I don’t reply to his texts right away. Last night I was talking to my friend Joe at a party and Kris grabbed me away by my arm. I don’t know if I should say something because I don’t want him to get mad at me.”

## What advice would you give?

1. Don’t worry about it. It just means that he loves you and really wants to be with you.
2. Ask him why he’s acting that way. If he loves you, he should treat you better.
3. You should get help from an expert. Call a domestic violence hotline and ask them for advice.
4. Break up with him! That behavior probably means he’ll become more violent with you in the future.
5. Create your own solution.

# Relationship Realities

**Quinn tells you:** “My friend Bella and I have been having sex off and on for a year. We aren’t dating, we just have sex casually when we feel like being together. Lately I’ve been feeling guilty about it because my parents know I’m a lesbian but told me I should wait until I’m in a committed relationship to have sex. Can we stay friends with benefits?”

## What advice would you give?

1. As long as you are enjoying yourself, it's find to keep doing what you are doing.
2. Check in with Bella to make sure she's on the same page and it's just casual.
3. Ask Bella if she wants to be in a relationship with you. That way you can still have sex without feeling guilty.
4. Listen to your parents and wait to have sex until you are in a real, committed relationship. They know what they are talking about and you should respect what they say.
5. Create your own solution.

# Relationship Realities

**Jonah tells you:** “My girlfriend just told me she is pregnant. I am NOT ready to have a baby. What do I do?”

## What advice would you give?

1. Be honest with her and tell her you don't want to keep the baby. But if she does, you've got to help take care of it.
2. Remind her that it's her body and her decision. Just support her in anything she wants to do.
3. Tell her that you won't take care of a baby you don't want. It's not fair to be forced into it.
4. Ask your parents for help. Maybe they will offer support to help you both raise the baby.
5. Create your own solution.

# Relationship Realities

**You** are at a party and are worried that your friend is about to leave with someone they barely know. They have both been drinking a lot tonight. What do you do?

## What would you do?

1. Do nothing – it's none of your business what they do.
2. Pull your friend aside, tell them you are worried about their safety, and try to get them to leave with you instead.
3. Go to the other person and tell them to leave your friend alone because they're not sober.
4. Don't do anything that night, but talk to your friend when they are sober to voice your concerns.
5. Create your own solution.