

RESILIENCE

ADVOCATES FOR ENDING VIOLENCE™

Respectful Relationships: Exploring the Relationship Spectrum

Learning Objectives:

- Identify healthy, unhealthy, and abusive dating behaviors.
- Understand what you want in a dating relationship and how to help a friend.
- Identify your personal boundaries and recognize digital dating abuse tactics.

Materials needed:

- Paper to write on and something to write with or an open Word Doc to type in
- Chromebook and internet access

Video Lesson:

You may choose to follow along and look at the materials throughout the video lesson or view the materials after watching the video.

We are going to explore respectful relationships by:

- 1) Journaling about what we want in a healthy dating relationship. (2 minutes)
- 2) Identifying “green flags” or signs of respectful treatment in healthy relationships.
- 3) Exploring the [Relationship Spectrum](#) and taking the quiz. (3-5 minutes)
Activity: Read through some of the scenarios and decide if they are healthy, unhealthy, or abusive. This can be done individually or in small groups.
loveisrespect.org/quiz/relationship-spectrum
- 4) Understanding Digital Abuse and reviewing the infographic.
https://www.urban.org/sites/default/files/2018/01/16/digitizingabuse_1_0.jpg

Discussion Questions

- How do you want to be treated in a dating relationship? How will you treat your dating partner?
- How would you support a friend when you notice some of the red flags of abusive behavior?
Answer: Actively listen. Believe them. Don't judge or interrogate them with questions. Support them by asking how you can help. Offer to go with them to speak to a parent, counselor, teacher, or coach.
- What are your digital boundaries in dating relationships?
Answer: Not sharing passwords, having limits on texting, etc.

Relationship Tools & Links

Healthy Relationship Quiz (all ages)

loveisrespect.org/quiz/is-your-relationship-healthy

Relationship Spectrum Quiz - Is it healthy, unhealthy or abusive? (all ages)

loveisrespect.org/quiz/relationship-spectrum

loveisrespect.org/wp-content/uploads/media/sites/3/2020/11/2020-LIR-Relationship-Spectrum-onepager.pdf

Digitizing Abuse Infographic

urban.org/sites/default/files/2018/01/16/digitizingabuse_1_0.jpg

That's Not Cool

thatsnotcool.com

Questions? Contact:

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