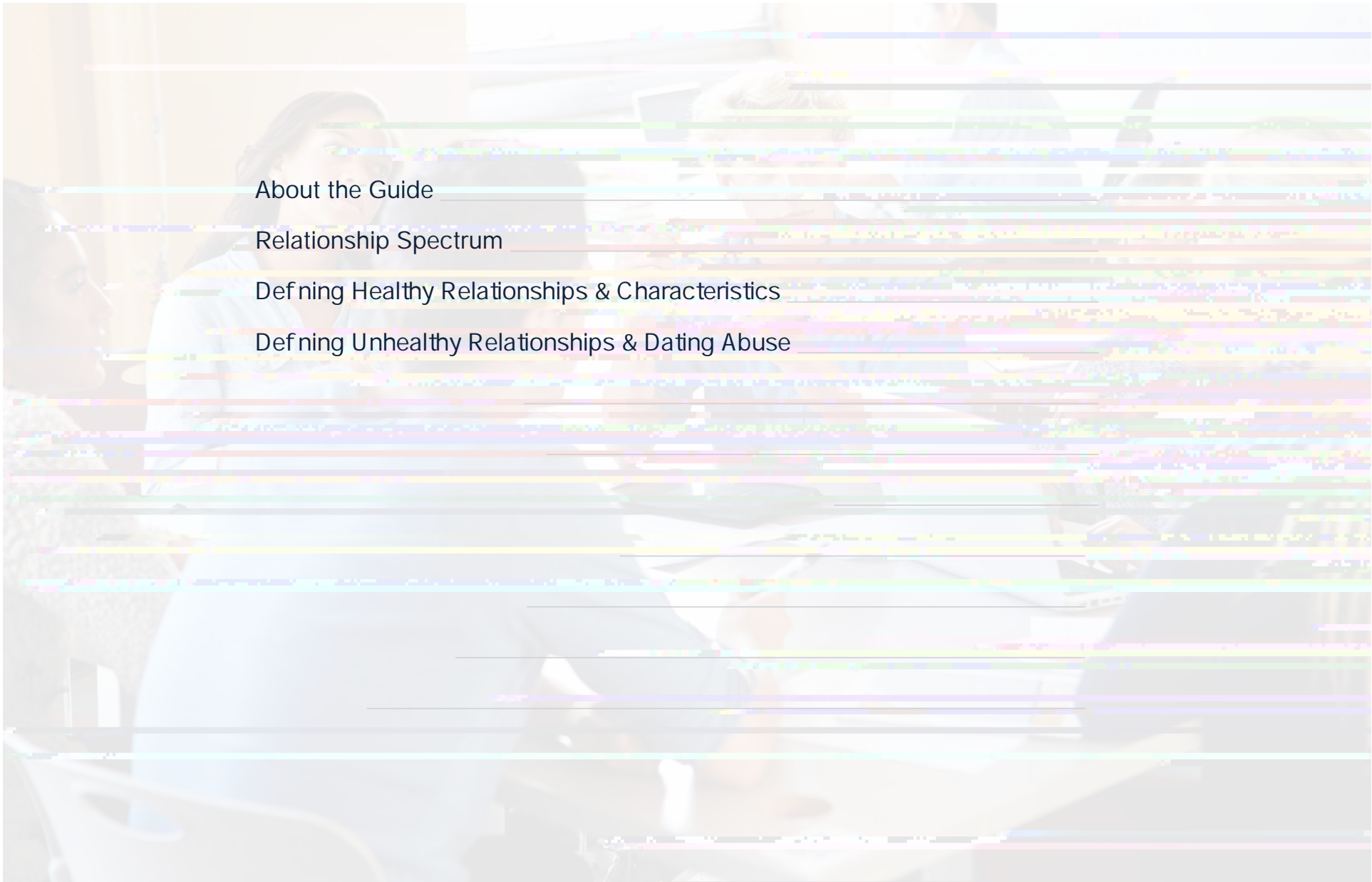




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# HEALTHY RELATIONSHIP HIGH SCHOOL EDUCATORS TOOLKIT



About the Guide

Relationship Spectrum

Defining Healthy Relationships & Characteristics

Defining Unhealthy Relationships & Dating Abuse

# ABOUT THIS GUIDE

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## About loveisrespect

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# DEFINING HEALTHY RELATIONSHIPS

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Relationships can all look different, but healthy relationships have a few things

1 ; 2 4 // 2 /4 /

**Communication** is a key part of building a healthy relationship. The first step

4 4 4 4 9 2 / 2 :2 /

things—being on the same page is very important. The following tips can help

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# DEFINING UNHEALTHY RELATIONSHIPS & DATING ABUSE

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# HOW TO HELP YOUR STUDENT

**Tell your student that you're concerned for their safety.**

consulting with the student's parents, offer to connect them with a professional, like a counselor or attorney, who they can talk to confidentially.

**Be supportive and understanding.**

**Believe them and take them seriously.**

**Help develop a safety plan.**

**Remember that ultimately your student must be the one who decides to leave the relationship.**

unhealthy relationships. Your support can make a critical difference in helping your student find their own way to end their unhealthy relationship.





# HEALTHY RELATIONSHIPS CURRICULUM DISCUSSION GUIDES

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including how to recognize healthy and unhealthy relationships, how to communicate effectively and how to deal with conflict resolution among partners.



# COMMUNICATING EFFECTIVELY

## Introduction

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angry in a relationship—everyone does at some point! What's important is to resolve conflict in

1 1 4 2 2 2 9 4 4  
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first, but they will help students communicate better and build healthy relationships.

**As you are discussing this lesson, you should highlight that if someone listening is in an unhealthy or an abusive relationship, they must be careful. Remind them that they know their relationship best and if any of these tips would put them in danger, don't try them.**

## Overview

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unhealthy relationship and how to communicate their needs effectively

## Scenario

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## Questions

- 2 // //
1. How do you think the person in the scenario is feeling?  
conflict? Why or why not?
  2. How do you think the person in the scenario is communicating with your partner? Why or why not?  
insulting words or behavior?
  3. How do you think the person in the scenario is responding to the other person's response or threaten to break up with your partner? Why or why not?
  4. How do you think the person in the scenario is communicating during a disagreement?



# RESOLVING CONFLICT

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## Introduction

There is conflict in all relationships. And by "conflict," we specifically mean verbal disagreements the right to a different opinion from their partner. In a healthy relationship, communication is key. When partners communicate effectively, they understand each other better and that makes their relationship stronger. When they can resolve conflicts successfully, they are developing a healthy, mature relationship. But, while conflict is normal, it can also be a sign that parts of the relationship

**As you are discussing this lesson, you should highlight that if someone listening is in an unhealthy or an abusive relationship, they must be careful. Remind them that they know**

## Questions

1.

# STEPPING IN

## Introduction

Watching a friend go through an abusive relationship can be very scary, and it can seem difficult to figure out how to help them. The decision to leave can only be made by the person experiencing

If a friend is undergoing the serious and painful effects of dating abuse, they may have a very different point of view than you. They may have heard the abuse was their fault and feel

you want them to stay apart. It may be difficult for them to even bring up a conversation about the

**As you are discussing this lesson, you should highlight that if someone listening is in an unhealthy or an abusive relationship, they must be careful. Remind them that they know their relationship best and if any of these tips would put them in danger, don't try them.**

## Overview

## Scenario

confides in you that she is stressed out about her

## Questions

1. Do you think it is appropriate for parents to discuss sexually explicit pictures? Why or why not?

2.

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# ACTIVITIES

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## Teen Safety Cards:

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 of ce and nurse's of ce for students to pick up at their convenience.

## Relationship Spectrum:

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 taping them in the appropriate columns. This activity can be modified for a full

## Wall of Love:

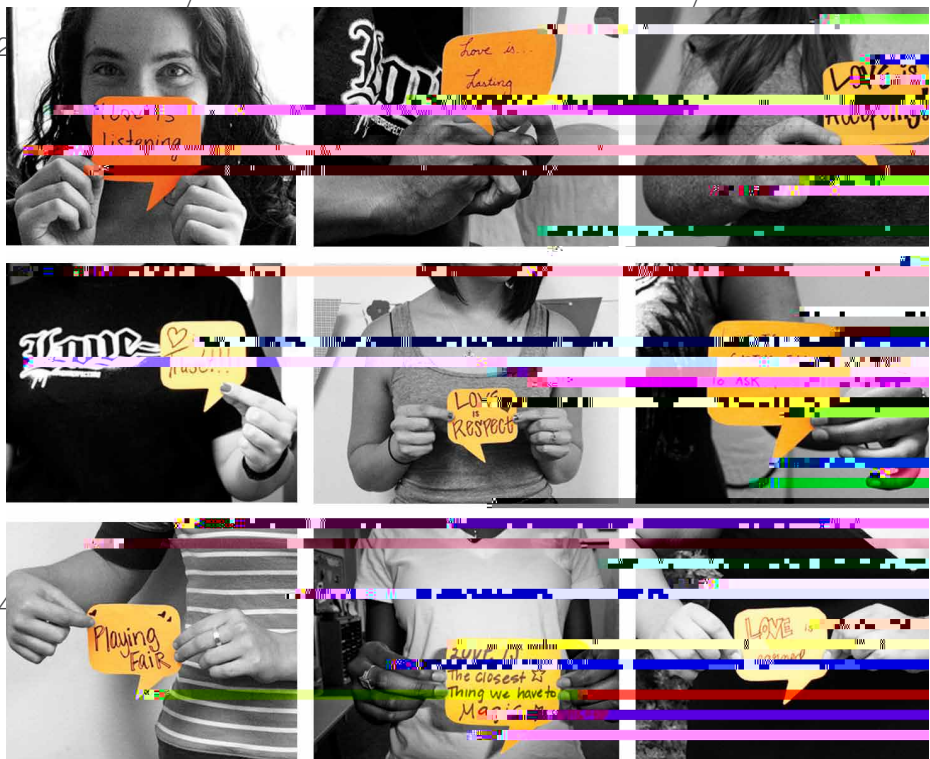
4 2 / /  
 this toolkit. Use different colors of paper for visual interest. Have students cut  
 1 9 24 9  
 ;4 4 9 2  
 creative with how their speech bubbles are displayed!

## Orange-Out or Purple-Out:

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 color to signify unity and solidarity in the fight against abusive relationships.  
 The of cial color for domestic violence is purple and the of cial color for dating  
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## Relationship Bill of Rights:

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 4 24 9 4  
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## Relationship Spectrum - Examples

Your partner tells you how special you are and how much they care about you.

Your partner uses a name or pronoun that you don't like but stops using it once you correct them or ask them not to.

Your partner appreciates your passions and encourages you to do the things you love.

You miss your partner when you go on vacation with your family but you have a really good time anyway.

You had a really good day and can't wait to tell your partner because you know they will be excited about to hear about it.



## Relationship Spectrum - Examples

Your partner refuses to spend time with your family, but still expects that you spend time with theirs.

Your partner texts you more than you want them to and gets angry if you don't respond.

Your partner controls your FB and other social media accounts.

After an argument, your partner blocks the doorway and takes your keys to prevent you from leaving.

Your partner randomly stops by your job even though you told them it made you uncomfortable.

## Relationship Spectrum - Examples

Your partner threatens to tell other people about your sex life or share private photos or texts.

Your partner gives you gifts but demands something in return, like money or sexual acts.

Your partner demands access to your bank account.

When you go to your favorite restaurant and order something different, your partner acts disgusted and calls you stupid for ordering it.

Your partner tells you they wouldn't hit you if you just did things the right way.

## Relationship Spectrum - Key

### Healthy

### Unhealthy

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## "Love is..." Speech Bubble Template







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1 1

chat

text 4

4

call 2