

6.ICR.2.7 - Explain the signs of an abusive relationship and access resources to help.

# Pre-test

- A. What is an abusive relationship?
- B. What are some alerts that a relationship is unhealthy?
- C. What do you do to get help if a red flag pops up?

# Red Flag or Green Flag?

- Juan saw Donna talking with Dwayne. He grabbed her by the arm, pulled her away from Dwayne and screamed at her, “What’re you doing talking with another guy? No girlfriend of mine is gonna make me look like a chump. I better never catch you talking with that guy again....or any other guy as far as that goes. If I do .....
- Answer: Unhealthy – Mention the unhealthy behaviors of grabbing her arm, pulling her away, screaming at her, demanding, and threatening.

- Courtney is always having difficulty with math. Her grades are poor and the teacher has talked with her about needing to improve twice already this year. Her older stepsister, Morgan, notices how upset Courtney has been lately and asks her what's wrong. At first, Courtney hesitates to open up, but Morgan encourages her. Finally, Courtney tells her stepsister that once again she doesn't understand the new material being introduced in math. Morgan says she understands how Courtney might feel and volunteers to help with math.
  - Answer: Healthy – Point out behaviors of encouraging, asking what's wrong, volunteering to help

- Dion has been told by his mother to come straight home from school everyday. One day, a teacher asks Dion to help with the decorations for the school dance because of his creativity and artistic ability. After helping at school, Dion is late getting home. When he gets home, his mother is furious and won't listen to where he's been. She keeps repeating "My rule is - you come home immediately after school every day." Mom punishes Dion for being late by removing the use of the phone and computer, and telling him he can't go to the dance.
  - Answer: Healthy - Although the mother may have overreacted or been non - communicative, none of the behaviors described indicate an unhealthy relationship. If Mom hit Dion or kicked him out of the house, then it would be an unhealthy relationship. Some students may think there is not enough information here to make a final decision

- Rob dared Liam to help him steal a road sign. Liam had never stolen anything before so he said ‘No.’ Rob persisted in trying to get Liam to help with the fun saying “I thought you wanted to have a good time. It will be a blast.” Liam was worried they’d get in trouble. Rob responded “Well, if you’re such a baby, then maybe you’d best not bother to hang out with us Friday night.”
  - Answer: Unhealthy – Pushing of negative behavior, name - calling, controlling behavior

- Every time Trey came out of class, Maria was there waiting for him. She followed him to his next class and was always offering to help with his homework. Trey told Maria he wasn't interested in having a relationship with her, but the more he protested the more she followed him around. One afternoon after school, Trey arrived home to find Maria standing outside his house. He asked her to leave, but she cried "I thought we had something special and all you do is treat me like dirt." He responded saying "I don't know what you're talking about... we've never even been out. I haven't even spent anytime with you. Go away." Maria got red in the face and screamed "You'll be sorry. I'll tell everyone on Facebook what a jerk you are." With that, she threw a book at him and stormed away.
  - Answer: Unhealthy – obsessive behavior, screaming, following, threatening (Students will hopefully ask for more information about what they do not know about this scenario.)

# What is an abusive relationship?

- a relationship in which one person feels controlled, threatened and/or attacked and may include emotional, physical or sexual maltreatment.

# RED FLAG ALERT

- Being physically hurt
- Feeling afraid or being afraid of your girlfriend or boyfriend
- Spending time with only one person – feeling isolated from others
- Changing your behavior because of your girlfriend's/boyfriend's
- Feeling embarrassed or controlled
- Being threatened – verbally, emotionally or physically

- Being afraid to express your own feelings
- A nervous or sick feeling when around your boyfriend or girlfriend
- A fluttering in your chest when your boyfriend or girlfriend is not happy
- Having a gut feeling that things just aren't right
- Boyfriend or girlfriend is easily angered
- Not being allowed to, or being afraid to, make decisions for yourself

- Feeling controlled or manipulated
- Feeling intimidated by your girlfriend or boyfriend
- Not feeling respected
- Feeling crowded in or not having your wishes for personal space adhered to

# What do you do if you have a red flag pop up?

- Get to safety immediately
- Ask for help – parent, teacher, counselor, peer, clergy, sibling, or neighbor
- Contact a resource who can help you – community, state or national agency

# Independent Practice

Students will create their own brochure about abusive relationships titled, Abuse: Fighting Back.

1. Show students several examples of crisis brochures you have brought to class. Point out design, headings, format, subcategories, graphics, use of color, and content.
2. In their brochure students should include:
  - a. definition of abusive relationship
  - b. List of red flag indicators of an abusive relationship
  - c. List of ten resources a teen can use to get help – including local, state and national

# Closure:

Many young people experience physical and emotional abuse from others. It is important to recognize when you or someone you care about has experienced an abusive situation. There is good news though. There are numerous resources available within the school and community settings. By reaching out to others, young people can get help and find relationships that are healthy and nurturing.