

How I Want to be Treated by my Boyfriend or Girlfriend Handout

Please review the following list and circle 5 ways you want to be treated in a relationship that are most important to you. You may see many qualities here that you like, but try to pick your top five. Follow the directions at the bottom of the page after you have picked your top 5.

I want my partner to

Treat me with respect

Be trustworthy

Need me

Treat me fairly

Support me

Be honest with me

Treat me as an equal

Make me laugh

Encourage me

Protect me

Trust me

Love me

Looking at the 5 you chose, please list your number one most important way you would like to be treated by a dating partner and write a brief explanation of why that attribute is so important.

#1 Quality: _____

Explanation: _____

Real-Life Couples Handout

1. Marcus and Lillian

Marcus and Lillian have been going out for about 6 months. Marcus feels like he is really in love with Lillian – she is the prettiest girl he has ever dated and she seems so smart. Marcus often feels nervous that he might lose her to another guy, since she is so pretty and smart. He doesn't think she would ever cheat on him, but he does see her talking with other guys sometimes. It makes him feel so jealous he doesn't know what to do. He told her that she needed to stop talking with those other guys, especially right in front of him! Lillian got upset with him, and they had a huge fight. As they were arguing, Marcus felt so mad that he grabbed her by the arms to get her to listen to him and then threw his cell phone across the room, smashing it to pieces. Marcus promised Lillian it would never happen again. He says it was an accident, and he didn't mean to hurt anyone. He just couldn't control himself when he was feeling so angry.

2. Tony and Jamal

Tony and Jamal have also been dating for about 6 months. Tony just made the varsity soccer team, after putting in many hours of practice throughout the entire summer. He excitedly calls his boyfriend Jamal to tell him the news and to tell him all about the team. Jamal has no interest in soccer at all, but still talks and listens throughout the entire conversation, showing Tony how excited he is for him. Jamal knows how much the team means to Tony, and wants to support him. Tony invites Jamal to his first game, but Jamal tells him that he can't come because he has an ASB meeting that night. Tony is disappointed, and wishes that Jamal would just forget about his meeting and come to the game anyway. But, he knows that the ASB is as important to Jamal as soccer is to him. Tony tells Jamal that it would really mean a lot to him if he came to the game, and Jamal agrees to come to the second half, after his meeting is over.

Healthy, Unhealthy and Warning Signs of Abuse Handout

In a healthy relationship people

- Treat their partner with respect and fairness
- Support and encourage each other
- Treat each other as equals
- Are honest
- Earn their partner's trust
- Have shared interests
- Also have separate interests and identities
- Try hard to have honest and clear communication
- Enjoy being with each other
- Never hurt their partner physically or sexually

In an unhealthy relationship people

- Treat their partner disrespectfully and unfairly
- Frequently argue or fight
- Have no shared interests
- Or they do things ONLY with each other – they have no separate friends or interests
- Cheat on their partner
- Don't care about their partner's feelings
- Don't enjoy spending time together

Warning Signs of an abusive relationship include

- One person throws or breaks things during an argument
- One person tries to control what the other person does, who they see or what they wear
- One person is often jealous or is overly jealous
- One person hurt the other person physically or sexually
- One person puts the other person down, calls them names or humiliates them
- "Crazy-Making" behavior – this is when one person lies or changes their story, or when they deny or minimize the other person's experience. This behavior often makes the other person feel like they are "going crazy."

How to Help a Friend Handout

If someone has been hurt by their boyfriend or girlfriend, they may tell a friend before they tell anyone else. Here are some tips in case a friend ever comes to you.

LISTEN. You may feel like you don't know what to say. That's okay. What is most important is to listen to your friend, and let him or her know that you are glad to listen.

BELIEVE YOUR FRIEND. People rarely make up these kinds of stories. Your friend is probably telling you the truth.

SHOW THAT YOU CARE. This may be the first time your friend has ever told anyone about their experience. Support them in whatever way is comfortable for both of them – you might tell them you are sorry this happened to them, hold their hand, or offer them tissues if they cry. Show with your body language and your facial expression that you care.

REASSURE YOUR FRIEND THAT SHE OR HE IS NOT TO BLAME. No matter what the situation, it is the person who committed the assault who is responsible. It is not the victim's fault!

RESPECT YOUR FRIEND'S PRIVACY. Although lots of tough decisions need to be made – like who to tell, when to tell, what to do – let your friend be in control of those decisions. Decide with your friend who is a trusted adult you can both talk to. That person might be a parent, teacher, counselor, minister, or someone else.

Where to Get Help: Love is Respect, the National Teen Dating Abuse Helpline

The helpline is a national, 24-hour resource that can be accessed by phone or the internet, specifically designed for teens and young adults. Teens can talk on the phone with someone, chat with a peer advocate over the internet, or play games and read information on their website. They can be reached by phone at **1-866-331-9474** or online at loveisrespect.org

Effective Communication Tips Handout

Voice

Make sure the tone of your voice and the volume of your voice are right for what you are saying.

Intent

Know what you want if you are asking for something. What outcomes would be okay with you?

Body Language

Think about what you are saying with your body. Are your arms folded? Are you looking somewhere else? Are you turned towards the person or away from them? It is best when your body language is saying the same thing your words are saying.

Timing

Think about when you are going to ask for something or bring up a difficult topic. Does the other person have the time and energy to devote at that moment?

Approach

Think about how you bring something up. Are you defensive, attacking or angry?

Being Clear

Know what it is you want to say or bring up. Pay attention to word choice, tone of voice, and body language

Effective communication often includes:

- “I” statements (“I think ”, “I want ”)
- Expressing opinions (“I believe ”)
- Saying “No” firmly but respectfully
- Asking for what you want
- Initiating conversations
- Expressing positive feelings
- Expressing appreciation
- Stating your strengths and abilities (“I can ”)