

Broward County Public Schools Dating Violence Policy 5010 Training Module for

Students Grades 9-12



- Source of content courtesy of One Love Foundation, joinonelove.org.

TRAINER NOTE:

- *Trainers notes can be found throughout this script 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 Behind the Post Discussion Guide located in Files. The individual Behind the Post videos can be found at www.joinonelove.org.*

-----TRAINING BEGINS BELOW-----

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.

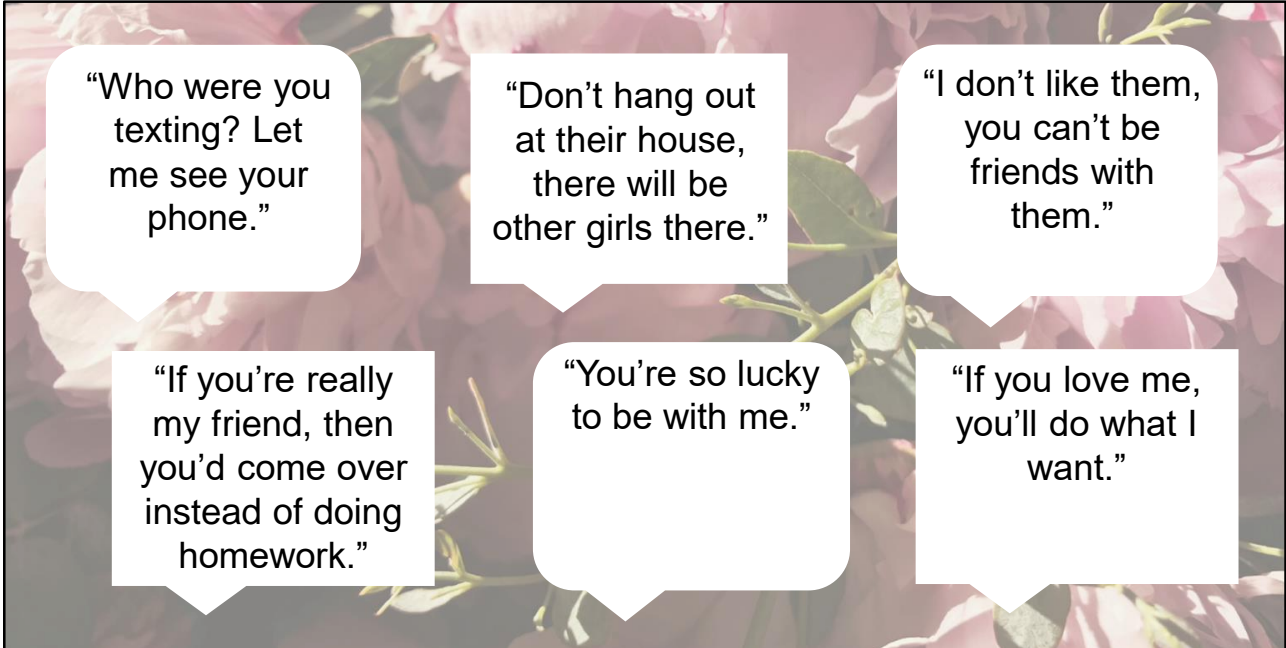
Research tells us the type of relationships we have today, indicates the type of dating relationships we may have in the future. So no matter what type of relationship we have, we want it to be healthy and make us happy.

We are going to watch a video, then 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.”

“I don’t like them, you can’t be friends with them.”

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

“You’re so lucky to be with me.”

“If you love me, you’ll do what I want.”

STATE/ASK: Take a look at these examples – have you ever experienced these statements or heard ones like 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/dating violence?
3. What are the characteristics of healthy relationships?
4. What can be done to prevent or get help for dating violence?

Every person deserves a healthy relationship, but unhealthy relationships can happen to anyone. In Broward County's high Schools, 10% of students report being physically hurt (hit, slammed into something, or injured with an object or weapon) by someone they've dated within the last 12 months.

STATE: During this lesson we will learn:

1. What is dating violence and abuse?
2. What are the warning signs of unhealthy relationships/dating violence?
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. Some of the videos and the conversation may be triggering for some students, so please know if anyone feels uncomfortable with the material we are covering, you have the option to be excused at any point during the lesson to seek the school counselor.

This film portrays just one example of relationship abuse, but it can be found in all types of relationships, no matter the gender, sexuality, class, ability, religion or race.

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 someone 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 9-12
Video

TRAINER NOTE: Insert and play the BCPS Dating Violence Policy 5010 Training Module Gr 9-12 Video here.

WHICH UNHEALTHY RELATIONSHIP SIGN CONCERNS YOU THE MOST?

1. Intensity
2. Jealousy
3. Manipulation
4. Isolation, Control
5. Sabotage
6. Belittling, Coercion
7. Guilt
8. Volatility
9. Deflecting Responsibility
10. Betrayal

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...*

STATE/ASK: In the video we saw a number of unhealthy signs or relationship behaviors.

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 and can have a negative impact on your well being or day to day life. In some cases, these unhealthy behaviors can escalate to violence.

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)

WHAT KIND OF DAMAGE DOES RELATIONSHIP VIOLENCE CAUSE?

- 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 behavior 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 Behind the Post 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.



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 10 warning signs or behaviors we saw in the video.

Will and Zoe

- What are your first thoughts about Will and Zoe's relationship?
- What role can social media play in unhealthy relationships?
- As a friend, what should you be aware of when looking at your friend's relationships on social media?

ASK: What are your first thoughts about Will and Zoe's relationship? Unhealthy and abusive relationships have their happy times too -- especially in the beginning of the relationship. In the beginning, Zoe and Will's relationship seemed really great, but we can't ignore the negative times that follow. All relationships have disagreements or lows, in a healthy relationship, you are able to communicate with your partner about your true feelings. You feel respected and unafraid of your partner. You are able to come to a solution that feels good for both of you, whereas in an unhealthy or abusive conflict, you feel insecure, or that you're walking on eggshells.

ASK: Almost all of us use social media to some extent, and share only the best aspects of our lives online. What role can social media play in unhealthy relationships? Just because someone is posting beautiful photos, it does not mean that they are happy or that their relationship is going well. There is a societal pressure to put your best face forward, so what you see on social media can mask and not represent the full reality. It's common to think, "Everyone's life is better than mine," because of all the awesome posts you see, but many feeds are curated and only depict the highlights -- just think about all the times you saw someone post a photo and then delete it because it didn't get enough likes. And how many pics did they take until they had the "perfect" one? Always remember that there is a story behind the post.

Healthy relationships are based on behaviors such as trust, healthy communication, equality, and respect, just to name a few. These are things that you often can't see in a social media post, so it's important to think critically about how you define real #goals in a relationship. Talking to your partner about what you are and aren't comfortable with on social media is vital in a healthy relationship. A partner getting possessive when they see someone else is snapchatting you, or getting jealous when they see that you've liked someone else's post, is an unhealthy sign.

ASK: As a friend, what should you be aware of when looking at your friend's relationships on social media? Be mindful of what you say on social media, because your comments may affect your friend's relationship whether you intend it or not. We all love to see our number of likes go up, and receive positive comments from our friends, but things you say online may influence your friend. For instance, you may comment, "You guys are the best couple ever!!" or, "Ugh, so jealous!!" which then makes your friend think that they should feel lucky to be in their relationship, even if that relationship doesn't make them feel good. There is incredible pressure to be in a seemingly perfect relationship, and social media only accentuates this pressure. So as a friend, continue to ask genuine questions about how the relationship is going and do not assume that because it looks great on social media everything is perfect.

INTENSITY

- What kind of unhealthy behaviors fit the definition of intensity or being too intense?
- What do you think would be the opposite healthy behavior?
- While it may seem sweet when your partner shows up and surprises you, when can that behavior be unhealthy?
- If your partner texts you over and over in a way that makes you uncomfortable, how would you approach it with them?

TRAINER NOTE: Ask these questions in whichever format is most appropriate to your setting. Options include: Raise your hand to share... Find a classmate to ask... Write down your thoughts about... Quick! Turn to a partner...

ASK: What kind of unhealthy behaviors fit the definition of INTENSITY or being too intense?

Intensity is having or showing really extreme feelings or opinions that are over-the-top and showing behaviors that feels like too much. It's taking things to an extreme. Examples include:

- Rushing the pace of a relationship, always wanting to see, text or talk to you, and feeling like someone is obsessed with you. Whines about not seeing the partner after 5 minutes.
- Comes on too strong (from 0 to 100 real quick). Wants to move too fast with physical affection.

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

You and your partner allow the relationship to happen at a pace that feels comfortable for both of you. Often times when you begin dating someone, you may feel that you're spending all of your time with them because you want to – that is great! But be sure that nothing feels imbalanced or rushed in the relationship. In a healthy relationship, nobody pressures the other to have sex, make the relationship exclusive, move in together, meet their family and friends, get married, or have a baby. When you do choose to take these steps, you both feel happy and excited - no mixed feelings.

ASK: In one scene, we see Will surprise Zoe when she is walking home after yoga in the dark. While it may seem sweet when your partner shows up and surprises you, when can that behavior be unhealthy? Always trust your gut and pay attention to the intent of the surprise, and how it makes you feel. Is Will surprising Zoe to excite her? Or is he showing up to check in on her? If the relationship feels too intense, that's a sign that something is off. For example, in a healthy situation, your partner decorates your locker before a big game to wish you luck, and you're really happy and excited when you see it! In an unhealthy situation your partner decorates your locker before a big game and it makes you feel uncomfortable but you don't know why -- you trust your gut feeling, and with some reflection you realize it was done with the intention to let everyone else at school know that you are THEIRS. Surprises need to be something that you and your partner are both comfortable with. If you find that your partner continues to check up on you, this may be a sign that they are stalking you and keep tabs on you -- stalking is common in abusive relationships.

ASK: If your partner consistently texts you over and over in a way that makes you feel uncomfortable, how would you approach it with them? In a healthy relationship, there is mutual comfort around how often you communicate and text. Your partner is respectful of what you are and aren't comfortable with. If two people want to text all day—and they are both enjoying it—that's great. It becomes unhealthy if one person assumes that they can text all the time regardless of what the other person wants. Oftentimes, "I was worried and just wanted to be sure that you were safe" is used as an excuse to justify the constant contact or lack of trust. Being attentive means being considerate of your partner's feelings, whereas being controlling is a way of dominating your partner and neglecting their feelings.

TRAINER NOTE: After the discussion is had, points to reinforce: Respect personal space and boundaries. Be your own person. Don't rush into things.

JEALOUSY

- What kind of unhealthy behaviors fit the definition of jealousy?
- What do you think would be the opposite healthy behavior?
- If a person feels jealous, what should they do?
- Both Zoe and Will got jealous at times, since they both act in unhealthy ways does that make it okay?
- 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?
- What role can social media play a role in jealousy and obsession?

TRAINER NOTE: Ask these questions in whichever format is most appropriate to your setting. Options include: Raise your hand to share... Find a classmate to ask... Write down your thoughts about... Quick! Turn to a partner...

ASK: What kind of unhealthy behaviors fit the definition of JEALOUSY? An emotion that everyone experiences, jealousy becomes unhealthy when someone lashes out or tries to control you because of it. It's not so much the FEELING that is the problem, but how a person ACTS because of it.

Examples include: Getting upset when you text or hang out with people your partner feels threatened by, accusing you of flirting or cheating, being possessive over you or even going so far as to stalk you.

ASK: What do you think would be the opposite healthy behavior? It would be TRUST. Trust is believing your partner won't do anything to hurt you or ruin the relationship.

Examples are when your partner lets you do things without them, has faith that you won't cheat on them, respects your privacy online (like who you text and Snapchat), and doesn't make you go out of your way or work hard to "earn" their trust.

ASK: When Will and Zoe are getting coffee, Zoe watches Will and the barista make eye contact. She then goes on to say, "She was cute." If Zoe was feeling jealous, what should she do? Jealousy is an emotion that everyone experiences from time to time, but it becomes unhealthy if you lash out or try to control someone because of it. Instead of reacting impulsively to an emotion it's important to think about how you're feeling and be thoughtful about your reaction before doing anything impulsive. At this point, we do not know that Will has cheated, but if you do not trust your partner it is an unhealthy sign that a relationship may not be the best fit for you. Do you feel the need to check your partner's texts? Or get jealous when they like someone else's post on social media? These are strong signs that you don't trust your partner. It's important to understand why you're feeling jealous, and take steps to ease your feelings by communicating honestly with your partner when you feel that something is off. If you are afraid to approach your partner, or if you approach them but they are not listening to you -- that is a sign that the relationship is not healthy. Trust is vital in a healthy relationship.

ASK: We see that both Zoe and Will get jealous at times. Do you think the fact that they both act in unhealthy ways makes the relationship okay? If two people do unhealthy things, it doesn't cancel out abuse. Oftentimes, a person experiencing abuse will not recognize the relationship is abusive because they do unhealthy things as well. Everyone can work toward healthier relationships by recognizing and confronting these unhealthy behaviors before they escalate.

MANIPULATION

- What kind of unhealthy behaviors fit the definition of manipulation?
- What do you think would be the opposite healthy behavior?
- Will sends Zoe flowers and an apology note that says, "I'm sorry. I don't know what I would do without you." Why does Will do this?
- Why is it a warning sign of an unhealthy relationship if two people keep breaking up and getting back together?

TRAINER NOTE: Ask these questions in whichever format is most appropriate to your setting. Options include: Raise your hand to share... Find a classmate to ask... Write down your thoughts about... Quick! Turn to a partner...

ASK: What kind of unhealthy behaviors fit the definition of MANIPULATION? When a partner tries to influence your decisions, actions or emotions. Manipulation is not always easy to spot. Examples include: Convincing you to do things you wouldn't normally feel comfortable with, ignoring you until they get their way, and using gifts and apologies to influence your decisions or make up.

ASK: What do you think would be the opposite healthy behavior? It would be HONESTY, being truthful and open with your partner. It's important to be able to talk together about what you both want. In a healthy relationship, you can talk to your partner without fearing how they'll respond or if you'll be judged. They may not like what you say, but a healthy partner will respond to disappointing news in a considerate way.

ASK: Will sends Zoe flowers and an apology note that says, "I'm sorry. I don't know what I would do without you." Why do you think Will does this? Oftentimes when an abusive situation happens, it is followed by the abuser doing something really nice, which makes you then minimize the original abusive behavior. This is called the Cycle of Abuse. Will is trying to influence Zoe's decision to get back together by sending her flowers and making her feel responsible for his well being. These are forms of manipulation. If you are feeling torn over your relationship, it's important to evaluate how much you are willing to sacrifice to make it work. In a healthy relationship, you won't feel like you need to make sacrifices or give up a part of yourself in exchange for love.

In an unhealthy relationship, you may feel as though you are the only one who can "save" your partner. This may especially be the case if your partner says things like "I would kill myself if you ever left me." You may believe you understand *why* they act in an unhealthy way, so you want to be the one to help them end their unhealthy behavior. But it is never your job to save someone else, especially at your own expense. Someone may use poor judgement in staying in an unhealthy or abusive relationship, but that does not mean that they are at fault for the abuse. The sentiment that "it's Zoe's fault because she keeps forgiving Will" is victim blaming. There are many reasons why someone may stay in an unhealthy relationship – manipulation or fear are some of those reasons.

ASK: Why is it a warning sign of an unhealthy relationship if two people keep breaking up and getting back together? On and off again relationships show a lack of healthy communication and indicate a battle for control within the relationship. It shows arguments are not being discussed or resolved using healthy communication. While society normalizes on-and-off relationships, this can cause an emotional rollercoaster for both partners. Also, people in unhealthy or abusive relationships usually break up and get back together multiple times before the break up really sticks.

The most dangerous time in an abusive relationship is after a breakup as this is when the pattern of control is broken, which often causes an abuser to lash out. If you feel afraid or have a sense that a breakup would "push someone over the edge," that's a sign that you may be in danger and should create a safety plan for the breakup. A safety plan can be made with the help of a trained advocate and is a personalized strategy to get out of a potentially dangerous situation that can be used whether you decide to breakup with your partner or not.

ISOLATION, CONTROL

- What kind of unhealthy behaviors fit the definition of isolation and control?
- What do you think would be the opposite healthy behavior?
- 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?
- Social media, music, and TV can make it seem like unhealthy behaviors are okay. Can you think of an example of an unhealthy behavior in media?

TRAINER NOTE: Ask these questions in whichever format is most appropriate to your setting. Options include: Raise your hand to share... Find a classmate to ask... Write down your thoughts about... Quick! Turn to a partner...

ASK: What kind of unhealthy behaviors fit the definition of ISOLATION AND CONTROL?

Isolation is keeping you away from friends, family, or other people. Isolation in a relationship happens when someone wants you all to themselves and doesn't like to share you. 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, you will feel like your freedom is gone.

Examples include: When your partner makes you choose between them and your friends, insisting you spend all your time with them, making you question your own judgement of friends and family, and making you feel dependent on them for money, love or acceptance. 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.

ASK: What do you think would be the opposite healthy behavior? It would be INDEPENDENCE.

Having space and freedom in your relationship to do you. Examples are when your partner supports you having friends and a life outside of your relationship and not needing to be attached at the hip or know every little detail about your life.

*TRAINER NOTE: After the discussion, make sure to share the following points: **If they want you all to themselves, that's unhealthy.** In a healthy relationship or friendship, your friend or partner will want you to 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. **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.*

SABOTAGE

- What kind of unhealthy behaviors fit the definition of sabotage?
- What do you think would be the opposite healthy behavior?

TRAINER NOTE: Ask these questions in whichever format is most appropriate to your setting. Options include:

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

ASK: What kind of unhealthy behaviors fit the definition of SABOTAGE? Purposely ruining your reputation, achievements or success.

Examples include: Making you miss work, school or practice, keeping you from getting school work done, talking about you behind your back or starting rumors, and threatening to share private information about you.

ASK: What do you think would be the opposite healthy behavior? It would be RESPECT AND/OR SUPPORT.

If respect is present in your relationship, your partner will value your beliefs, opinions and who you are as a person. Examples are complimenting you, supporting your hard work and dreams, not trying to push or overstep your boundaries, and sticking up for you.

BELITTLING, COERCION

- What kind of unhealthy behaviors fit the definition of belittling or coercion?
- Why do you think put-downs are a bad thing? How are they harmful?
- What do you think would be the opposite healthy behavior?
- 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?
- 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 can't do?

TRAINER NOTE: Ask these questions in whichever format is most appropriate to your setting. Options include: Raise your hand to share... Find a classmate to ask... Write down your thoughts about... Quick! Turn to a partner...

ASK: What kind of unhealthy behaviors fit the definition of BELITTLING, COERCION? Belittling is making you feel bad about yourself. It can include 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. Examples include:

- Calling you names, making rude remarks about who you hang out with, your family or what you look like, and making fun of you – even if it's "just a joke". Compares you to others 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.

ASK: What do you think would be the opposite healthy behavior? It would be EQUALITY. You and your partner have the same say and put equal effort into the relationship (instead of feeling like one person has more say than the other). Examples are feeling heard in your relationship or feeling comfortable speaking up, making decisions together as opposed to one person calling all the shots. Equally compromising on decisions that make the other person feel important or respected.

*TRAINER NOTE: After the discussion is had, make sure to share the following points: **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 – even if they follow it up with something nice to make it seem like what they did isn't so bad. 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 start to believe them. 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 it's said as a joke, 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.*

GUILTING

- What kind of unhealthy behaviors fit the definition of guilt?
- What do you think would be the opposite healthy behavior?
- 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. Options include: Raise your hand to share... Find a classmate to ask... Write down your thoughts about... Quick! Turn to a partner...

ASK: What kind of unhealthy behaviors fit the definition of GUILTING? Making you feel guilty or responsible for your partner's actions. 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.

Examples include: Making you feel responsible for their happiness, making you feel like everything is your fault, threatening to hurt themselves or others if you don't do as they say or stay with them, pressuring you to do anything sexual you're not comfortable with. 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.

ASK: What do you think would be the opposite healthy behavior? It would be COMPASSION. Feeling a sense of care and concern from your partner and knowing that they will be there to support you, too. If you're in a healthy relationship, your partner will be kind to you, they will understand and be supportive of you when you're going through tough times, and they will lend a helping hand in times of need. An important caveat is that it has to be two-sided and displayed equally. For example, if one person has a substance use addiction and the other person is asked to be compassionate all the time while the other person goes through all the drama, that isn't healthy!

TRAINER NOTE: After the discussion is had, make sure to share the following points:

- **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. 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.***

VOLATILITY

- What kind of unhealthy behaviors fit the definition of volatility?
- What do you think would be the opposite healthy behavior?
- 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. Options include: Raise your hand to share... Find a classmate to ask... Write down your thoughts about... Quick! Turn to a partner...

ASK: What kind of unhealthy behaviors fit the definition of VOLATILITY? Unpredictable overreactions that make you feel like you need to walk on eggshells around them or do things to keep them from lashing out. It's intense ANGER, and this can include physical abuse or threat of abuse. 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.

Examples include:

- Mood swings, losing control of themselves by getting violent or yelling, threatening to hurt you or destroy things, and making you feel afraid of them.
- This can also be lots of drama or ups and downs in a relationship.
- Makes you feel like you have to "walk on eggshells" around them.
- 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.

ASK: What do you think would be the opposite healthy behavior? COMMUNICATION. If you can talk to your partner about anything—the good and the bad—this is a sign of a healthy relationship. Examples include: feeling like your partner will listen to you when you need to talk and that they are open to discussion. Not judged for your words or opinions.

TRAINER NOTE: After the discussion is had, make sure to share the following points:

- **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's abuse. No matter what the cause or excuse, 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.

DEFLECTING RESPONSIBILITY

- What kind of unhealthy behaviors fit the definition of deflecting responsibility?
- What do you think would be the opposite healthy behavior?

TRAINER NOTE: Ask these questions in whichever format is most appropriate to your setting. Options include: Raise your hand to share... Find a classmate to ask... Write down your thoughts about... Quick! Turn to a partner...

ASK: What kind of unhealthy behaviors fit the definition of DEFLECTING RESPONSIBILITY? Making excuses for their behavior.

Examples include: Blaming you, other people or past experiences for their actions, using alcohol or drugs as an excuse, using mental health issues or past experiences (like a cheating ex or divorced parents) as a reason for unhealthy behavior.

ASK: What do you think would be the opposite healthy behavior? It would be TAKING RESPONSIBILITY. You and your partner are both responsible for your own actions and words. You both avoid putting blame on each other and own up to your actions when you do something wrong.

Examples are when your partner genuinely apologizes for their mistakes, they avoid taking things out on you when they are upset, and they try to make positive changes to better your relationship.

BETRAYAL

- What kind of unhealthy behaviors fit the definition of betrayal?
- What do you think would be the opposite healthy behavior?

TRAINER NOTE: Ask these questions in whichever format is most appropriate to your setting. Options include: Raise your hand to share... Find a classmate to ask... Write down your thoughts about... Quick! Turn to a partner...

ASK: What kind of unhealthy behaviors fit the definition of BETRAYAL? When your partner acts differently with you versus how they act when you're not around.

Examples include: Lying to you, purposely leaving you out or not telling you things, being two-faced, acting differently around friends, or cheating while in a relationship with you.

ASK: What do you think would be the opposite healthy behavior? It would be LOYALTY. When your partner is reliable and you feel confident that they have your back. Some examples are when your partner is respectful and faithful, sticks up for you, doesn't take sides against you but helps you see the middle ground, and keeps your secrets safe. In a healthy relationship, you don't have to test the other person's loyalty, because you just know it's there. Sometimes people say, "we all make mistakes" and "nobody's perfect" to make excuses for disloyalty. If you find yourself saying that more than once, it's a red flag that the relationship may not be healthy.



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.*
- **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 or that you wouldn't want potential employers to view.*
- **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.*

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?

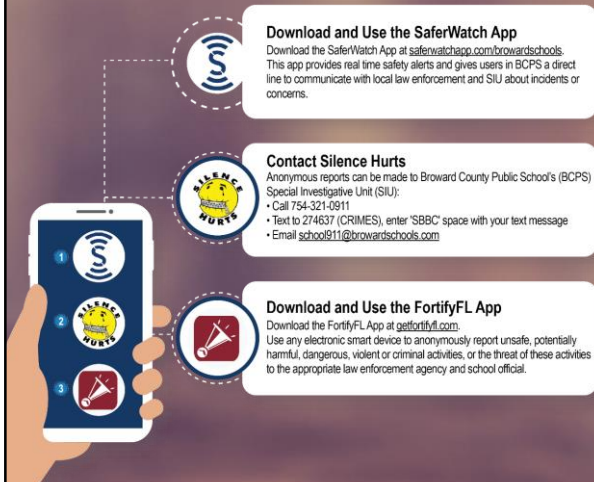
If you think that a friend or someone you know is in an abusive or unhealthy relationship, it can be difficult to know what to do. You may want to help, but be scared to lose them as a friend or feel as though it is not your place to step in. All of these feelings are normal, but the most important thing you can do as friend is start a conversation. Here are a few tips to help you talk to your friend.

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 your 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



Download and Use the SaferWatch App

Download the SaferWatch App at 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 754-321-0911
- Text to 274637 (CRIMES), enter 'SBBC' space with your text message
- Email school911@browardschools.com

Download and Use the FortifyFL App

Download the FortifyFL App at 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. Trust
3. Honesty
4. Independence
5. Support
6. Respect, Equality
7. Compassion
8. Communication
9. Taking Responsibility
10. Loyalty

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.

ASK Which of these 10 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



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

Now that you're equipped with this knowledge, spread the word! We can all work to build healthier relationships, and it starts with education and conversations.

Because EVERYONE deserves healthy relationships that make us feel good.

Questions? Want more information?



Contact the School Climate & Discipline
Department at 754-321-1655 or go to
BrowardPrevention.org.

Want to keep the conversation going?  oneLove
Take the feedback survey at JoinOneLove.org/feedback
Instagram: @JOIN1LOVE Twitter: @JOIN1LOVE

STATE:

As we wrap up today, I want to first thank you all for participating in this discussion. We can all play a positive role in changing the statistics around relationship abuse, and it starts by having conversations like the one we had today about healthy and unhealthy relationships.

If you have any further questions on how you can create safer and more respectful relationships, you can visit 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. 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.*