

### **TRAINER NOTE:**

- *Notes designed for the trainer's information only are in italics.*
- *This training module primarily consists of a video, which will provide the students with most of the key information. It also includes post-video discussion questions slides.*
- *We recommend utilizing the booster or optional expansion lessons within the next 1 to 2 weeks to reinforce the lesson.*
- *When you are ready to move to the next slide, just click on the arrow at the bottom of the screen. We recommend you play it expanded to full screen.*
- *If you have technical troubles playing the training module while in Canvas, go to Files to download the PowerPoint and video, embed the video, then use it with this guide to train instead.*
- *This lesson is created with the support of One Love Foundation and incorporates elements from the "Couplets\_ThatsNotLove\_Discussion\_Guide" (in Files). The individual Couplet videos can be found at [www.joinonelove.org/couplets](http://www.joinonelove.org/couplets). You may choose to print out and use P. 30 from the Couplets Guide for your students during this lesson.*

## **Lesson Begins Here**

STATE: Today we are going to talk about relationships and the differences between healthy and unhealthy ones. Although all of us aren't dating and that's normal, we all have relationships – whether it's with our friends or family.

Research tells us the type of relationships we have today, indicates the type of dating relationships we may have tomorrow. So no matter what type of relationship we have, we want it to be healthy and make us happy.

We are going to watch a video, and have a discussion to share some of our thoughts on relationships.

Because we might talk about some personal topics, I want to make sure this is a safe place to do so. Let's make sure we follow our classroom rules and guidelines by treating each other with respect. I want to add one more rule for this discussion. Let's not use any names, so everyone's privacy is maintained. To help ensure that, we will instead say, "I know someone who..." For example, instead of saying, "Sue calls Joe names", you would say, "I know someone who is in a relationship and they get called names."

Any questions?

Let's get started.

“Who were you texting? Let me see your phone.”

“Don’t hang out at their house, there will be other girls there.”

“What’s the big deal? I just don’t get it. This is what friends do.”

“If you’re really my friend, then you’d come over instead of doing homework.”

“You’re so lucky to be with me.”

“I can’t believe you went to the movies with them without me.”

**STATE/ASK:** Take a look at these examples – have you ever experienced these statements or heard them before?

**TRAINER NOTE:** *They can privately think about this and/or raise their hands to share.*



STATE: Even if we can agree that some of us have heard something like these statement before, they still may have made you free like this...

That's why we are going to learn more today about how each of us deserve to be treated.

# AGENDA

1. What is dating violence and abuse?
2. What are the warning signs of unhealthy relationships?
3. What are the characteristics of healthy relationships?
4. What can be done to prevent or get help for dating violence?



- Source of content courtesy of  
One Love Foundation,  
[joinonelove.org](http://joinonelove.org).

STATE: During this lesson we will learn:

1. What is dating violence and abuse?
2. What are the warning signs of unhealthy relationships?
3. What are the characteristics of healthy relationships?
4. What can be done to prevent or get help for dating violence?

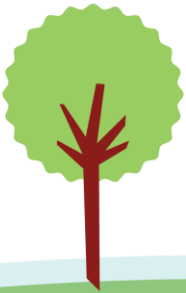
The videos we are going to watch today show both healthy and unhealthy relationships.

Every person deserves a healthy relationship. But unfortunately, unhealthy relationships can happen to anyone. They can happen to boys and girls, they can happen to people your age or your parents' age. They can happen whether you like people of your gender or the opposite gender. You can be someone who uses a wheel chair for mobility or not. You can be of any religion or have any color skin. You can come from a family who has a lot or who has very little. Relationship abuse is a learned behavior and a process, not a person.

# FIRST THINGS FIRST

When we say relationship, we're talking about...

- Friendships
- Dating relationships
- Family members
- Teammates
- Classmates



STATE: As I said, even if you aren't dating yet or even interested in it, this conversation still applies to you.

Think about your friendships, family relationships, classmates, teammates, etc. How do they treat you? How do you treat them?

On a scale of 1 to 10 – could you comfortably rate how each relationship is in terms of being healthy?

By the end of this lesson, hopefully you will feel more able to do so.  
So let's get started!

BCPS DATING VIOLENCE POLICY  
5010 TRAINING MODULE GR 6-8  
VIDEO

*TRAINER NOTE: Insert and play the BCPS Dating Violence Policy 5010 Training Module Gr 6-8 Video here.*

# WHICH UNHEALTHY RELATIONSHIP SIGN CONCERNS YOU THE MOST?



1. Intensity
2. Guilt, Emotional Abuse
3. Put-Downs, Verbal Abuse
4. Disrespect, Sexual Abuse
5. Anger, Physical Abuse, Threat of Abuse
6. Power and Control
7. Obsession, Stalking and Electronic Abuse
8. Isolation

*TRAINER NOTES: If students don't know what some of these words mean, help them define them or have them look them up in a dictionary or on the Internet.*

*Ask these questions in whichever format is most appropriate to your setting and the students' developmental level. Options include:*

- *Raise your hand to share...*
- *Find a classmate to ask...*
- *Write down your thoughts about...*
- *Quick! Turn to a partner...*
- *You can also use the activity page 30 at the end of the Couplets discussion guide to have them write down their thoughts and then share back with the class.*

**STATE/ASK:** In the video we saw a number of unhealthy signs or relationship behaviors. What do those behaviors look like and feel like to you? Which one stood out to you the most?

For example:

- Going from zero to 100 real quick! (= Intensity)
- Always questioning what you're doing and who you're with. (= Jealousy)
- Doesn't like you texting other people or having friends on Insta, Snapchat. (= Isolation)
- Makes you feel bad for having other friends. (= Guilt)

Understanding these behaviors can help you figure out if you're in an unhealthy or dangerous relationship. Many times, these behaviors are used to gain power or control over another person and can have a negative impact on your well-being or day-to-day life.

## WHAT KIND OF DAMAGE CAN BE CAUSED BY RELATIONSHIP VIOLENCE?



- To the target of it - short term?  
Long term?
- To the person abusing others - short term?  
Long term?



STATE/ASK: Young men and women are equally likely to be victims of dating violence. What kind of damage can be caused by relationship violence?

**TO THE TARGET:** The victims are more likely to do poorly in school and report binge drinking, suicide attempts, physical fighting, and unsafe sexual activity.

**Short Term:** Medical problems up to and including death (anxiety, headaches, sleep disturbances, stomach aches); depression; fear; isolation; low self-esteem; suicide attempts; drug/alcohol use and abuse; risky sexual behavior (resulting in pregnancy, STDs and HIV).

**Long Term:** Interference with development; a distorted view of “normal” relationships can cause abusive patterns to be carried into future relationships; inability to succeed in school or at work (later in life).

**TO THE ABUSER:** Dating violence can also have negative affects on the aggressor.

Keep in mind, the aggressor is equally likely to be male or female.

People who engage in abusive can experience:

**Short Term:** Alienation from friends and family; engaging in physical fights, disruption in class; depression; drop in grades, attendance, suspension; substance use and abuse; physical health problems.

**Long Term:** Expulsion from school; loss of employment; juvenile or criminal record/confinement; interference with development; they carry the patterns of violence into future relationships.



# THE STORY BEHIND THE COUPLETS & THE ONE LOVE FOUNDATION



- Yeardley Love was a senior at the University of Virginia when she was killed by her ex-boyfriend.
- While many knew of “drama” in their relationship, no one in Yeardley’s life had any idea that she was at real risk.
- After her death, Yeardley’s family learned that this problem is much more common than they imagined.

STATE: The Couplets videos you watched are from One Love. One Love is a charity that was created in 2010 after a tragedy created by dating violence.

Yeardley Love, a college student at the University of Virginia, was killed by her ex-boyfriend. After she was killed, Yeardley’s friends and family were surprised to learn that she was in an abusive relationship and that no one had been able to see the warning signs. If anyone in Yeardley’s life, including herself, had been able to recognize the signs of abuse, her death might have been prevented.

That’s why One Love was created by her family to ensure that everyone has information about healthy and unhealthy relationships.



LET'S TAKE A CLOSER  
LOOK AT LOVE

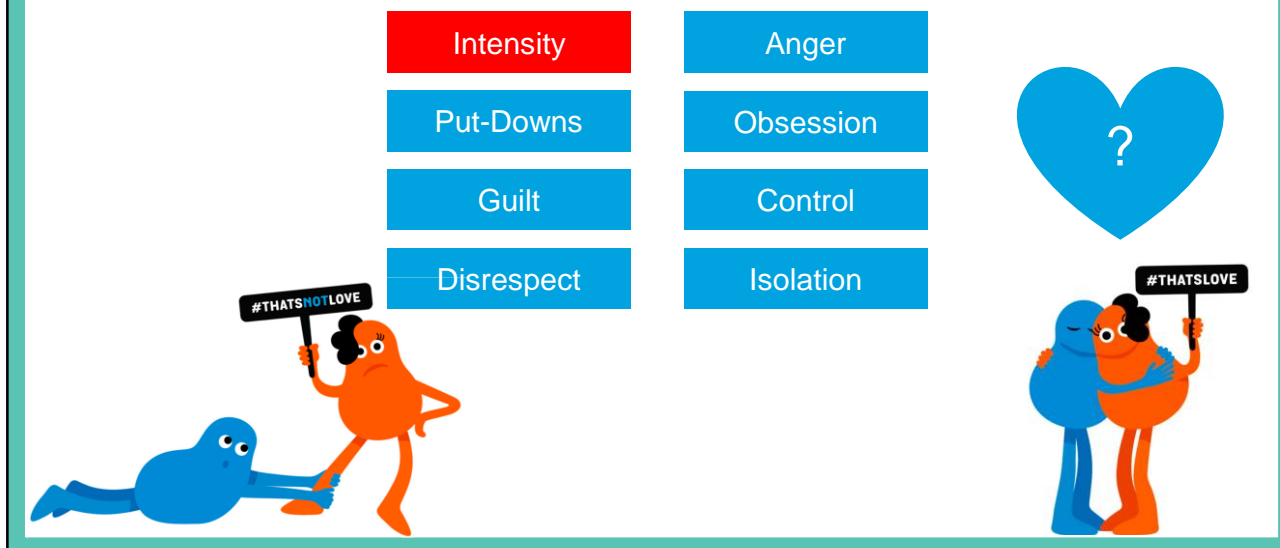
*TRAINER NOTE: An option in sharing this information is to ask one-third of the classroom to stand up before stating this statistic to help students understand the magnitude.*

STATE: Relationship violence is a serious problem. 1 in 3 girls and 1 in 4 guys will experience relationship abuse at some point in their lives.

Relationship abuse starts with unhealthy behavior, so that is why it's important to learn the difference between unhealthy and healthy behaviors – so you can spot and stop unhealthy behavior before it escalates.

Let's take a closer look at the 8 warning signs or behaviors we saw in the video.

## REMEMBER THIS UNHEALTHY RELATIONSHIP BEHAVIOR?



**STATE:** Intensity is having or showing really strong feelings or opinions. Taking things to an extreme.

**ASK:** What kind of unhealthy behaviors do you think of as fitting the definition of **INTENSITY** or being too intense?

Example: A person whines about not seeing their partner after only five minutes.

What do you think would be the opposite healthy behavior? The healthy alternative behavior is **COMFORTABLE PACE**. What would that look like?

Example: Two people miss each other after not seeing one another for a few days.

**TRAINER NOTES:** If using this as a power point, not directly projected from Canvas, the next discussion slides on the 8 behaviors have animation that will activate when you click to forward the slide.

*Other examples from the Guide:*

- *Wants you to spend all of your time with them and tries to get you to do everything together.*
- *Comes on too strong (going from zero to 100 real quick!).*
- *Wants to always be connected to you, like always texting or trying to keep a Snapchat streak.*
- *Wants to move too fast with physical affection.*
- *Likes things you posted a long time ago or watches every single one of your stories.*

# WHAT DO YOU THINK?

- What do you think of this behavior – intensity?
- Have you ever acted intensely toward someone else? Do you think it's okay to do so?
- What should you do if someone is acting really intensely toward you?



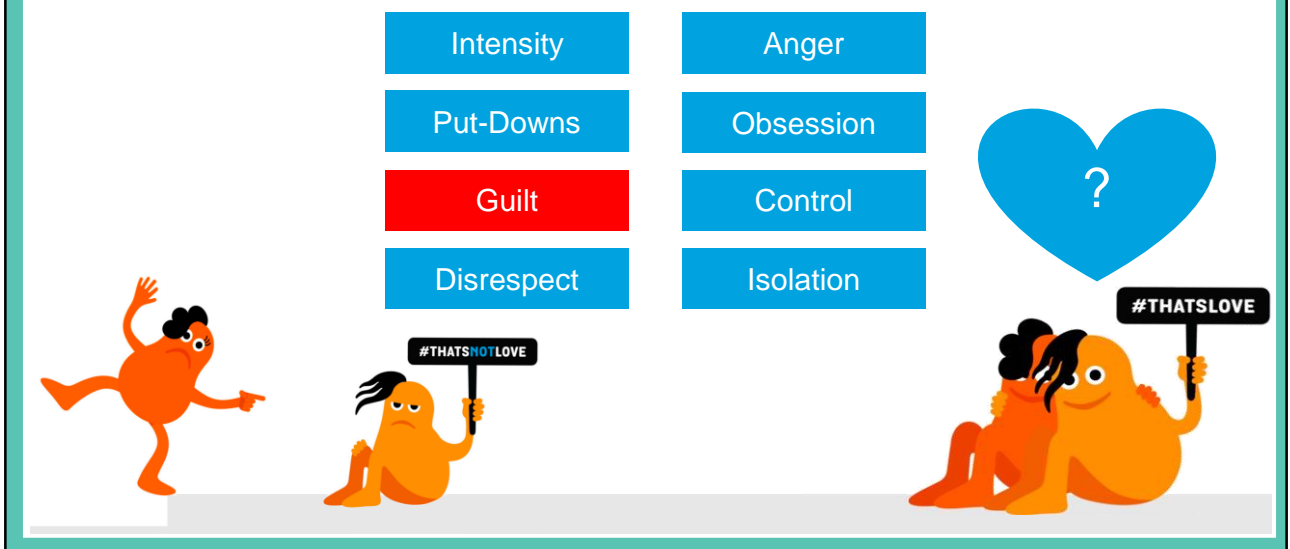
*TRAINER NOTE: Ask these questions in whichever format is most appropriate to your setting and the students' developmental level. Options include:*

- *Raise your hand to share...*
- *Find a classmate to ask...*
- *Write down your thoughts about...*
- *Quick! Turn to a partner...*

*TRAINER NOTE: After the discussion, make sure to share the following points from the Couplets Guide:*

- **Respect personal space and boundaries.** *It's natural to want to spend a lot of time with people you care about, but it's important to understand that in every relationship people need some amount of space. If two people want to text or hang out all day—and they are both happy doing it—that's great! It becomes unhealthy if two people don't talk about setting boundaries, or if one person assumes that they can do something all the time without thinking of what the other person wants. You should be on the same page with how much you want to talk and see each other.*
- **Be your own person.** *In any friendship or relationship, it is important that you keep your self-identity and independence. Spending time with people you like is a good thing! But it is just as important that you take time to do things you like. Make time for your own hobbies and interests, too.*
- **Don't rush into things.** *If you are starting a new romantic relationship, it is important that you set the pace of the relationship together. In a healthy relationship, both people set the pace together and feel equally happy with how fast (or slow!) things are moving. Also, while people might act really nice in the beginning, you should take your time getting to know them because they could change. Moving really fast is a sign of an unhealthy relationship.*

# WHAT ABOUT THIS UNHEALTHY BEHAVIOR?



**STATE:** Guilt is when someone makes another person feel bad in order to get them to do something or have the upper hand over them. When used in this way, guilt is a form of manipulation and emotional abuse.

**ASK:** What kind of unhealthy behaviors do you think of as fitting the definition of trying to cause GUILT?

**Example:** One person is telling their partner that they would be depressed if they broke up and suggests that they would harm themselves.

What do you think would be the opposite healthy behavior? The healthy alternative behavior **TAKING RESPONSIBILITY**. What would that look like?

**Example:** A couple is talking about how they would be sad if they broke up.

## **TRAINER NOTES:**

*Other examples from the Guide:*

- *Makes you feel like they will fail if you don't let them cheat off you or do their homework for them.*
- *Makes you feel bad for having other friends or doing activities without them.*
- *Tells you that other people won't like you or be your friend.*
- *Makes you feel bad for being really good at a sport or activity.*
- *Says that they will hurt themselves, "you're my only friend," or that they "can't live without you" to make you feel responsible for them.*

# WHAT DO YOU THINK?

- Can you think of a time when someone made you feel guilty for not doing what they wanted you to do?
- What can you do if someone is making you feel this way or if you see this happening to a friend?



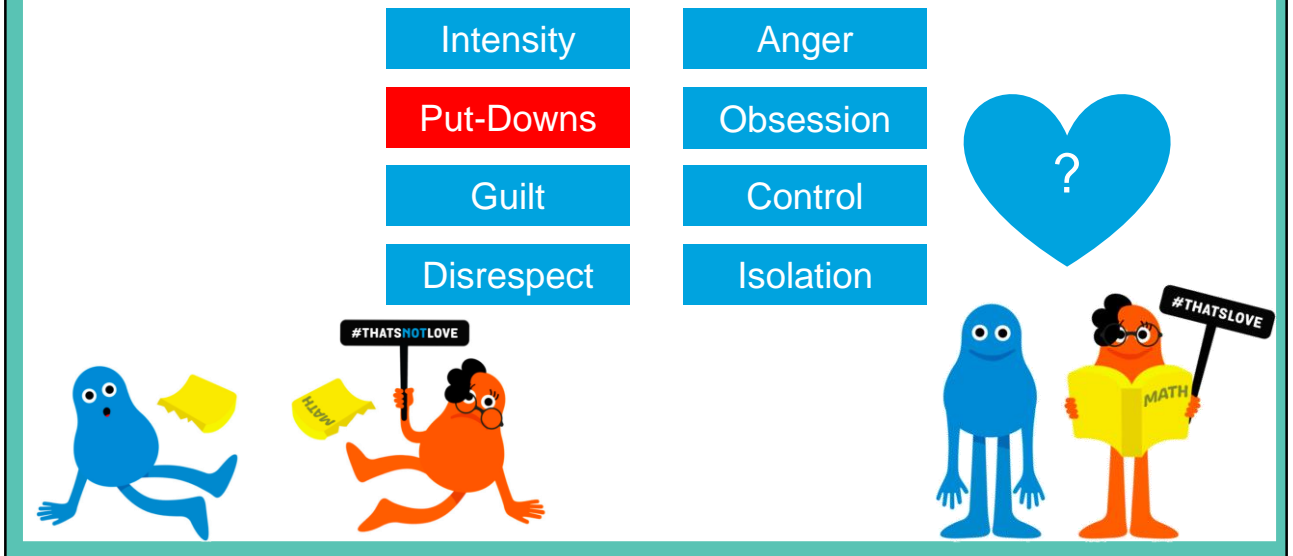
*TRAINER NOTE: Ask these questions in whichever format is most appropriate to your setting and the students' developmental level. Options include:*

- Raise your hand to share...
- Find a classmate to ask...
- Write down your thoughts about...
- Quick! Turn to a partner...

*TRAINER NOTE: After the discussion is had, make sure to share the following points from the Couplets Guide:*

- **Guilt-tripping someone is manipulation.** If someone is making you feel like no one else will like you, be your friend or treat you nicely, that is a sign of an unhealthy friendship or relationship. If someone is doing this to you, know that it is because they are trying to control you. Good friends and partners will want only the best for you and they will always make you feel special and lovable.
- Also, if a partner is making you feel bad about breaking up with them or threatening to harm you/others, then that is a sign of an abusive relationship. Breaking up with someone is never easy, but you should both know that it will be okay in time. It is natural to be scared about losing someone you really care about, but if someone is threatening to hurt you or themselves that is very serious. **It is not your responsibility to save another person and you should seek help from an adult if this happens.**

## REMEMBER THIS UNHEALTHY RELATIONSHIP BEHAVIOR?



**STATE:** The 3<sup>rd</sup> Couplet video we saw was on PUT-DOWNS. A put-down is when someone calls you a name, belittles, embarrasses, bullies or makes you feel anything less than awesome (which you SO are). Put-downs are a form of emotional abuse.

**ASK:** What kind of unhealthy behaviors do you think of as fitting the definition of PUT-DOWNS?

**Example:** Someone asks their crush to hang out. Their crush politely declines, explaining that they have to study. Angry over their crush's response, they insult them by calling them "stupid."

What do you think would be the opposite healthy behavior? The healthy alternative behavior is RESPECT. What would that look like?

**Example:** Someone asks their crush to hang out. Their crush politely declines, explaining that they have to study. They are understanding and compliment their crush.

### TRAINER NOTES:

*Other examples from the Guide:*

- *Compares you to other people in a negative way.*
- *Bullies or picks on you.*
- *Calls you names or says something mean to you, like "that will make you fat "or "you're so gay".*
- *Laughs at you, makes jokes about you or causes a scene to embarrass you.*
- *Shames you for anything related to your body, like not wearing training bras or shaving.*

## WHAT DO YOU THINK?

- Why do you think put-downs are a bad thing? How are they harmful?
- What can you do if someone is putting you down? Remember put-downs can come from friends or partners.
- What can we do to be more respectful to each other?



*TRAINER NOTE: Ask these questions in whichever format is most appropriate to your setting and the students' developmental level. Options include:*

- Raise your hand to share...
- Find a classmate to ask...
- Write down your thoughts about...
- Quick! Turn to a partner...

*TRAINER NOTE: After the discussion, make sure to share the following points from the Couplets Guide:*

- **Abuse isn't just hitting, it can be emotional too.** It can be confusing when a friend or someone you like does or says something that makes you unhappy, but abuse can come in many forms. If someone is insulting you and making you feel not-so-great about yourself, that is emotional abuse. Sometimes when someone does something abusive, they follow it up with something nice to make it seem like what they did isn't so bad after all. But feeling put down, pushed around, held against your will, or kept from your schoolwork are all abusive behaviors—even if they are covered up with kind words.
- **Emotional abuse can have a harmful impact on how others feel about themselves.** Emotional abuse really hurts a person's feelings and can actually change how someone feels about themselves. If someone is told that they are "stupid" or "ugly," they may actually start to believe that the nasty things said about them are true. The bottom line is that you wouldn't like it if someone made you feel bad about yourself, so you should not make others feel that way.
- **Your actions influence what others think is normal.** If you call someone a name like "slut" or "gay," then you make it seem like it's okay to say these things. Even if you are saying these things as a joke to your friend or hear others name-calling, if you let put-downs happen without stepping in and saying it's wrong, others will think it's okay to do, too.
- **Be yourself no matter what other people think.** People who put others down do it because of their own insecurities and problems. If you are being put-down, know that it is not your fault and you don't deserve it. How someone treats you is a reflection of THEM, not you.



## WHAT ABOUT THIS UNHEALTHY BEHAVIOR?

Intensity

Anger

Put-Downs

Obsession

Guilt

Control

Disrespect

Isolation



**STATE:** The next Couplet video we saw was on **DISRESPECT**. Disrespect is treating another person badly. This could come in the form of mind games, put-downs, making fun of someone or—in the case of this example—sharing something private with other people. That specific kind of disrespect can be sexual abuse.

**ASK:** What kind of unhealthy behaviors do you think of as fitting the definition of **DISRESPECT**?

Example: Someone is showing their friends their partner's booty pics. Their partner finds out and is embarrassed.

What do you think would be the opposite healthy behavior? The healthy alternative behavior is **LOYALTY**. What would that look like?

Example: Someone is showing their friends their partner's foodie pics because they are proud of their partner's cooking skills. Their partner is happy about it.

### **TRAINER NOTES:**

*Other examples from the Guide:*

- *Pressures you to do something that you are not 100% comfortable with—like hazing, drinking alcohol, trying a drug, stealing or hooking up.*
- *Makes jokes or inappropriate comments about someone.*
- *Spreads rumors or talks about someone behind their back.*
- *Asks you for sexual messages, photos or videos, or sends these things to you.*
- *Shares something private about you with other people online or in person.*

## WHAT DO YOU THINK?

- What does disrespect mean to you?
- How can peer pressure play a role in relationships or friendships?
- How can someone handle peer pressure in a healthy way?
- Do you think it's okay to share private photos with someone you trust?
- What can you do if you experience disrespect?



*TRAINER NOTE: Ask these questions in whichever format is most appropriate. After the discussion is had, make sure to share the following points from the Couplets Guide:*

- **Peer pressure is unhealthy.** Pressuring someone to do anything that they are not 100% comfortable with is not right. Do not pressure someone, ask them again and again until they change their mind, threaten them or make them feel guilty for not wanting to do something. It is important—in any scenario—that both people are completely comfortable. While it might not seem like a big deal to repeatedly ask or guilt someone to do something small, like skip practice or share their lunch with you, it can lead to peer pressure over bigger, dangerous things.
- While it might be hard not to give in to peer pressure because you want to fit in or be liked, if someone tries to peer pressure you, you should walk away from the situation or be honest about why you don't want to do something. **Know that a good friend or partner will never pressure you to do anything that you don't want to do.**
- **Pressuring someone sexually is abuse.** When it comes to hooking up, pressuring someone is considered abuse. Just because someone said "yes" to doing something sexual once, doesn't mean they have to say "yes" the next time. Every time, you have to ask your partner again and get a super clear "YES!" from them. Also, if someone changes their mind or seems to hold back at any point, you have to respect that, recognize it as a "no!," and stop. If someone doesn't say anything, then that is a "no" too!
- If you think that someone is "asking for it," or that they should feel lucky or want to be with you, then you are looking at the situation wrong. **In a healthy relationship, both people feel totally comfortable with what they do.** Not listening to what someone else wants or feels comfortable with is NEVER okay – everyone deserves to be treated with respect.
- **The internet is forever.** Don't share nudes or private photos/videos with anyone! Even if you trust the person, once a picture or video is taken, it never disappears and can live online forever. Sending, receiving or sharing explicit photos of yourself or anyone else under the age of 18 is illegal. Also, once someone has private pictures of you, they can control you by using them as blackmail. **If someone is pressuring you to do anything that you are uncomfortable with, that is a clear sign of an unhealthy relationship.**
- **Spreading rumors or making you feel left out is betrayal.** If someone is talking about you behind your back or making you feel left out or ganged up on, they are not a good friend. A good friend won't listen to rumors and will always stick by your side. Do your best to ignore this kind of unhealthy behavior and know that other people will notice this person can't be trusted.



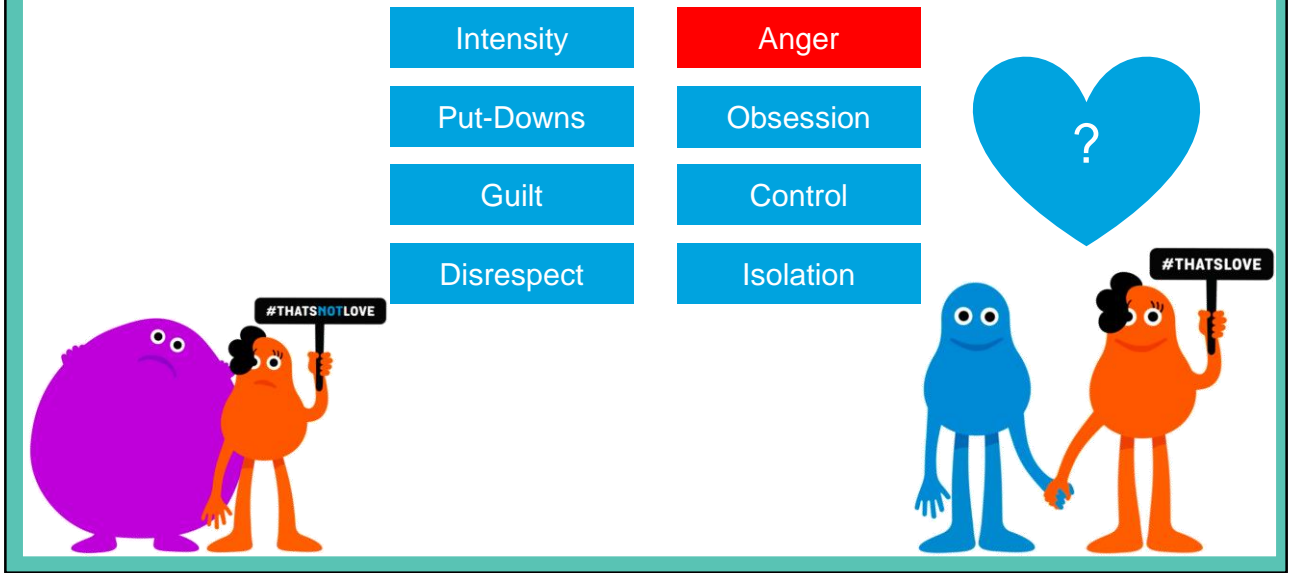
## THINKING BEFORE WE POST OR SHARE

- Social media isn't real life.
- Be careful what you do because it's permanent.
- Keep a healthy balance online.
- Use privacy settings.
- Media isn't always the best picture of a healthy relationship.
- Sending and sharing explicit photos or videos is illegal if either party is a minor.

*TRAINER NOTES: Below are the notes to expand upon the slide as needed. There are also lessons available related to Internet safety in the Think B4U Post Toolkit in SC&D's SharePoint.*

- **one: Social media isn't real life.** *It's easy for anyone to get caught up with what they see on social media, but remember social media is not real life. What people put on social media is usually only the best parts of their life—the cool trips, the material things, the best photos of themselves, their friends, or their relationship. Life is not always perfect so don't use social media to judge what your life should be like.*
- **two: Be careful what you do because it's permanent.** *You may think that what you share on social or through text can be kept private, but that's not the case. What goes on social media or what you say and send through text is permanent. Once you release it, it will never be private again. Keep this in mind and don't share anything that you wouldn't want everyone seeing.*
- **three: Keep a healthy balance online.** *It's easy to get addicted to social media, but be mindful of how much time you spend on it. While social media is a great way to see what other people are up to and connect with friends, it also takes time away from other activities. Time is special and spending too much time on social media is a waste of your time.*
- **four: Use privacy settings.** *Make sure your privacy settings are turned on so that people outside of your friend group or network don't have access to things you post. Even if you think that you have privacy settings turned on, it's good to double check since the terms of use or privacy policy change often. Also, make sure that your location settings are off and never visible to the public.*
- **five: Media isn't always the best picture of a healthy relationship.** *There is a difference between healthy passion and unhealthy passion. Healthy passion feels good and makes you happy. Unhealthy passion feels confusing and scary. Even though movies and TV shows often show examples of unhealthy passion, in real life, people in healthy relationships balance their emotions with respect for what the other person is feeling.*
- **six: Sending and sharing explicit photos or videos is illegal.** *Sending, receiving or sharing nudes of yourself or someone else is never okay. It's illegal to send or have explicit photos of anyone under the age of 18.*

## REMEMBER THIS UNHEALTHY RELATIONSHIP BEHAVIOR?



**STATE:** The next Couplet video we saw was on intense ANGER, and this can include Physical Abuse or Threat of Abuse. Anger is a strong feeling of annoyance or madness. Anger is an emotion we all experience, but how we handle it and ACT can mean the difference between a healthy and unhealthy friendship or relationship.

**ASK:** What kind of unhealthy behaviors do you think of as fitting the definition of intense or unhealthy ANGER?

**Example:** Someone asks their partner to hang out later. Their partner has plans and so the other slowly turns into the incredible hulk (zero chill) saying that "YOU WILL come over – or else!"

What do you think would be the opposite healthy behavior? The healthy alternative behavior is COMMUNICATION. What would that look like?

**Example:** Someone asks their partner to hang out later. Their partner explains that they have plans and suggests they hang tomorrow, which they are totally down with.

### TRAINER NOTES:

*Other examples from the Guide:*

- *Makes you feel like you have to "walk on eggshells" around them.*
- *Physically hurts you or threatens to harm you.*
- *Does things to scare or intimidate you, gets really mad, yells, punches things, or destroys stuff.*
- *Makes you feel like you need to do things, or not do things, so they don't get mad.*
- *Yells to get their point across.*

## WHAT DO YOU THINK?

- Can you think of a time when you saw someone get intensely angry, loud, or destructive (throwing, hitting, screaming)?
- How did it make those around them feel?
- How can people handle normal emotions like anger or frustration in a healthy way?



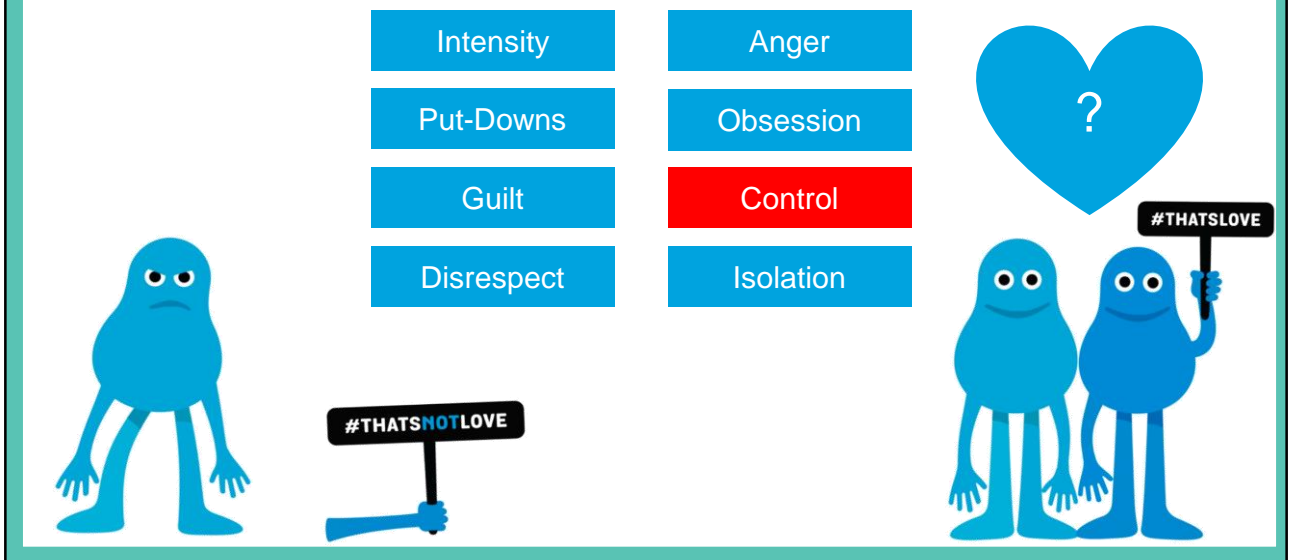
*TRAINER NOTE: Ask these questions in whichever format is most appropriate to your setting and the students' developmental level. Options include:*

- *Raise your hand to share...*
- *Find a classmate to ask...*
- *Write down your thoughts about...*
- *Quick! Turn to a partner...*

*TRAINER NOTE: After the discussion, make sure to share the following points from the Couplets Guide:*

- ***While all relationships and friendships have fights, there is a difference between healthy disagreements and unhealthy arguments.*** *With a healthy disagreement, you're able to talk about what it was that upset you and your friend or partner will listen. With unhealthy fights, the person will not hear out your side of the argument and will get angry or emotional when you try to explain your perspective. When someone does something that makes you unhappy in an abusive relationship, you might think "everyone fights, it's normal," but know that if you feel like you can't talk to your friend or partner about what happened, that is a sign that your relationship is unhealthy.*
- ***Lashing out at someone is abuse.*** *While it's natural to sometimes get angry, upset or frustrated with a friend or partner, it's important to keep your cool and address the situation in a calm manner. When a person lashes out physically or verbally because of their anger, that is abuse. No matter what the cause or excuse is, yelling and hurting another person is never okay. Even if something you did or said got the person angry, how they handle their emotions is their responsibility, not yours.*
- ***Don't count on someone to change.*** *If a person is awesome 95% of the time and angry, controlling or unkind 5% of the time, that's not good enough. Do not stay in a relationship or friendship where you count on someone to change their behavior. If they want to get help or change, they need to do it for themselves.*

# WHAT ABOUT THIS UNHEALTHY BEHAVIOR?



**STATE:** Remember the clip about CONTROL and/or POWER? Control is having power or influence over someone or something. Controlling behavior can appear in any type of relationship. If you're in a controlling relationship or friendship, you will feel like your freedom is gone.

**ASK:** What kind of unhealthy behaviors do you think of as fitting the definition of CONTROL and/or POWER?

Example: A couple is holding hands when one of them mentions they have to get to class. Their partner won't let go of their hand.

What do you think would be the opposite healthy behavior? The healthy alternative behavior is EQUALITY. What would that look like?

Example: A couple is holding hands when one of them mentions they have to get to class. Their partner understands and is nice about it.

## TRAINER NOTES:

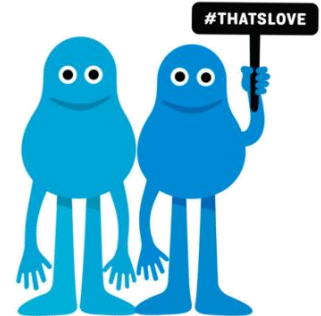
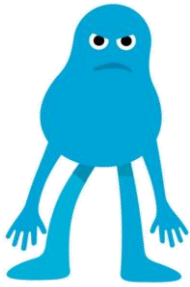
*Other examples from the Guide:*

- *Tells you what to do, like what you can wear, who you can talk to, who to be friends with or forces you to do anything you don't want to do.*
- *Demands that you always respond to them right away when they text you.*
- *Threatens to tell a teacher or parent on you in order to get you to do something that they want.*
- *Takes your stuff—like food, money or school supplies—or always expects you to share everything with them.*
- *"Reminds" you that certain foods make you fat or that certain clothes don't look good on you.*
- *Kicks or leaves you out of a group chat.*



## WHAT DO YOU THINK?

- Was there ever a time when a friendship or relationship felt unbalanced or one-sided, like the other person was calling all the shots? What actions or words made you feel this way?
- What does it mean to have equality in a friendship or relationship?
- What should someone do if they're being told what they can or cannot do?



*TRAINER NOTE: Ask these questions in whichever format is most appropriate to your setting and the students' developmental level. Options include:*

- *Raise your hand to share...*
- *Find a classmate to ask...*
- *Write down your thoughts about...*
- *Quick! Turn to a partner...*

*TRAINER NOTE: After the discussion, make sure to share the following points from the Couplets Guide:*

- **Healthy relationships are about shared levels of comfort.** Some people like to text all day, every day. Others don't like to text a lot. People are comfortable with different things, and in healthy relationships, your friend or partner will respect what you are comfortable with. In an unhealthy relationship, they will ignore your feelings and try to be in control of the relationship.
- **If someone is calling all the shots or telling you what to do, that's control.** No one has a right to tell you what you can do or how you should look. What you look like and what you do is entirely up to you. And if someone is making you feel like they won't be your friend or they will tell others mean things about you to get you to listen to them, that's an unhealthy relationship and you should not be friends with that person.
- **If you feel that someone is demanding to know where you are, doesn't want you to be friends with certain people or makes you feel like you "owe" them information about what you are doing or why, those are signs of an unhealthy relationship.** In healthy relationships, people feel free and not pressured by their partner or friend. No matter the reason, if you feel like someone is trying to call all the shots around you, that is abuse.

# WHAT ABOUT THIS ONE?

Intensity	Anger
Put-Downs	<b>Obsession</b>
Guilt	Control
Disrespect	Isolation

The diagram consists of a central grid of terms. The term 'Obsession' is highlighted in red. To the left, a cartoon character is being stalked by another character, with a sign that says '#THATSNOTLOVE'. To the right, two cartoon characters are sitting on a bench, one holding a sign that says '#THATSLOVE'. A large blue heart with a question mark is positioned above the right side of the grid.

STATE: The next video we saw was about OBSESSION – and it showed what could be viewed as Stalking or Electronic Abuse.

Obsession is when someone is constantly thinking or worrying about something or someone. Usually this feeling will take over a person and get in the way of them thinking about or doing other things.

ASK: What kind of unhealthy behaviors do you think of as fitting the definition of OBSESSION?

Example: A person is kind of scared because someone is following them everywhere.

What do you think would be the opposite healthy behavior? The healthy alternative behavior is INDEPENDENCE. What would that look like?

Example: A person is pumped that their crush is following them on Instagram! A defining moment in any relationship, TBH (to be honest).

## TRAINER NOTES:

*Other examples from the Guide:*

- *Texts you like, ALL THE TIME and makes you feel uncomfortable or unsafe.*
- *Always likes posts or watches stories that you put online.*
- *Creeps on or stalks you or someone else's social media.*
- *Always questions what you're doing and who you're with.*
- *Shows up at places where you are without you inviting them.*



## WHAT DO YOU THINK?

- Have you ever felt the need to know where someone (friend or partner) was all the time? Why did you want to know this?
- Sometimes people obsess over others because of jealousy. How can someone handle their jealousy in a healthy way?
- How can social media play a role in jealousy and obsession? What can you do to help stop it?



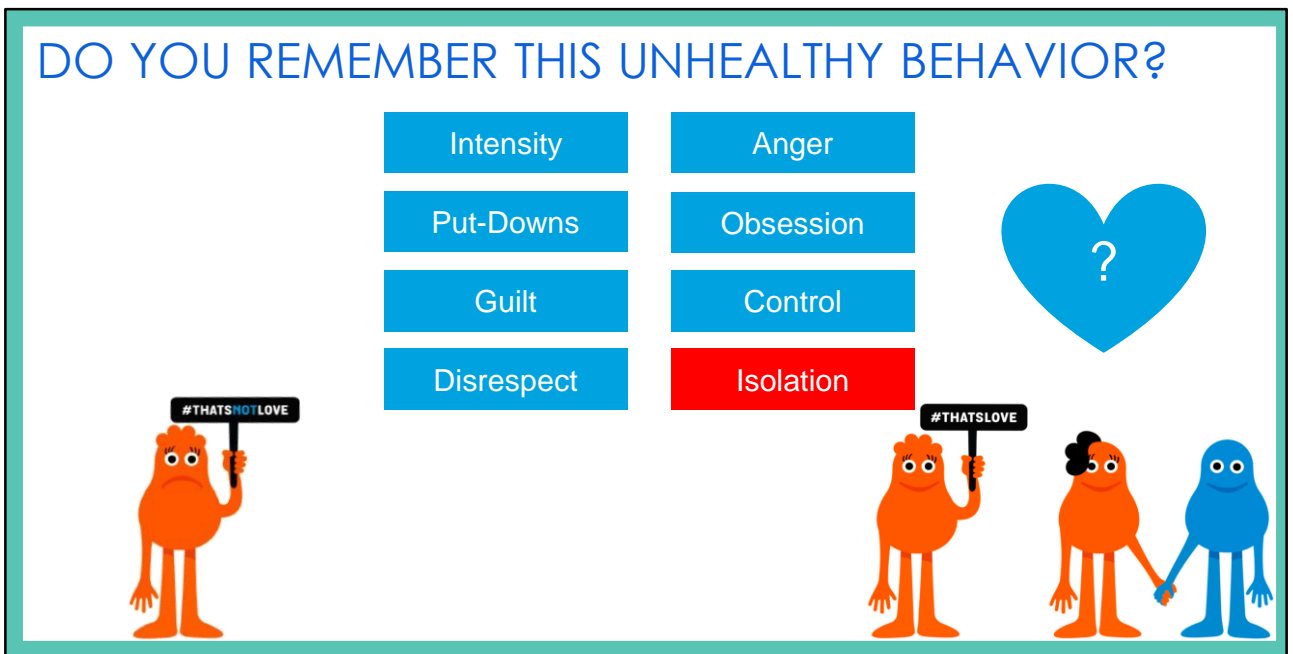
*TRAINER NOTE: Ask these questions in whichever format is most appropriate to your setting and the students' developmental level. Options include:*

- *Raise your hand to share...*
- *Find a classmate to ask...*
- *Write down your thoughts about...*
- *Quick! Turn to a partner...*

*TRAINER NOTE: After the discussion, make sure to share the following points from the Couplets Guide:*

- **Obsessing over other people is unhealthy.** Checking a friend's or crush's Snapchat, Instagram, etc. every once in a while is totally okay. But when you start to creep on another person all the time, checking what they're up to and who they're with, that's not healthy. You shouldn't go out of your way to keep tabs on another person. Obsessing over other people—online or off—is unhealthy, and it's important for you to maintain a life outside of this person.
- **Jealousy can become unhealthy.** Jealousy is an emotion that everyone experiences from time to time. But it becomes unhealthy if you find yourself lashing out or trying to control someone because of it. It's important to understand why you're feeling jealous of another person and take steps to ease your feelings.
- **Stalking is abuse.** If someone is making you feel uncomfortable and you think they're following you everywhere, whether it's online or in person, that is not okay and you should tell an adult.
- On the other hand, if you like someone or want to be their friend, allow the relationship to happen naturally. Don't go out of your way to talk to and see them all the time. That is considered stalking and that is abuse.

# DO YOU REMEMBER THIS UNHEALTHY BEHAVIOR?



**STATE:** The next Couplet video we saw was on ISOLATION. Isolation is when someone is being separated or kept away from other people. Isolation in a relationship happens when someone wants you all to themselves and doesn't like to share you.

**ASK:** What kind of unhealthy behaviors do you think of as fitting the definition of ISOLATION?

Example: Someone asks their friend to hang out. The friend can't make time for them because they are always with their partner.

What do you think would be the opposite healthy behavior? The healthy alternative behavior is TRUST. What would that look like?

Example: Someone asks their friend to hang out. The friend says they can't because they have Monday Funday plans with their partner, but suggests you get together Tuesday.

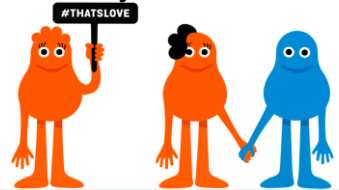
## TRAINER NOTES:

*Other examples from the Guide:*

- Gets jealous when you make new friends.
- Makes you sit with them alone at lunch.
- Asks you to skip class, practice or any other activity to hang out with them.
- Makes you feel like your parents or family don't care about you.
- Doesn't like you texting other people.

## LAST TIME AROUND... WHAT DO YOU THINK?

- Has anyone ever asked you to stop talking to or being friends with other people? How can you handle this in a healthy way?
- Has a friend ever slowly stopped hanging out with you for their partner or another friend? How often should people who are dating see each other?
- What can you do if you feel like a friend is spending all their time with another friend or their partner?
- Social media, music, and TV can make it seem like unhealthy behaviors are okay to do. Can you think of an example of an unhealthy behavior in a song, TV show, or movie?



*TRAINER NOTE: Ask these questions in whichever format is most appropriate to your setting and the students' developmental level. Options include:*

- *Raise your hand to share...*
- *Find a classmate to ask...*
- *Write down your thoughts about...*
- *Quick! Turn to a partner...*

*TRAINER NOTE: After the discussion, make sure to share the following points from the Couplets Guide:*

- ***If they want you all to themselves, that's unhealthy.*** *In a healthy relationship or friendship, your friend or partner will want you have other friends. They will be happy when you spend time on things you like, like being with family or going to soccer practice.*
- ***If you are being isolated, talk to an adult about it.*** *It's important to recognize when a friendship or relationship is pulling you away from other people who are close to you. Feeling isolated is a sign that someone is trying to control you and that is unhealthy, so if you feel that this may be happening, you should talk to a parent or adult about it.*
- ***What we see on social media, in the movies or hear in music isn't always the best example of a healthy relationship.*** *There is a difference between healthy passion and unhealthy passion. Healthy passion feels good and makes you happy. Unhealthy passion feels confusing and scary. In real life, people in healthy relationships balance their emotions with respect for what the other person is feeling too.*

# HOW CAN YOU BE A REAL FRIEND AND HELP?

Do: If you are a real friend, you WILL...	Don't: If you are a real friend, you WON'T...
Listen, believe, and support.	Be judgmental.
Tell your friend he/she is not to blame.	Make your friend feel ashamed.
Talk in private and keep what he/she says confidential.	Put yourself in a dangerous situation with the abuser.
Let him/her know why you are concerned. Be specific, use incidents.	Ignore the signs of abuse.
Show you care. Tell him/her you are there whenever he/she wants to talk.	Give ultimatums, "leave or I'm telling!"
Encourage your friend to confide in a trusted adult (or go with them to tell).	Talk once and think it's over.
Tell adults yourself (principal, parent, counselor) if you suspect or witness abuse.	
Point out your friend's strengths.	

STATE/ASK: Now that you know the warning signs to look for, what can you do if you suspect your friend might be in an unhealthy relationship?

REAL friends don't ignore or minimize the danger their friends are in, but it can be an uncomfortable topic to bring up. As you can see from these examples, the most important way to approach is by emphasizing you want to talk because you care about this person, not because you want to judge them.

The same holds true if your friend is being abusive to someone else. Remember THEY are likely to suffer short and long-term damage from this behavior as well. If you really care about your friend, you will try and help them stop the unhealthy behaviors, so they can replace them with healthy ones.

If you want to get help, there are lots of ways to do so.

# ACCESSING HELP & LEARNING MORE

See something. Hear something. Say something.

**Download and Use the SaferWatch App**  
Download the SaferWatch App at [saferwatchapp.com/browardschools](https://saferwatchapp.com/browardschools). This app provides real time safety alerts and gives users in BCPS a direct line to communicate with local law enforcement and SIU about incidents or concerns.

**Contact Silence Hurts**  
Anonymous reports can be made to Broward County Public School's (BCPS) Special Investigative Unit (SIU):  
• Call 754-321-1311  
• Text to 274637 (CRIMES), enter 'SBBC' space with your text message  
• Email [school911@browardschools.com](mailto:school911@browardschools.com)

**Download and Use the FortifyFL App**  
Download the FortifyFL App at [getfortifyfl.com](https://getfortifyfl.com). Use any electronic smart device to anonymously report unsafe, potentially harmful, dangerous, violent or criminal activities, or the threat of these activities to the appropriate law enforcement agency and school official.

**National Resources**

- National Youth Crisis Hotline 800-442-HOPE (4673)
- National Teen Dating Abuse Hotline 866-331-9474
- National Domestic Violence Hotline 800-799-SAFE (7233)
- Loveisrespect.org peer advocates at 866-331-9474 or text 'loveis' to 22522
- Joinonelove.org

**Local Resources**

- Women In Distress's 24-hour crisis line 954-761-1133
- Dial 211 to reach First Call for Help

STATE: You can always reach out to a trusted adult if you suspect or witness abuse, but there are also multiple ways to make anonymous reports. Download these apps and if you “See something. Hear something. Say something.” Don’t wait until someone is seriously hurt before reaching out. If you ever fear someone is in imminent danger, call 911 immediately.

These local and national resources are also excellent resources to learn more and access help.

# WHICH HEALTHY RELATIONSHIP SIGN IS MOST IMPORTANT TO YOU?



1. Comfortable Pace
2. Taking Responsibility
3. Respect
4. Loyalty
5. Communication
6. Equality
7. Independence
8. Trust

STATE/ASK: While it's important to talk about red flags in friendships or dating relationships, it is equally as important to talk about what ingredients make up a healthy relationship. Knowing what you want and what's important to you greatly increases the odds of you getting it.

Healthy relationships are the ones that bring out the best in YOU. Even though no relationship is perfect, healthy relationships make you feel good almost all the time and generally bring you up, not down.

Here are some characteristics of healthy relationships. Everyone has different priorities in relationships and that's normal. Which of these 8 qualities are most important to you?

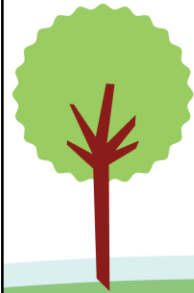
Examples:

- You can do things without your friend getting upset = Trust
- You make decisions together = Equality
- You feel confident your friend has your back = Loyalty
- You can talk about anything – the good and the bad = Communication

*TRAINER NOTE: Ask these questions in whichever format is most appropriate to your setting and the students' developmental level. Options include:*

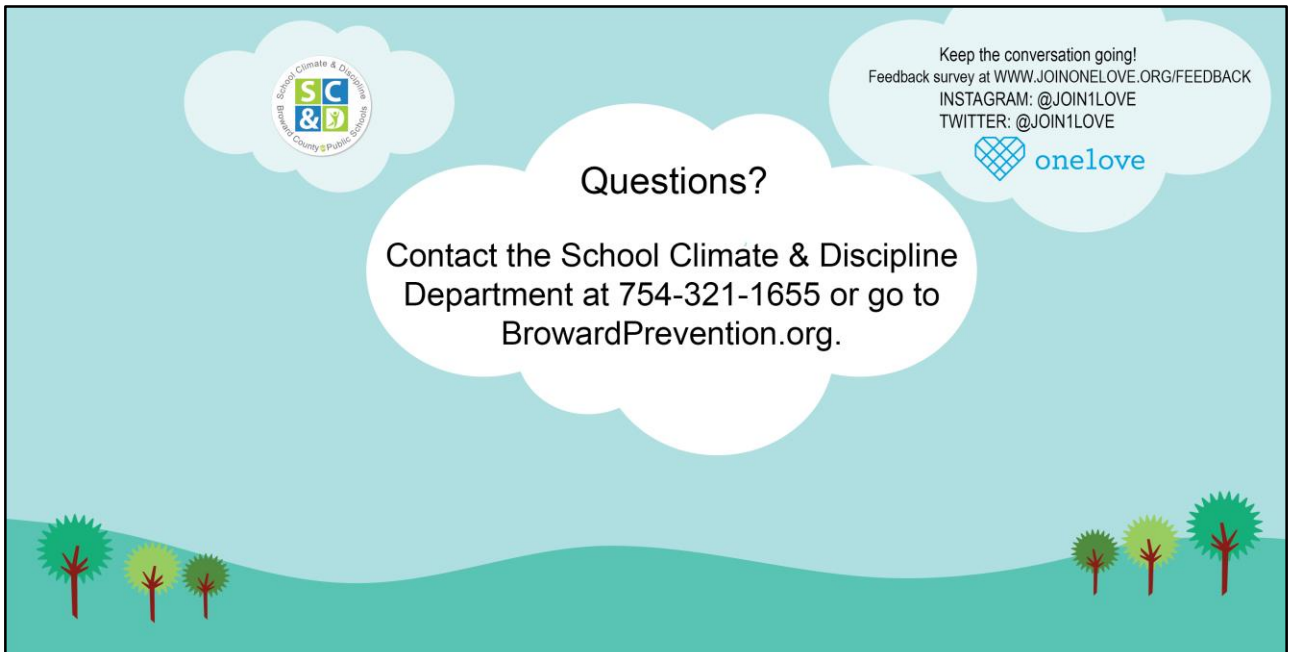
- *Raise your hand to share...*
- *Find a classmate to ask...*
- *Write down your thoughts about...*
- *Quick! Turn to a partner...*
- *You can also use the activity page 30 at the end of the Couplets discussion guide to have them write down their thoughts and then share back with the class.*

Thank you  
for helping to ensure  
**EVERYONE** gets the  
healthy relationships we  
*DESERVE!*



STATE: Now that we've explored both healthy and unhealthy scenarios, I hope you feel you can spot unhealthy behaviors if they arise, so you can get help if you or a friend need it.

Because EVERYONE deserves healthy relationships that make us feel good.



STATE: If you have any further questions on how you can create safer and more respectful relationships, you can visit [browardprevention.org](http://browardprevention.org).

**TRAINER NOTE:**

*Optional expansions to further reinforce the lesson:*

- *Within the next two weeks provide the booster lesson from the Booster Expansion Lesson page.*
- *Give students handouts from the Access Additional Resources page.*
- *Have students pull out their phones or laptops and take One Love's feedback survey at [www.joinonelove.org/feedback](http://www.joinonelove.org/feedback). The survey takes about 2-3 minutes to fill out. One Love takes all feedback into account in creating new resources for educators to use.*