

Relationship Circle



**I have a relationship
but am not close with...**

**My closest relationships
are with...**

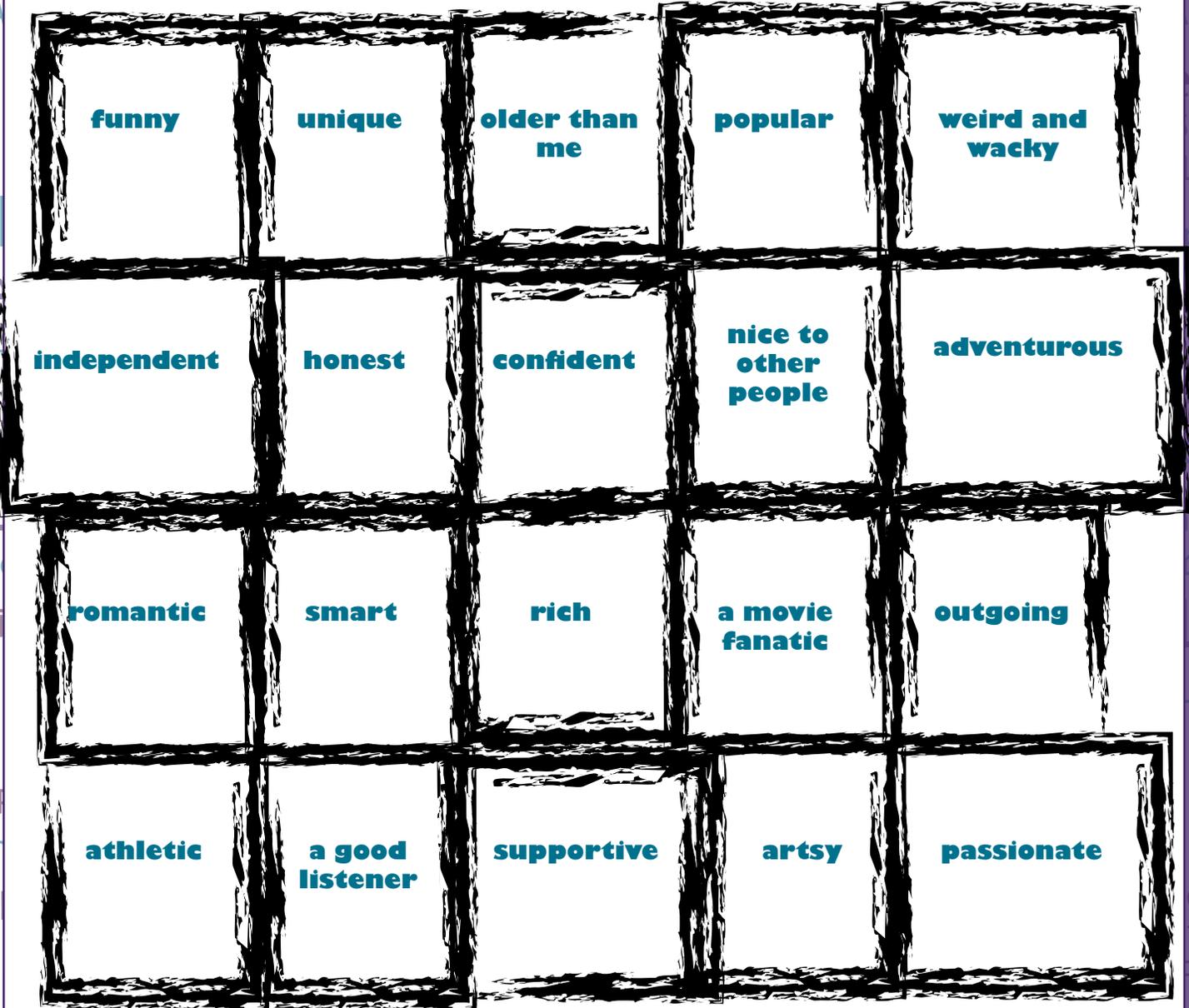
My Name is...

Section 1: Defining Healthy Relationships

Relationship Bingo

DIRECTIONS

1. Think of someone you have a relationship with as you read each box below.
2. Circle the five traits you think are important for that person to have.
3. Find five different people in the room who have circled one of the same traits.
4. Have them sign in that box.
5. The first person to get all five boxes signed by a different person shouts "Bingo."



Caring People and Caring Relationships

Entry 1

List people in your life who have helped you feel good about yourself. These people may be family members or friends. They may have been in your life for a short time or for a long time. They may not be part of your life anymore. You can list names or the person's relationship to you (such as father, mother, or history teacher).

Entry 2

You have written down the names of some people who have helped you feel good about yourself. Now think about what these people did to help you feel this way. Describe some of the ways they treated you.

How I Want to Be Treated by People I Care About

DIRECTIONS

Below is a figure and a list of ways people may treat each other. The figure represents you. On the two solid lines above the figure, write the two most important ways you want to be treated by someone you care about. On the five dotted lines surrounding the figure, list five additional actions that are important to you. Feel free to write in ideas that aren't on the list.

respected

controlled

supported

loved

ignored

spoiled

trusted

committed to

fairly

abused

afraid

needed

impressed

cared for

amused or made to laugh

challenged

encouraged

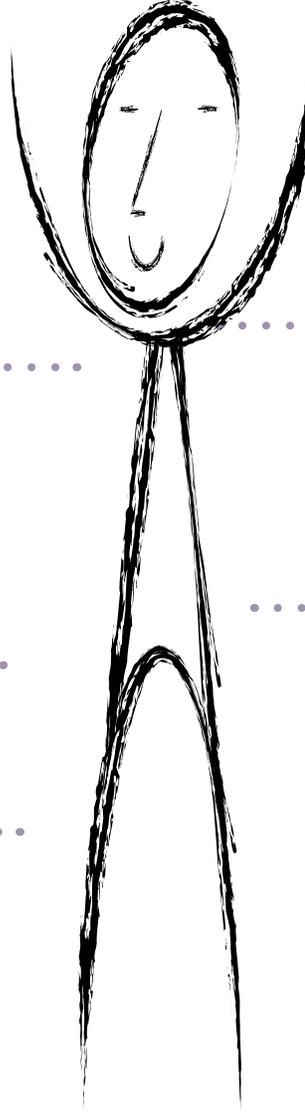
cheated on

listened to

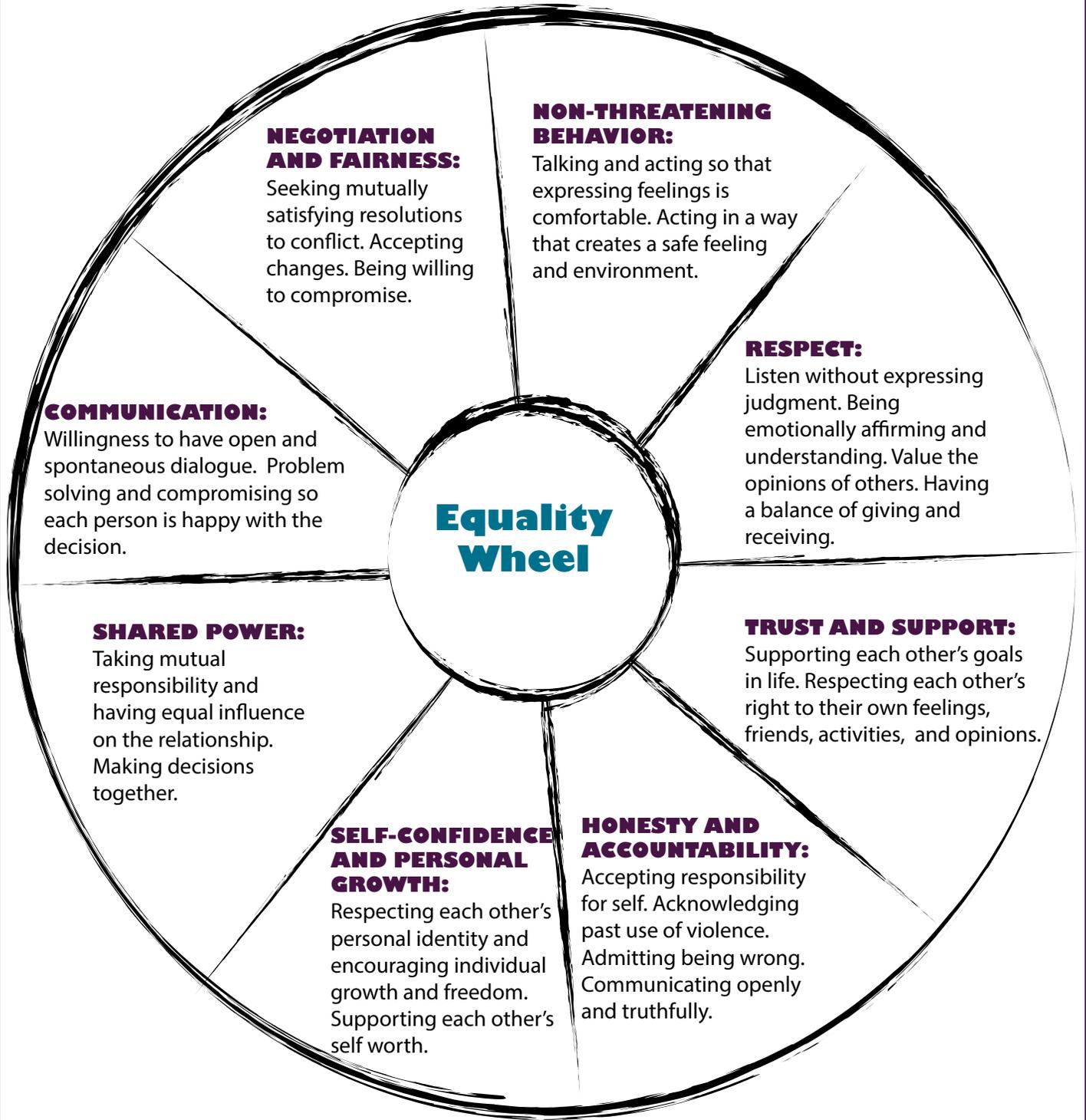
treated like a king or queen

treated equally

treated honestly

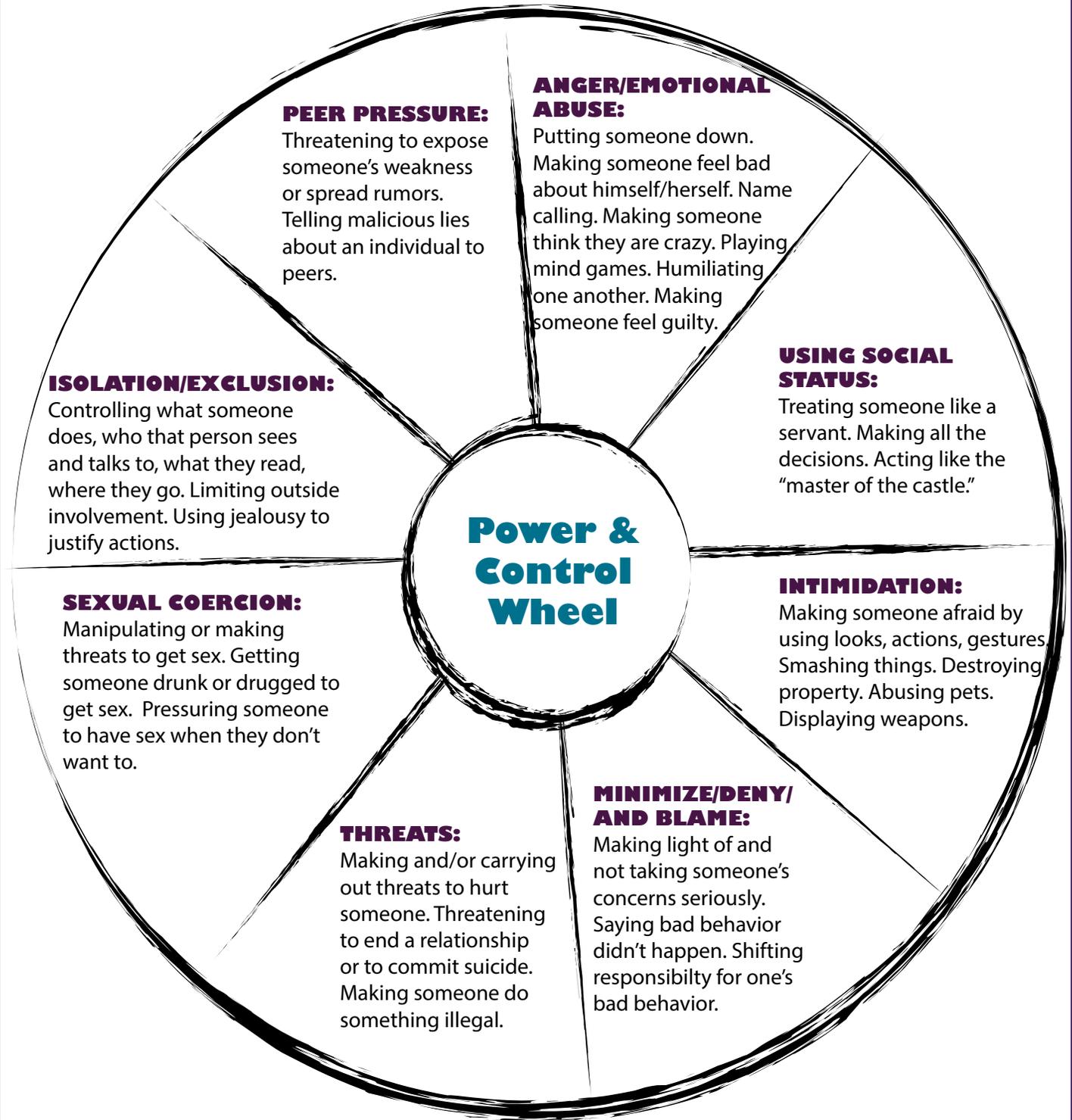


Equality Wheel



Section 1: Defining Healthy Relationships

Power & Control Wheel



Why People Abuse

Scenario 1

Kim-Lee and Michael have just started dating. Michael doesn't know all of Kim-Lee's friends. As he walks out of school in the afternoon, he sees Kim-Lee talking to Jon. It looks like a private conversation and Kim-Lee is laughing. Michael thinks she is flirting and becomes angry. He walks over to Kim-Lee, puts his arm around her, and says, "Let's go," as he pulls her away. Kim-Lee tries to introduce Jon to Michael, but Michael cuts her off, saying, "I said, let's go now!" Michael drags Kim-Lee away. Kim-Lee tries to explain that Jon is her older brother's best friend. They've known each other since they were small children. She wasn't flirting. Michael says he won't have his girlfriend embarrassing him in front of the entire school by talking to other guys. Later that evening, Michael goes to Kim-Lee's house with a dozen roses and tells her that he loves her very much. That's why it drives him crazy when she talks to other guys.

Questions

A. How does Michael want Kim-Lee to act?

B. Why might Michael want Kim-Lee to act this way?

C. How is Michael getting Kim-Lee to act this way?

Scenario 2

Mario and Cassie have been dating for about a month. One Saturday night, Mario borrows his brother's car and comes to pick Cassie up to go to the movies. Cassie meets him at the door in a new outfit. Mario gives her a kiss and then asks if she's going to change before they go out. Cassie almost cries. She explains that she bought this outfit just for their date tonight. Mario sighs, pats her on the shoulder, and says, "Cassie, no one else would ever put up with you. I don't know why I love you so much. I have to do everything for you." Then he goes up to Cassie's room and chooses a different outfit.

Questions

A. How does Mario want Cassie to feel?

B. Why might Mario want Cassie to feel this way?

Why People Abuse

C. How does Mario get Cassie to feel this way?

Scenario 3

Miley and Chris have been dating for several months. They've been having a number of disagreements lately. Chris is angry and frustrated. Things between them don't seem like they'll ever get better. Chris has been confiding in a friend, Carrie. Chris's friendship with Carrie makes Miley jealous, causing even more fights. Last week, Chris told Miley that this relationship might not work. Miley said that if he would stop flirting and cheating with Carrie, the fighting would stop and they could be happy again. Chris said Carrie was just a friend, but it didn't really matter because if they weren't fighting about Miley's jealousy, they were fighting about something else. That night, Miley called Chris. She was crying and saying things like, "I need you and I couldn't stand to lose you to someone else. You are the best part of my life. If you break up with me, I'll hurt myself." Since then, Miley has called and sent texts to Chris, saying, "I'll hurt myself if you leave me." Chris feels trapped.

Questions

A. What does Miley want Chris to think?

B. Why does Miley want Chris to think and feel this way?

C. How does Miley get Chris to think and feel this way?

Relationship Continuum

Directions

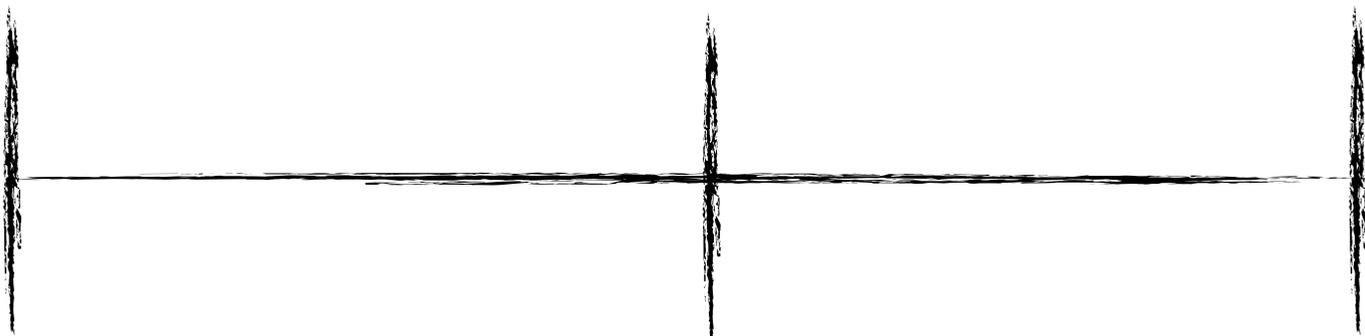
Take each item (1-10) and list it on the continuum where you believe it falls (healthy, unhealthy, abusive).

1. Checking your partner's phone.
2. Constantly checking up on where your partner is.
3. Encouraging your partner to run for student government.
4. Calling your partner names in front of his/her friends.
5. Telling your partner when you are upset with them and why.
6. Pressuring your partner to text you inappropriate photos.
7. Making decisions together.
8. Making you feel guilty when you spend time with your friend.
9. Pressuring your partner to do something he or she does not want to do.
10. Getting jealous when you do better on a test or assignment.

healthy

unhealthy

abusive



Section 2: Defining Unhealthy Relationships

How Stereotyping Leads to Abuse

Scenario 1

Jason invited several of his friends and his girlfriend, Megan, to his house to watch movies on Friday night. Jason asked Megan if she would put out some chips and drinks for everyone. She said that she didn't mind. When Jason's friends arrived, they all sat down to watch movies. When someone finished a drink or when the bowl of chips was empty, Jason would tell Megan to go to the kitchen for refills. When this happened for the third time, Megan said that she wouldn't be their waitress. She wanted to watch the movie and they could help themselves to the food in the kitchen if they wanted it. Jason got angry. He ordered Megan to get his friends' drinks. When she refused, Jason hit her across the face and pulled her into the kitchen. Jason's friends have seen Jason and Megan fight like this many times.

Questions

- A.** What stereotypes does Jason hold of females?
- B.** What stereotypes does Jason hold of males?
- C.** Did Megan hold any stereotypes?
- D.** Did Jason's friends hold any stereotypes?

Scenario 2

Tyrone bought Nicole an iTunes gift card for her birthday so she could buy new music for her iPod. Nicole opened the gift card and at first she seemed to love the gift. Then, however, she asked where the rest of her gifts were. When Tyrone said that he just got the iTunes gift card for her birthday present, Nicole got angry. She started screaming at him. She said that she expected more than a stupid gift card for her birthday, and she threw the gift card across the room.

Questions

- A.** What stereotypes does Nicole hold of males?
- B.** What stereotypes does Nicole hold of females?
- C.** Did Tyrone hold any stereotypes?

Feelings List

afraid	foolish	paranoid
aggressive	friendly	peevish
agonized	frightened	perplexed
angry	frustrated	persecuted
annoyed	funky	pleasant
anxious	funny	private
apologetic	grateful	proud
argumentative	greedy	puzzled
arrogant	grief-stricken	regretful
ashamed	grieving	relieved
peaceful	guilty	remorseful
bashful	happy	righteous
belligerent	hateful	sad
blissful	heartbroken	satisfied
bored	helpless	secure
brave	hopeful	self-conscious
cautious	horrified	self-pitying
cheerful	hurt	sheepish
cocky	hysterical	shocked
cold	impatient	shy
conceited	independent	silly
confused	indifferent	smart
contemptuous	inferior	sorrowful
crabby	insulted	sour
cruel	intimidated	spiteful
depressed	irritated	strange
determined	jealous	superior
devilish	joyful	surprised
disappointed	left out	suspicious
disapproving	lonely	sympathetic
disgusted	mad	tenacious
dumb	malicious	tense
embarrassed	melancholy	timid
empty	mellow	uneasy
enraged	mischievous	unworthy
enthusiastic	miserable	vengeful
envious	mixed-up	victimized
exasperated	negative	vindictive
excited	nervous	wary
exhausted	nice	worried
fabulous	obstinate	
	optimistic	

Section 3: How We Feel and How We Deal

Extending Your Feelings

Directions

For each scenario, look at the "Feelings" list in your workbook and identify a feeling you might experience. You cannot use the same word twice.

1. Your math teacher tells you that you have a test today. _____
2. Someone you like asks you out on a date. _____
3. Your friend compliments you on your outfit. _____
4. Your parent grounds you for something you didn't do. _____
5. You found out that you made a team you tried out for. _____
6. Your mom made your favorite dinner. _____
7. You show up to a birthday party where you only know one person. _____
8. Your friend texts you every five minutes. _____
9. You failed an assignment or test. _____
10. The person you like calls you stupid in front of your friends. _____
11. Your friend doesn't text you back. _____
12. Your best friend is going out with the person you like. _____
13. You lied to your friend and got caught. _____
14. Your sibling closes his/her computer every time you walk into the room. _____
15. You show up at school wearing the same outfit as your teacher. _____
16. You were not invited to a party that your friend is throwing. _____
17. You go to a concert with your friends. _____
18. You stand up for your friends when someone is making fun of them. _____
19. Someone sends you an inappropriate photo from your phone. _____
20. You lost your iPod and someone returns it to you. _____

Dealing with Anger

Directions

Think about a time when you were angry with someone you cared about; a time you wouldn't mind sharing with people. Write down the person and the situation and why you were angry.

When (someone) _____ **did (action)** _____

I felt angry because (response) _____.

What other feelings did you experience in that situation? (Refer to **Feelings List** if needed)

Discuss with a partner

How did communicating or not communicating your feelings affect you and your relationships with that person?

How could you have responded differently?

Anger is a Secondary Feeling

Directions

Look at each scenario and write down what the primary feeling is and how you would handle that situation in a healthy way. (Refer to **Feelings List** if needed)

A. The person you are dating doesn't call you when they said they would.

Primary: _____

Secondary: Angry

B. Your friend shows an embarrassing video of you to your classmates.

Primary: _____

Secondary: Anger

C. Your best friend is hanging out with the person you like.

Primary: _____

Secondary: Anger

D. You catch your brother or sister using your iPod after you told them not to.

Primary: _____

Secondary: Anger

E. Your teacher falsely accuses you of cheating on an assignment.

Primary: _____

Secondary: Anger

Four SAFE Skills

Stay calm.

1. Use calming strategies to stay cool and collected.

Ask questions.

1. Ask honest and open-ended questions to better understand the situation.
2. Don't jump to conclusions.
3. After listening to answers, you may realize that the conflict was all a misunderstanding.

Find out feelings.

1. Find out how the other person feels about the situation that is causing the disagreement.
2. Express your own feelings-be honest and specific, referring to the situation and what about it upsets you.
3. Use "I" statements when expressing your feelings (I feel _____ when you _____).

Exchange ideas for a possible solution.

1. With all of this information, suggest possible solutions.
2. Talk about which ones work best for the two of you.

Identifying Communication

Scenarios:

LaToya and Marcus met in April when they were both in 8th grade and have been dating for about six months. Throughout the summer the two teens were inseparable. They went swimming at the pool and walking in the park. They went to the mall and to the movies. When they were apart, they talked on the phone, sent texts back and forth, and left Facebook messages for each other. Both LaToya and Marcus agreed that it was the best summer they had ever had.

Now, it's the fall and they're beginning high school. LaToya is going to be a freshman cheerleader.

Marcus is very proud of her. It's an honor to be on the squad. because their high school cheerleading squad wins national awards every year. LaToya has been working very hard all week. After school she has cheerleading practice for two hours. However, today is Friday and the coach let them go early. She ran home and called Marcus to ask him to come over. She was eager to see him, as she hadn't spent much time with him this week. Marcus was happy she had gotten off early as well and went to LaToya's house right away.

Marcus (**M**) LaToya (**L**)

M: (Knocks on the door)

L: (Answers the door and sees Marcus) Oh, I'm so glad to see you. I have so much to tell you. (They walk into the house together and sit down.)

M: I haven't seen you since school has started. You're too busy.

L: Oh, I know I'm busy. I have no time. I do miss you, but I love cheerleading. Marcus, it's so much fun. I'm learning so much. I can't wait until the first football game when you can come and watch me. You're going to be so proud.

M: I'm already proud of you.

L: But just wait until you see me. I'm paired up with Darnell. He's so strong. I'm learning to balance in his hands. I feel so tall up there.

M: Darnell?

L: Yeah, the freshman squad has three male cheerleaders this year. The squad can do a lot more stunts with them. They're so much stronger than the girls and can lift us up and stuff.

M: Well, I'm pretty strong; maybe I should join the cheerleading squad.

L: (Laughs) Oh Marcus, you have to be a lot more than strong to be a cheerleader. Darnell has been a gymnast since he was five years old. He won a national award last year. That's why it amazes me that he thinks I'm such a good cheerleader. He's the one who's amazing.

Identifying Communication

- M:** (Raising his voice) Darnell, Darnell, Darnell! I'm sick of hearing about Darnell. If you like him so much why don't you date him?
- L:** (Wants to yell back at him, but instead takes a deep breath and pauses a minute. She looks carefully at Marcus.) I don't understand why you're so mad?
- M:** (Shouting) Why am I mad? (Gets up from his chair) Are you kidding me? You're letting some other guy touch you, put his hands on you.
- L:** (Takes another deep breath and is careful not to raise her voice) Marcus, don't you trust me? Being a cheerleader is important to me and you've always supported me. Why are you freaking out?
- M:** Because all you have done since I walked in the door is talk about Darnell. What about me? I'm your boyfriend.
- L:** Yes, you're my boyfriend. What do you mean by "What about me?" Do you feel like I don't pay enough attention to you?
- M:** Well, no. I mean yes. Well, I don't know. I never felt like that during the summer, but since school has started you've been so busy I wonder if you're still interested in me.
- L:** Yes, of course. I'm not interested in dating Darnell or anyone else. We just hang out at cheerleading practice. I know that I've been busy.
- M:** I know. But I wish things wouldn't have changed.
- L:** Me too. But I don't want to stop cheerleading. What can we do?
- M:** Are you always going to get out early on Fridays?
- L:** No, but I can see you in the evenings on Fridays and over the weekend.
- M:** Yeah, and during the week we have Facebook.
- L:** Definitely. Maybe you could come over after dinner sometimes, or even have dinner with us.
- M:** Look, LaToya, I'm sorry I got so mad.

Identifying Conflict Resolution

Conflict Scenario 1

Character 1: Jamie and **Character 2: Taylor**

Jamie: You've been dating Taylor for five months. You have been spending a lot of time together and when you are not together, you like to keep in touch via text messaging. You like to know what Taylor is up to and who he is with. Things are getting more serious and you feel that Taylor should let you read his text messages and Facebook page. Recently, the two of you have talked about sending each other nude pictures. Taylor has some friends who send nude pictures to their girlfriends/boyfriends and think this could be fun for you two to try, but you don't think this is a good idea.

Taylor: You've been dating Jamie for five months. You really like her, but she constantly sends text messages asking where you are and who you are with. You feel like you could use a little bit of space. When the two of you were hanging out one evening you found her reading through your Facebook page. She told you she did not like that you were sending messages to another girl in your class and asked you not to do it anymore. You don't have anything to hide from Jamie, but you were not comfortable with her reading your private messages.

Questions:

When Liam goes to pick up Keshia, he mentions his friends invited him to a basketball game. At the party he ignores Keshia and texts his friends the entire time.

1. How could Taylor tell Jamie that she is texting him too much?

2. What should Taylor tell Jamie to let her know that he is not comfortable with her reading through his private messages?

3. What should Jamie do since she doesn't think sending nude pictures to Taylor is a good idea?

4. Could they have come to a compromise before the party?

Identifying Conflict Resolution

Conflict Scenario 2

Character 1: Mia and **Character 2: Serena**

Mia: You've been having problems with this one girl, Serena, at school. You think she doesn't like you because you went out with one of her ex-boyfriends. You didn't have more than four dates with the guy, but she seems jealous and is always rude to you. You just found out that she's spreading rumors about you on Facebook. She's saying that you skipped class to drink beer by the school fence. This rumor isn't true. You're extremely angry at this girl and decide to confront her.

Serena: There's this girl, Mia, who you really don't like. You think she's trying to steal your boyfriend. You've been dating this guy for six months but have recently decided to "cool things off a bit" because you've been fighting a lot. You talked briefly about dating other people, but no decisions were made. Then, your boyfriend went out with Mia a few times. You always knew she was a flirt! You're very jealous. You heard a rumor that Mia and some other students skipped class and were drinking beer by the school fence. You didn't actually see them doing it but you've told the story to some other people and posted it on Facebook.

Questions:

1. What should Mia have done differently?

2. What could Serena have done differently?

3. What emotions do both girls have in this scenario?

4. Have you ever been in a situation similar to this? How did you resolve this?

Identifying Conflict Resolution

Conflict Scenario 3

Character 1: Jammal and **Character 2: Amara**

Jammal: You've been dating Amara for a few weeks. She's a lot of fun and beautiful as well. You know that all the other guys are jealous. Everyone says the two of you look great together. Today, when you walked down the hall, you saw her talking to a whole group of guys, just her and five or six guys. You got really angry. Don't they know you are her boyfriend? Why would Amara want to talk to them anyway? You don't understand why she didn't come to find you to talk to in between classes. Now, it's the evening. You usually call her at about this time. Tonight, however, you decide to go to her house because you want to talk to her in person. You're feeling very jealous.

Amara: You're at home in the evening, hoping Jammal will call soon. You've been dating Jammal for a couple of wonderful weeks. You really like the way your relationship has been going. You missed him in between classes today because you were talking to some friends. Your friends are really important to you and you always make time for them. You've seen some girls give up all their friends when they start dating someone; you'd never want to do that.

Questions:

1. Why was Jammal so upset?

2. What should Jammal have done differently?

3. Did Amara do anything wrong?

4. How should Jammal communicate effectively?

Friends Wheel

HELPING a FRIEND

GIVE HELP:

Know the resources in your community. Is there a hotline? What legal, medical, or counseling options are available?

DON'T GOSSIP:

Talk in private. Don't tell other people without your friend's permission. Tell a trusted adult if you feel your friend is in danger.

MAKE A SAFETY PLAN:

What had your friend done in the past to keep safe from the abuse? Is it working? Do they have a safe place to escape to if necessary?

BELIEVE THE STORY:

Listen and believe your friend. Acknowledge his/her feelings and let your friend know he or she is not alone.

LET YOUR FRIEND MAKE HIS/HER OWN DECISIONS:

Respect your friend's right to make a decision when he/she is ready to do so.

TELL THE PERSON THEY DIDN'T DESERVE TO BE ABUSED:

No one deserves to be abused. You did not cause this abuse and it is NOT your fault.

Who Can Help?

FOR HELP 24/7 CALL

Utah Domestic Violence LINK Line 1-800-897-5465

Utah Rape and Sexual Violence Crisis Line 1-800-421-1100

VICTIM ADVOCATE PROGRAMS (VAP)

(Community programs to assist victims with advocacy, court, and abuse in the community)

Beaver County

BEAVER COUNTY SHERIFF'S OFFICE (435) 438-6494

Box Elder County

BOX ELDER COUNTY ATTORNEY'S OFFICE (435) 734-3329

Cache County

CACHE COUNTY VICTIM SERVICES (435) 755-1832

Carbon County

CARBON COUNTY SHERIFF'S OFFICE (435) 636-3250
HELPER CITY POLICE DEPARTMENT (435) 472-3719
PRICE CITY POLICE DEPARTMENT (435) 636-3190

Daggett County

DAGGETT VAP (435) 784-3255

Davis County

LAYTON CITY VICTIM SERVICES (801) 336-3599

Duchesne County

DUCHESNE COUNTY VICTIM SERVICES (435) 722-8003

Garfield County

GARFIELD COUNTY ATTORNEY (435) 690-9140

Grand County

GRAND COUNTY ATTORNEY'S OFFICE (435) 259-1326

Iron County

IRON COUNTY VICTIM SERVICES (435) 865-5318

Juab County

JUAB COUNTY ATTORNEY'S OFFICE (435) 623-3460

Kane County

KANE COUNTY VICTIM SERVICES (435) 644-4989

Millard County

MILLARD COUNTY ATTORNEY'S OFFICE (435) 743-6522

Morgan County

MORGAN COUNTY ATTORNEY'S OFFICE (801) 845-6093

SALT LAKE County

DRAPER VAP (801) 576-6355
MIDVALE VAP (801) 256-2505
MURRAY VAP (801) 284-4203
SALT LAKE CITY VAP (801) 580-7969
SALT LAKE COUNTY VAP (801) 743-5860
SANDY VAP (801) 801-568-4627
SOUTH SALT LAKE VAP (801) 412-3662

SALT LAKE County continued

SOUTH JORDAN VICTIM SERVICES 801-254-4708
TAYLORSVILLE POLICE DEPARTMENT 801-955-2067
TOOELE CITYVAP (435) 882-8900
UNIFIED POLICE DEPARTMENT, NORTH VALLEY 801-743-5861
UNIFIED POLICE DEPARTMENT, SOUTH VALLEY 385-468-9365
WEST JORDAN VAP (801) 566-6511
WEST VALLEY VAP (801) 963-3223

San Juan County

SAN JUAN COUNTY SHERIFF'S OFFICE (435) 459-1819

Sanpete County

SANPETE COUNTY SHERIFF'S OFFICE (435) 835-3352

Sevier County

SEVIER COUNTY ATTORNEY'S OFFICE (435) 979-0936

Summit County

SUMMIT COUNTY VAP (435) 615-3850

Tooele County

TOOELE CITY POLICE DEPARTMENT (435) 882-8900
TOOELE COUNTY ATTORNEY'S OFFICE (435) 843-3171

Uintah County

UINTAH COUNTY ATTORNEY'S OFFICE (435) 781-5434
VERNAL CITY POLICE DEPARTMENT (435) 789-4250

Utah County

AMERICAN FORK POLICE DEPARTMENT (801) 763-3020 EXT. 143
LEHI POLICE DEPARTMENT (801) 768-7110
LINDON CITY POLICE DEPARTMENT (801) 769-8601
LONE PEAK POLICE DEPARTMENT (801) 756-9800
OREM DEPARTMENT OF PUBLIC SAFETY (801) 229-7128
PLEASANT GROVE POLICE DEPARTMENT (801) 785-3506
PROVO POLICE DEPARTMENT (801) 852-6375
SARATOGA SPRINGS POLICE DEPARTMENT (801) 766-6503
SOUTH UTAH COUNTY (PAYSON CITY)VICTIM SERVICES (801) 465-5224
SPRINGVILLE/MAPLETON VAP (801) 489-9421
UTAH COUNTY ATTORNEY'S OFFICE (801)851-8015

Wasatch County

WASATCH COUNTY ATTORNEY'S OFFICE (435) 657-3300

Washington County

EASTERN WASHINGTON COUNTY (435) 635-9663
ST. GEORGE POLICE DEPARTMENT (435) 627-4399
WASHINGTON CITY P.D. (435) 986-1515

Weber County

OGDEN CITY PROSECUTOR'S OFFICE (801) 629-8597

WEBSITES

Choose Respect www.chooserespect.org/scripts/index.asp

End Abuse <http://endabuse.org/programs/teens/>

My Strength www.mencanstoprape.org/index.htm

National Sexual Violence Resource Center www.nsvrc.org/

Utah Coalition Against Sexual Assault www.ucasa.org/home.html

Utah Department of Health www.health.utah.gov/vipp/

Utah Teen Dating Scene www.facebook.com/utahteendatingscene

SESSION 5: How to Help Friends

