



Broward County Public Schools

Dating Violence Policy 5010 Training Module Script for Students in Grades 9-12

This lesson was created with the support of [One Love Foundation's Behind The Post](#) videos and adapted from the [Behind the Post Discussion Guide](#), the [Respect - It's Up to All of Us Activity Guide](#), and the [Love is Not Abuse: A Teen Dating Violence and Abuse Prevention Curriculum High School Edition](#).

MATERIALS NEEDED

- The Broward County Public Schools (BCPS) [Student Grades 9-12 Dating Violence Training](#).
- A board to write or project the Discussion/Activity items listed on the last page of the script.
- One printed copy of each of the 10 Patterns of Dating Abuse Cards located in the script.

INTRODUCTION TO INSTRUCTOR

This Teacher Script is to be used by the instructor who provides the BCPS Policy 5010 mandatory annual dating violence prevention training to students in grades 9-12. This video lesson is designed to be one, 30-45 minute projected classroom lesson taught in the classroom, not taken individually by students. Following the video, the teacher will facilitate the script's discussion and activity.

- **Prior to Teaching:** The instructor must have completed their mandatory annual Dating Violence Policy 5010 Staff Training Module. That course contains much of the knowledge needed to teach this lesson and effectively prevent and intervene with teen dating violence.
- **Optional Booster Expansion Lesson:** It is recommended that the lesson and the school's dating violence prevention efforts are enhanced by teaching the optional [Booster Expansion Lesson](#) in 1-2 weeks.

THE LESSON

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. Think about your friends, family, classmates, and teammates.

ASK: 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 as opposed to unhealthy?

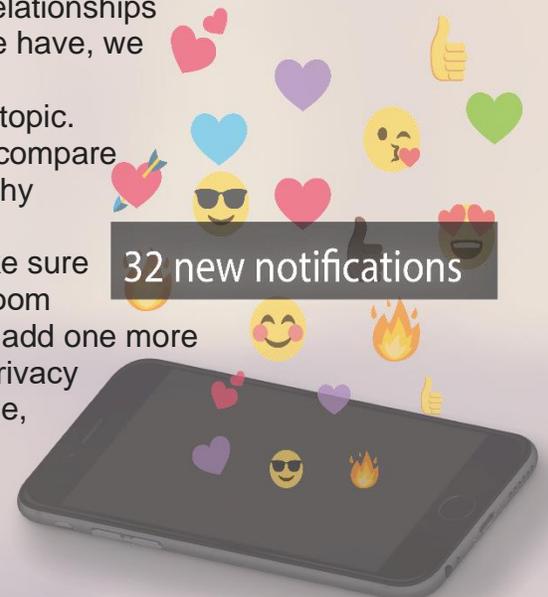
STATE: By the end of this lesson, hopefully you will feel better able to do so. Research tells us the type of relationships we have today, indicates the type of dating relationships we may have tomorrow. So no matter what type of relationship we have, we want it to be healthy and make us happy.

We are going to begin today's lesson by watching a video on this topic. Afterwards we'll have a discussion and then break into groups to compare and contrast the signs or characteristics of healthy versus unhealthy 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. 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.

DO: Play the [video](#).



POST VIDEO DISCUSSION

TRAINER NOTE: Prior to the discussion, write or project upon the class board the Discussion/Activity items listed on the last page of this script. Ask the discussion questions in the format that 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...

ASK: Just like Will and Zoe, almost all of us use social media to some extent and are selective about what we share. Many people choose to share only the best aspects of their lives online. What role can social media play in relationships? How honest do you think people are about what they post online? How can not thinking critically about other's posts impact your view of yourself or your relationships?

STATE: Just because someone is posting beautiful photos, it doesn't mean that they are happy or that their relationship is great. There is societal pressure to put your best face forward and be in a "perfect relationship", so what you see on social media can be a mask not representing the full reality. If you didn't think critically about these posts, you could think, "Everyone's life is better than mine." Many feeds are curated and only depict the highlights. Imagine how many times celebrities take a selfie before they post it. It's all about getting likes and it's how they make money. Always remember that there's a story behind each post and healthy relationships are based on behaviors such as trust, healthy communication, equality, and respect. Things you often can't see in a social media post.

ASK: What are your thoughts about Will and Zoe's REAL LIFE relationship?

ASK: How did their relationship change over time?

STATE: Most of the time, relationships start out happy. You spend time with that person because they make you feel good. In the beginning, Zoe and Will's relationship seems great, but as time progressed, the behaviors became unhealthy and abusive. While all relationships have disagreements or bad times, in a healthy relationship, you can communicate with your partner about your true feelings. You should never be made to feel afraid or that you have to walk on eggshells with your partner.

STATE: The 10 unhealthy relationship behaviors seen in the video are important to recognize, because they're warning signs. Warning signs enable us to get help before the behaviors escalate and become even more abusive. Many times, these behaviors are used to gain power or control and can have a negative impact on your wellbeing or day to day life. In some cases, these unhealthy behaviors can escalate to violence.

ASK: Which of these warning signs concern you the most?

For example:

- Going from zero to 100 really quickly = Intensity
- Always questioning what you're doing and with whom you're hanging = Jealousy
- Doesn't like you texting other people or having friends on Insta, Snapchat = Isolation
- Makes you feel bad for having other friends = Guilt

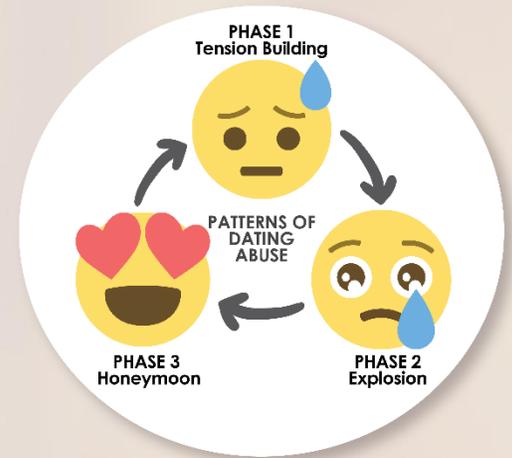
STATE: Targets of dating physical, emotional, and/or sexual abuse often believe that the first incident or warning sign is an isolated one that will not occur again. After the abuse, the abuser's apologies



and promises that it won't happen again may convince the target to stay in the relationship.

Sadly, this is often NOT true, and the abusive behaviors happen again and again, becoming more severe and more frequent over time.

Every relationship is unique. However, many people who are the target of dating abuse find the abuse occurs in a distinct pattern with three phases: 1) tension building, 2) explosion, and 3) honeymoon. Each phase can be as short as a few seconds or as long as several years. Let's take a closer look:



PHASE 1: Tension Building

Things start to get tense between the two people. In this phase:

- The two people argue a lot.
- The abuser yells at the target for no reason.
- The abuser makes false accusations about the target.
- The target feels that she or he can't do anything right.
- The atmosphere is tense, as if things could blow up at any moment.

PHASE 2: Explosion

The tension is released in a burst of physical, sexual and/or verbal/emotional abuse. The abuser may:

- Scream and yell in a way that is frightening and/or humiliating.
- Hit, grab, shove, kick, slam the other person against the wall, etc.
- Throw objects.
- Threaten to hurt the other person or someone he or she cares about.
- Rape the other person or force him or her to go further sexually than he or she wants to.

PHASE 3: Honeymoon

The abuser tries to make the target stay in the relationship by apologizing and/or shifting the blame for the abuse onto someone or something else. The abuser may:

- Apologize and promise that the abuse will never happen again.
- Say "I love you."
- Buy the other person flowers or gifts.
- Accuse the other person of doing something to cause the abuse.

After the honeymoon phase, the tension starts to build again, leading to another explosion. Over

time, the honeymoon phase may get shorter or even disappear and the explosions may become more violent and dangerous. Some targets of dating abuse never experience the honeymoon phase - just the tension building and explosion phases. These phases do not happen in every abusive relationship. Someone may be experiencing dating abuse even if this pattern is not present.

STATE: While it's important to talk about the 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.

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

ASK: Which of these 10 qualities are most important to you?

HEALTHY RELATIONSHIP SIGNS

1. Comfortable pace
2. Trust
3. Honesty
4. Independence
5. Support
6. Respect/Equality
7. Compassion
8. Communication
9. Taking Responsibility
10. Loyalty

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

GROUP ACTIVITY

TRAINER NOTE: The Group Activity is appropriate for individuals, small groups, or large groups, but is designed to be conducted with 10 groups using the 10 Patterns of Dating Abuse Group Cards. It can be also conducted as a writing assignment, acted out scenarios, or a public service announcement (PSA) writing activity (individually or in groups, students write a PSA that draws the connection between respect for oneself and others in healthy relationships). During this section, project and reference the Patterns of Dating Abuse from the Discussion/Activity page.

STATE: The class will be divided into 10 groups, each with a directions card on one of the 10 Patterns of Dating Abuse. The groups will have 5 minutes to complete their analysis of Will and Zoe's relationship and their behavior as it relates to Patterns of Dating Abuse.

Each group will:

1. Be assigned 1 of the 10 unhealthy relationship signs demonstrated in the video. The group will discuss, then determine in which phase of dating abuse it might fit.
2. Compare and contrast this unhealthy relationship sign with the corresponding healthy relationship sign. What might this healthy behavior look and/or sound like in a couple?
3. Share their analysis with the class.

DO: *Pass out the cards and have the students begin. After 5 minutes, determine if the groups need more time. Once completed, have each group report their analysis to the class.*

CONCLUSION

STATE: You all have done an excellent job comparing and contrasting the signs of healthy versus unhealthy relationships. Knowing these behaviors and the patterns that can form in abusive relationships can help you recognize them if you or someone you care about ever experiences them. 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 are waiting on someone to change their behavior. If they want to get help or change, they need to do it for themselves. If you need help with an unhealthy relationship, please make sure you reach out to one of your trusted adults, to our school counselor, or to one of the help lines in the video. Because EVERYONE deserves healthy relationships that make us feel good.

OPTIONAL EXPANSION LESSONS/ACTIVITIES

Optional expansion lessons to further reinforce this training:

- The [Booster Expansion Lesson](#) ideally provided within the next two weeks.
- The [What Does Respect Mean to You?](#) poster with lessons on all aspects of respect for self and others.
- The [Behind the Post Discussion Guide](#).
- The [Love is Not Abuse: A Teen Dating Violence and Abuse Prevention Curriculum High School Edition](#).
- The [Respect - It's Up to All of Us Activity Guide](#) with lessons.
- Lessons from the [BCPS List of Dating Violence Prevention Curriculum and Programs](#).
- BCPS staff can access additional lessons and resources in the [SC&D SharePoint](#) and Charter school staff or community members at [BrowardPrevention.org](#).

If you have questions on this lesson or how to create safer and more respectful schools, contact the Diversity & School Climate Department at 754-321-1655

THE 10 PATTERNS OF DATING ABUSE CARDS

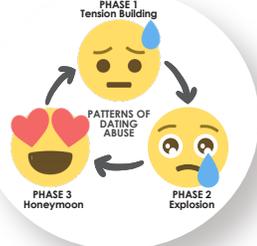
UNHEALTHY SIGN | HEALTHY SIGN

1. Intensity

1. Comfortable Pace

In one scene, we see Will surprise Zoe when she is walking home after yoga in the dark.

- Why might that behavior be unhealthy?
- Which phase of dating abuse might that be? Why?



- Compare/contrast this unhealthy sign with the healthy relationship sign. What might the healthy behavior look/sound like?

- Be prepared to share your analysis with the class.

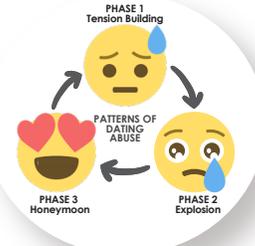
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2. Jealousy

2. Trust

While getting coffee, Zoe sees Will and the barista make eye contact and says, "She was cute."

- Why might that behavior be unhealthy?
- Which phase of dating abuse might that be? Why?



- Compare/contrast this unhealthy sign with the healthy relationship sign. What might the healthy behavior look/sound like?

- Be prepared to share your analysis with the class.

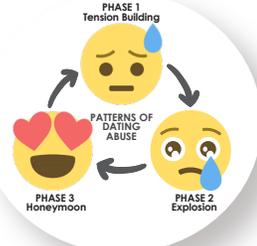
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3. Manipulation

3. Honesty

Will sends Zoe flowers and an apology note saying, "I'm sorry. I don't know what I would do without you."

- Why might that behavior be unhealthy?
- Which phase of dating abuse might that be? Why?



- Compare/contrast this unhealthy sign with the healthy relationship sign. What might the healthy behavior look/sound like?

- Be prepared to share your analysis with the class.

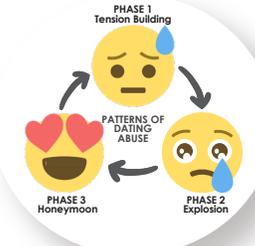
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4. Isolation/Control

4. Independence

Zoe has plans with Leah, but Will says, "You know what I think about Leah, cancel your plans."

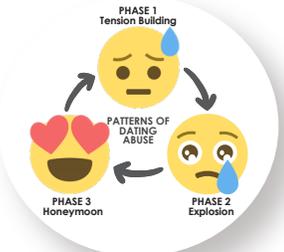
- Why might that behavior be unhealthy?
- Which phase of dating abuse might that be? Why?

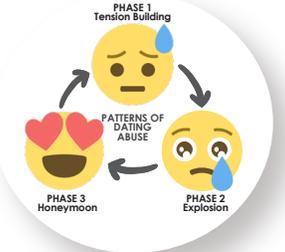


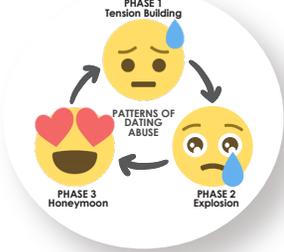
- Compare/contrast this unhealthy sign with the healthy relationship sign. What might the healthy behavior look/sound like?

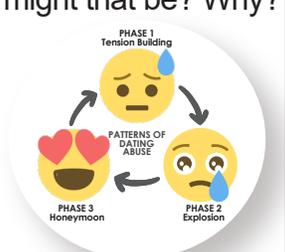
- Be prepared to share your analysis with the class.

THE 10 PATTERNS OF DATING ABUSE CARDS (CONTD.)

UNHEALTHY SIGN	HEALTHY SIGN
5. Sabotage	5. Support
<p>Will has practice, but Zoe repeatedly asks him to skip it and spend time with her instead.</p> <ul style="list-style-type: none"> • Why might that behavior be unhealthy? • Which phase of dating abuse might that be? Why? 	
<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	
<ul style="list-style-type: none"> • Compare/contract this unhealthy sign with the healthy relationship sign. What might the healthy behavior look/sound like? <p>_____</p> <p>_____</p> <p>_____</p>	
<ul style="list-style-type: none"> • Be prepared to share your analysis with the class. 	

UNHEALTHY SIGN	HEALTHY SIGN
6. Belittling/Coercion	6. Respect/Equality
<p>Zoe's phone keeps ringing. Will states angrily she's too "foolish" to realize the caller only wants one thing.</p> <ul style="list-style-type: none"> • Why might that behavior be unhealthy? • Which phase of dating abuse might that be? Why? 	
<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	
<ul style="list-style-type: none"> • Compare/contract this unhealthy sign with the healthy relationship sign. What might the healthy behavior look/sound like? <p>_____</p> <p>_____</p> <p>_____</p>	
<ul style="list-style-type: none"> • Be prepared to share your analysis with the class. 	

UNHEALTHY SIGN	HEALTHY SIGN
7. Guilting	7. Compassion
<p>Will pulls Zoe away from friends and says, "You're a liar! Stop crying, you're making it seem like I'm the bad guy."</p> <ul style="list-style-type: none"> • Why might that behavior be unhealthy? • Which phase of dating abuse might that be? Why? 	
<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	
<ul style="list-style-type: none"> • Compare/contract this unhealthy sign with the healthy relationship sign. What might the healthy behavior look/sound like? <p>_____</p> <p>_____</p> <p>_____</p>	
<ul style="list-style-type: none"> • Be prepared to share your analysis with the class. 	

UNHEALTHY SIGN	HEALTHY SIGN
8. Volatility	8. Communication
<p>Will is driving Zoe and friends. Zoe moves her leg, so Will can't put his hand on it. He then drives erratically scaring everyone in the car.</p> <ul style="list-style-type: none"> • Why might that behavior be unhealthy? • Which phase of dating abuse might that be? Why? 	
<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	
<ul style="list-style-type: none"> • Compare/contract this unhealthy sign with the healthy relationship sign. What might the healthy behavior look/sound like? <p>_____</p> <p>_____</p> <p>_____</p>	
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THE 10 PATTERNS OF DATING ABUSE CARDS (CONTD.)

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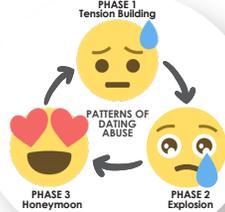
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9. Deflecting Responsibility

9. Taking Responsibility

After yelling at Zoe and calling her a liar, Will tells her, "I'm sorry, I got drunk and I was stupid."

- Why might that behavior be unhealthy?
- Which phase of dating abuse might that be? Why?



- Compare/contrast this unhealthy sign with the healthy relationship sign. What might the healthy behavior look/sound like?

- Be prepared to share your analysis with the class.

UNHEALTHY SIGN

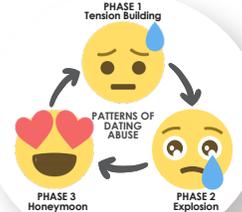
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10. Betrayal

10. Loyalty

Will cheats on Zoe with the barista he met at the coffee shop.

- Why might that behavior be unhealthy?
- Which phase of dating abuse might that be? Why?



- Compare/contrast this unhealthy sign with the healthy relationship sign. What might the healthy behavior look/sound like?

- Be prepared to share your analysis with the class.

DISCUSSION/ACTIVITY

UNHEALTHY RELATIONSHIP SIGNS	HEALTHY RELATIONSHIP SIGNS
1. Intensity	1. Comfortable pace
2. Jealousy	2. Trust
3. Manipulation	3. Honesty
4. Isolation/Control	4. Independence
5. Sabotage	5. Support
6. Belittling/Coercion	6. Respect/Equality
7. Guilting	7. Compassion
8. Volatility	8. Communication
9. Deflecting Responsibility	9. Taking Responsibility
10. Betrayal	10. Loyalty

