



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards: <http://www.cdc.gov/healthyschools/sher/standards/index.htm>

Healthy relationships thrive on respect, kindness, and trust. Unhealthy ones revolve around an imbalance of power that's maintained through the use of controlling behaviors, emotional abuse, or physical aggression. Sadly, roughly 1 in 10 high school students report being physically hurt by a date. Help your students learn to recognize and protect themselves from unhealthy relationships and dating abuse with the following activities.

Related KidsHealth Links

Articles for Teens:

Love and Romance

TeensHealth.org/en/teens/love.html

Am I in a Healthy Relationship?

TeensHealth.org/en/teens/healthy-relationship.html

Abusive Relationships

TeensHealth.org/en/teens/abuse.html

How to Break Up Respectfully

TeensHealth.org/en/teens/break-up.html

Getting Over a Break-Up

TeensHealth.org/en/teens/broken-heart.html

Date Rape

TeensHealth.org/en/teens/date-rape.html

How Can You Stop Before Things Go Too Far Physically?

TeensHealth.org/en/teens/brakes-on.html

Should I Send My Boyfriend Naked Pictures?

TeensHealth.org/en/teens/sexting.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. If your best friend were bossy, cruel, or aggressive toward you, you'd probably find a new best friend. But some people think it's OK to tolerate such behavior from a partner. Why?
2. The early stages of dating abuse usually involve one partner gaining control over the other through excessive attention, jealousy, and guilt. Why is this stage often hard for a victim to recognize? How can it lead to more serious forms of physical and sexual abuse?
3. Do you think it's easy or hard to leave an unhealthy relationship? What are some reasons why someone might stay in an unhealthy relationship?
4. If you saw a friend being abused, or abusing someone else, would you get involved? Would your gender influence your response? What about the gender of the person being abused or doing the abusing?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

The RESPECT Hotline

Objectives:

Students will:

- Identify common patterns of teen dating abuse
- Offer advice to fictional victims of dating abuse

Materials:

- “The RESPECT Hotline” handout
- Pen or pencil

Class Time:

- 30 minutes

Activity:

[Note to instructor: You can complete this activity aloud as a class, or have students write their answers individually.]

As part a school community service project, you’ve volunteered to be a peer counselor for the RESPECT Hotline, a call center for teens who need help dealing with unhealthy relationships or physical and emotional abuse. Your goals are to help callers understand the warning signs of an unhealthy relationship and to direct them to additional help if necessary.

Before you take your first call, read up on healthy and unhealthy relationships at TeensHealth.org. Now you’re ready to take calls. Remember to be clear and thorough with your responses.

Extension:

Choose a popular song and rewrite the lyrics to contain a message about dating safety. Then make a music video to serve as a public service announcement to help get this important information out to teens.



You've Got a Friend

Objectives:

Students will:

- Identify the warning signs of an abusive relationship
- Learn how to help a friend who's being abused

Materials:

- "You've Got a Friend" handout
- Pen or pencil

Class Time:

- 30 minutes

Activity:

Physical abuse can happen to guys or girls, but girls are the victims most often. Because teens who are abused are often feel confused – they may love their abuser and not want the relationship to end, despite the danger – friends play an important role in giving them the support they need to break free. If a friend confides in you that she's being hurt, it won't help to judge her, talk badly her partner, or tell her what to do. What will help is to let her know that:

- It was brave of her to tell you the truth
- It's not her fault and she doesn't deserve to be abused
- Her partner has a serious problem and needs help
- She has options and they include getting help from a trusted adult
- You can help her do that

Read the story on the "You've Got a Friend" handout. Then, keeping these key points in mind, write a response to Makayla that will help give her the confidence to make a good decision.

Reproducible Materials

Handout: The RESPECT Hotline

KidsHealth.org/classroom/9to12/personal/growing/healthy_relationships_handout1.pdf

Handout: You've Got a Friend

KidsHealth.org/classroom/9to12/personal/growing/healthy_relationships_handout2.pdf

Quiz: Healthy Relationships

KidsHealth.org/classroom/9to12/personal/growing/healthy_relationships_quiz.pdf

Answer Key: Healthy Relationships

KidsHealth.org/classroom/9to12/personal/growing/healthy_relationships_quiz_answers.pdf



Name: _____

Date: _____

The RESPECT Hotline

Instructions: You're a volunteer at a teen dating abuse call center called the RESPECT Hotline. Choose two of the callers below and on the next page, write a thorough, thoughtful response to each.

"My boyfriend used to be so nice to me, but lately he's changed. He makes jokes about my weight and calls me stupid, even in front of his friends. When I get upset, he laughs and says I'm too sensitive. If he loves me, why is he so mean?"



"My girlfriend is so jealous. She's always accusing me of cheating on her, even though I never have. If I even say hello to another girl, she goes nuts. Today she threw my phone against a wall just because she saw a text from someone she didn't know. Is this normal?"

"My boyfriend keeps asking me to text him sexy pictures of myself, even though he knows I don't want to. He says if I really loved him, I would do it. Should I do it?"

"My sister used to have so many friends until she started going out with her boyfriend. Now it's like he owns her. He decides who she sees and when, and even what she wears. The other day I saw bruises on her arm. She said she bumped into the door, but I know she's lying. What should I do?"

"Whenever my girlfriend doesn't know where I am, she blows up my phone. Lately, she's even started looking for me when I'm out with my friends. She says it's just because she loves me and worries about me, but I'm sick of her stalking me. Tonight I told her I was going to break up with her if this didn't stop, and she said she'd hurt herself if I did. Now I feel trapped."

"I love my boyfriend, but he's constantly checking my phone and my Facebook page. I've asked him to stop, but he says I shouldn't mind if I have nothing to hide. Is it wrong to want some privacy?"



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. Three examples of emotional abuse are:

2. Three examples of physical abuse are:

3. True or false: Sexting is a good way to prove your love to your partner.

4. True or false: You can't go to jail if you assault or rape someone with whom you're in a relationship.

5. True or false: It can be hard to tell if you're in an unhealthy relationship, especially early on.

6. True or false: If your BF or GF hits you in anger, but then promises never to do it again, it's OK to believe him or her.

7. True or false: If your BF or GF hits you in anger, you probably did something to deserve it.

8. True or false: Physically abusive relationships almost always get better over time.

9. List three things you could do to help a friend who's being abused.

10. List three people or organizations that can help you get out of an abusive relationship.



Quiz Answer Key

1. Three examples of emotional abuse are:

Any of the following: Teasing, bullying, humiliation, threats, intimidation, putdowns, betrayal, etc.

2. Three examples of physical abuse are:

Any of the following: Slapping, pushing, grabbing, shaking, smacking, kicking, punching, hair pulling, etc.

3. True or false: Sexting is a good way to prove your love to your partner.

4. True or false: You can't go to jail if you assault or rape someone with whom you're in a relationship.

5. True or false: It can be hard to tell if you're in an unhealthy relationship, especially early on.

6. True or false: If your BF or GF hits you in anger, but then promises never to do it again, it's OK to believe him or her.

7. True or false: If your BF or GF hits you in anger, you probably did something to deserve it.

8. True or false: Physically abusive relationships almost always get better over time.

9. List three things you could do to help a friend who's being abused.

Any of the following: listen to him/her, believe him/her, don't judge him/her, tell him/her it's not his/her fault, don't talk badly about his/her partner, offer to help him/her get help, etc.

10. List three people or organizations that can help you get out of an abusive relationship.

Any of the following: parents, teachers, religious leaders, school nurses, teachers, school counselors, doctors, crisis centers, teen help lines, abuse hotlines, etc.
