

---

# Relationships

## **Session 8:**

### Relationships

---

#### **Goals**

- Understand the different forms of relationship abuse and their indicators
- Emphasize abusers' responsibility and avoid survivor-blaming
- Discuss resources to help teenagers seek help if they are in an unsafe relationship

#### **Objectives**

At the end of this session, students will be able to:

- Identify 2 signs of a healthy relationship
- Identify 2 signs of an unhealthy relationship
- Identify 2 ways they can support peers in abusive or violent relationships

# Anonymous Question Box

## Introduction to the Anonymous Question Box:

The Anonymous Question Box is a way for students to ask questions that they may not feel comfortable asking during class time, though students are encouraged to ask lots of question during class time as well.

## Anonymous Question Box Guidelines:

- Everyone must put a paper in the box. If students do not have a question at that time, they can write a statement about what they learned in class that day, a specific topic of interest, or write “no question”. This ensures questions remain anonymous.
- No Names. Questions are anonymous and are not to be used to hurt or embarrass others. Questions with names on them will not be read out loud.
- No personal questions of the instructor.
- Nobody can take anything out of the Question Box, except for the instructor.

---

# Healthy Reasons to want a Relationship

---

---

There are different types of relationships and what can make a relationship healthy or unhealthy

Brainstorm the different types of relationships you can have



Students, write your response!

Pear Deck Interactive Slide  
Do not remove this bar

---

What are some characteristics of **healthy & unhealthy** relationships?



Students, write your response!

Pear Deck Interactive Slide  
Do not remove this bar

---

## Discussion Questions:

- Why is that healthy/unhealthy?
- Are there any reasons that could belong on both lists? Which ones and why?
- What kinds of relationships do you notice that your friends or family members have?
- Is it better to be alone than in an unhealthy relationship?

---

# What Is Love



# What is Love?

---

## Unhealthy relationship traits:

- Intensity
- Put-downs
- Anger
- Disrespect
- Guilt
- Control
- Obsession
- Isolation

## On Love short Couplets:



[https://drive.google.com/file/d/1bZvwOQj\\_jgjcdMHSKHBMmM61hHRJPGIn/view](https://drive.google.com/file/d/1bZvwOQj_jgjcdMHSKHBMmM61hHRJPGIn/view)

---

# Relationship Qualities Spectrum

---

The health of a relationship is based on a spectrum

A relationship can fluctuate in terms of being unhealthy or healthy, but most of the time they should lean towards the healthy end.



---

For the next slides, read the scenarios  
and decide where it belongs on the  
Relationship Qualities Spectrum

# Relationship Qualities Spectrum

calls you names



Healthy  
Qualities

Unhealthy  
Qualities

Abusive  
Qualities



# Relationship Qualities Spectrum

compromise



Healthy  
Qualities

Unhealthy  
Qualities

Abusive  
Qualities



# Relationship Qualities Spectrum

Make decisions together



Healthy  
Qualities

Unhealthy  
Qualities

Abusive  
Qualities



# Relationship Qualities Spectrum

controls what you do



Healthy  
Qualities

Unhealthy  
Qualities

Abusive  
Qualities





# Relationship Qualities Spectrum

tells you not to see  
your family



Healthy  
Qualities

Unhealthy  
Qualities

Abusive  
Qualities



# Relationship Qualities Spectrum

buys you gifts



Healthy  
Qualities

Unhealthy  
Qualities

Abusive  
Qualities



# Relationship Qualities Spectrum

Jealousy



Healthy  
Qualities

Unhealthy  
Qualities

Abusive  
Qualities



# Relationship Qualities Spectrum

Encourages you to do things  
you're uncomfortable with



Healthy  
Qualities

Unhealthy  
Qualities

Abusive  
Qualities



# Relationship Qualities Spectrum

Laughter



Healthy  
Qualities

Unhealthy  
Qualities

Abusive  
Qualities



# Relationship Qualities Spectrum

asks you to take  
sexual pictures



Healthy  
Qualities

Unhealthy  
Qualities

Abusive  
Qualities



# Abusive Behaviors

- Occur within many types of intimate relationships: friends, partners, roommates, spouses, either current or former partners, etc.
- Can happen once, occasionally, on and off, or every day.
- Can be: physical, emotional, verbal, sexual, or digital.
- Are about power and control, whether in person or via technology (phone, texting, email, chat, social media, etc.)
- Can happen to anyone regardless of income, age, gender, sexual orientation, or race/ethnicity

---

# In Healthy Relationships, Partners Never...

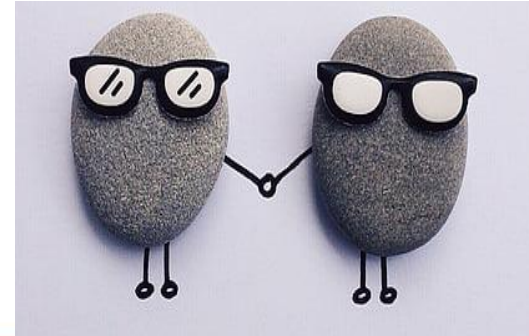
- Threatens to “out” you to people
- Tell you you’re not a real lesbian, gayman, trans person, or however you identify because you don’t have sex the way they want you to.



# Be an “up-stander.”

You can put what you’ve learned into practice by encouraging friends and peers to be up-standers who stand up for each other and by identifying and avoiding abusive relationships.

[CVUSD Community Resource List](#)



# Potential Sex Trafficking

---

Def: using force, fraud, or coercion to sexually exploit someone.

- Fraud means to lie about identity, intent, wants, or expectations
- Coercion means the ability to make a person doubt their own gut feelings, their sense of self-worth, sense of individuality, and makes them question their own personal values, and start believing what is told to them

# Potential Sex Trafficking

---

There are warning signs of a potential sex trafficking scenario

These are often very similar to abusive relationships

# Relationship Qualities Spectrum

Buys you gifts



Often Sex traffickers will make victims and survivors feel special, loved, and wanted, offering them things they need or want.

# Relationship Qualities Spectrum

Threatens physical harm  
to you or your loved one



Sometimes sex traffickers will use threats of force or violence to get what they want.

# Relationship Qualities Spectrum

Controls what you do



Traffickers will often control the victims' and survivors' sources of income and monitor what they do.

# Relationship Qualities Spectrum

Tells you not to see your friends and family



Often traffickers will slowly isolate victims and survivors from their social support, including friends and family, until the trafficker is the sole provider.

# Relationship Qualities Spectrum

Demands things in return

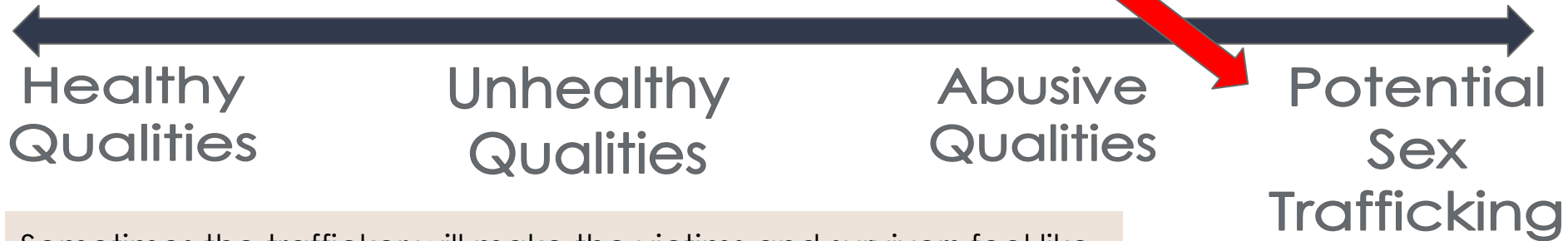


This goes along with **buys you gifts**. After victims and survivors feel indebted to the trafficker, the trafficker will demand something in return, often something sexual.



# Relationship Qualities Spectrum

Asks you to do  
sexual things for money



Sometimes the trafficker will make the victims and survivors feel like a business person, saying, "You are making us so much money." In reality, victims and survivors will not actually receive that money; the trafficker keeps most to all of it.