

BULLYING AND VIOLENCE PREVENTION

TENTH GRADE

LESSON 2

TITLE: Defining Unhealthy Relationships

PURPOSE: To understand the difference between a healthy relationship and a controlling relationship.

OBJECTIVES: The student will be able to:

- discriminate between a loving/healthy relationship and a controlling relationship.

SUNSHINE STATE STANDARDS: LA.910.1.6.1, 910.1.6.2, 910.1.7.4

STUDENT SERVICES BENCHMARKS AND STANDARDS: PS 1.5, 2.1, 3.6

VOCABULARY: healthy, controlling

INSTRUCTIONAL TIME: 45-60 Minutes

PREPARATION/INSTRUCTIONAL MATERIALS:

- dry erase board and markers
- Xerox copy of handout 10-3 (one copy per student)
- Xerox copy of handout 10-4 (one copy per student)
- Xerox copy of handout 10-5 (one per student)
- pen/pencil
- paper

SPRINGBOARD ACTIVITY:

- 1) Define and discuss the difference between a loving/healthy relationship and a controlling relationship. Relationships are an important part of life and dating is a big responsibility. It is a time when you learn about yourself and others.
- 2) Distribute handout 10-3: What is Love? Review and discuss the handout with the class.

ACTIVITY:

- 1) Distribute handout 10-4: Characteristics of an Unhealthy Relationship. Review and discuss the handout with them.

- 2) Explain to the students that there are clear differences between love and ownership. How do you know you are in a possessive relationship? Ask the students to turn to the handout 10-5: Teenage Power and Control in Dating. Discuss with the students the power and control wheel:
 - Jealousy, Isolation and Possessiveness
 - Threats, Anger and Intimidation
 - Physical Abuse
 - Psychological/Emotional/Verbal/Sexual/Physical Abuse
 - Destruction of Personal Property
 - Abuse of “male” privileges
- 3) Explain to the students that most of these aspects of power and control are made out to be behaviors that take place when someone “loves” you. Explain to the group that this is a myth. These behaviors set the stage for unhealthy relationships.
- 4) Ask the students to volunteer their own experience with power and control in a relationship. Discuss with them how they felt during these experiences. Discuss similarities and/or differences between female and male students.

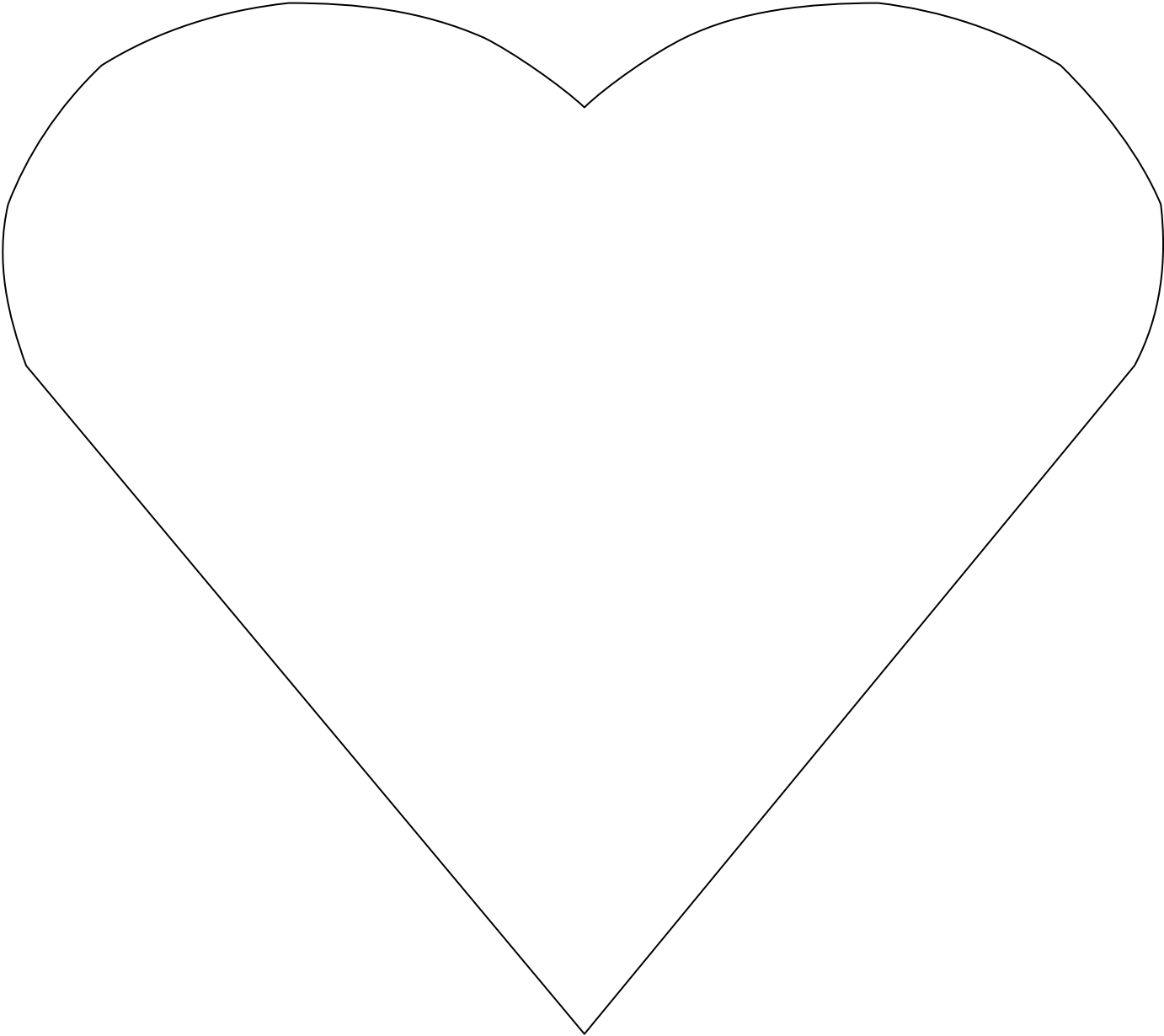
ASSESSMENT: Teacher observation, class participation and completion of follow up activity.

FOLLOW-UP ACTIVITY: Review with the class the differences between love and ownership. Have students write about how they can build healthy relationships using the following key elements:

- Communicate clearly
- Avoid dangerous situations
- Be in control
- Be selective
- Trust your instincts

What is Love?

Directions: Inside the heart write what you feel are different aspects of love. Include what are some of the behaviors of a loving relationship.



CHARACTERISTICS OF AN UNHEALTHY RELATIONSHIP

Directions: Inside the heart write what you feel are different aspects of an unhealthy relationship.



TEENAGE POWER AND CONTROL IN DATING

