

Shout Out

What does a dating relationship look like to you?
What kind of stuff do they do?

BUZZ

Dating vs. Relationships

What is the biggest difference between dating and being in a relationship?

How do you know that you have gone from dating to being in a relationship?

How long does it take to get to know someone?

Concept

Communication

From the start, you need to be able to communicate with the person you are with. From getting their attention, keeping it, and getting to know each other to defining your relationship. Without communication, you cannot have a relationship. If you are in a relationship, or you have been in one before, can you honestly say that you had healthy communication?

Going Deeper

What does healthy communication look like?

It is the ability to share with your boyfriend or girlfriend, honestly, without fear of rejection, disrespect, shame, pain, embarrassment or public humiliation. It is also you being able to let your partner share without making them feel those things. Healthy communication does not mean that you demand that your partner hears you and then does what you want. It means that you can share your wants, feelings, thoughts and desires and they agree to listen and respond how they feel towards what you said. It also means that when they are communicating with you, you are doing the same. Can you think of a time that you cut off healthy communication with someone by yelling, ignoring, giving them the silent treatment or something like that? Or maybe you remember a time when that was done to you. How did that make you feel?

Shout Out

What are some things that you have seen in a partner or friend's partner that made you think things were not right?

What kind of things has someone you've liked or dated done that made you feel uncomfortable?

BUZZ

Red Flags

What is the definition of a "red flag"?

When you are talking to someone, what are some behaviors would consider warning signs that this person could be abusive one day?

the Concept

Only Time Will Tell

Abusers don't abuse starting from day one. There is no finish line in a relationship, so take your time when dating someone. Give them time to stop trying to impress you and show their real self.

Going Deeper

Can Love Really Go Too Fast?

It is really easy to get into a relationship when you have such an intense feeling towards someone. Did you know that your brain is dumping a crazy cocktail of chemicals into your body that make you feel that way? So basically, the high you are feeling is really a high. These chemicals are known to cause amnesia, sleep deprivation, and resistance to physical pain. By slowing it down and pacing yourself, you are letting your brain calm down as well. You will be able to see things more clearly and respond if there are issues that you need to deal with. Have you ever had a friend that is dating someone and you can see the problems but they can't? That is because they are "blinded" by the chemicals being dumped into their system. Have you ever been so in love or liked someone so much that you cannot see anything wrong with how they act? What are some ways that can help keep your feet on the ground?

Shout Out

What are good reasons to break up with someone?

What are some reasons that we break up with people or that people break up with us?

BUZZ

Break Ups

What is the healthiest way to break up with someone?

How do you break up with a “red flag” person?

Concept

Tread with Caution

The most dangerous time in a red flag/abusive relationship is the break up. When breaking up with a red flag person, make sure that you do it in a public place with close friend or a trusted adult accompanying you. Just because you break up with someone, it doesn't mean that it is over for them. **Be Careful!** Make sure that after your break up, your friends and family know where you are at all times, in case your ex tries to get in touch with you or follow you around.

Going Deeper

Are you the victim or the abuser?

A famous person once said, “You don't know the kind of person that you really are until you get into trouble.” It is so true. During a relationship, when anger and the threat of losing someone are in the mix, then a totally different you can show up. If you find yourself feeling like you are out of control, and that means making a lot of calls to your partner, following them around, threatening them, wanting to hurt them so that they know what you are feeling or so they will know that you are serious about not losing them, then you need to talk to someone. You **NEED** to talk to a coach, teacher, counselor, your parents or someone that you know is level headed and will help you. Hurting someone because you lose control or want to keep them with you can alter your life **FOREVER**.

Shout Out

Name things that are characteristics of an unhealthy relationship?

How does an unhealthy relationship feel?

What can happen if you are in an unhealthy relationship?

What do you think are the best characteristics of a healthy relationship?

What are the possible benefits of a healthy relationship?

BUZZ

Goal Setting: What do you look for in a dating partner?

Physical Traits:

Personality Traits:

How I expect to be treated by others:

Setting Your Own Standards: What I Will NOT Tolerate

General:

Sexual:

Anything else:

What I Like. What I Want.

Interests:

Shout Out

What Is Worse: Bruises or Words?

Which one do you think has a longer effect?

Can you be abused without being hit or hurt?

BUZZ

Different Types of Violence

Verbal:

Physical:

Emotional/Mental:

Sexual:

Concept

Is one really worse than the other?

There is no way to say one type of abuse is worse than the other. Abuse functions as a domino effect. Verbal abuse can easily turn into physical abuse, and physical abuse can quickly lead to sexual abuse. All the types of abuse always come back to emotional/mental abuse.

Going Deeper

The Real Issue: Control

Sometimes the change is so subtle that we cannot even see it happening and very often it never starts with hitting. It usually starts with little things: playful wrestling that gets too rough, little jokes about your weight, calling at all times to know where you are because they are 'concerned'. It just grows from there. All of these things can feel like love. They can make you feel great, important and even loved. But be very careful, these actions are very often the signs of a future abuser. And if you find yourself starting the relationship with these behaviors, you might need to seek help from an adult to learn new patterns of behavior. The truth is – abuse is control. And abusers use control over someone else to make up for a lack of control they feel in their own lives. You must remember that when a person is abused, it is not their fault. **EVER!!!** Whether it is verbal or physical – it is still abuse and not the fault of the victim. Have you ever found yourself taking most of the blame in your relationship? Do you blame them for everything?