

# COUPPLETS



**#ThatsNotLove Discussion Guide Series**



# HELLO!

Thank you for helping us teach others the difference between healthy and unhealthy relationship behaviors. We believe that these behaviors are learned at a young age and we hope that by providing you with this discussion guide, you can start important conversations with young people about the difference between a healthy and unhealthy relationship or friendship.

By helping young people identify unhealthy behaviors, you can prevent these unhealthy relationships from becoming abusive. Abuse can take many forms, whether it involves physical violence or emotional manipulation, but it always begins the same—with unhealthy behavior.

We believe that the choices young people make today will shape the adults that they become. By using this guide with the young people in your life, you can provide them with a framework to understand and evaluate behaviors that they see or do in their everyday lives.

## About One Love

Founded in 2010 to honor the memory of Yeardley Love, One Love's mission is to end relationship abuse by educating young people about healthy and unhealthy relationship behaviors and empowering them to be leaders driving change in their communities.

Yeardley lived her life with integrity, gratitude and honesty—and lots of laughter. When she was killed by her ex-boyfriend, Yeardley's friends and family were shocked to learn that she had been in an abusive relationship. If anyone in Yeardley's life, including herself, had been able to recognize the signs of abuse, her death may have been prevented. One Love exists to ensure that everyone has the information about healthy and unhealthy relationships that Yeardley and those around her did not.

Relationship abuse is a serious problem. 1 in 3 women and 1 in 4 men will experience relationship abuse at some point in their lives.<sup>1</sup> We know that by educating young people at a young age about the warning signs of unhealthy relationships, we can save lives.

All of the work we do at the One Love Foundation celebrates and honors the positive spirit and kindness that Yeardley personified. We are committed not only to honoring Yeardley's memory, but also to saving others from suffering the same fate. Our work is rooted in our honest belief that relationship violence is an epidemic that can be stopped when young adults are educated and empowered to affect change in their communities.

For more information about us, visit [www.joinonelove.org](http://www.joinonelove.org).

## How to use this guide

This guide was designed to accompany The One Love Foundation's Couplet videos, which can be found at [www.joinonelove.org/couplets](http://www.joinonelove.org/couplets).

For complete instructions on how to use this guide, please consult the lesson plan in the Appendix.

<sup>1</sup> Source: National Intimate Partner and Sexual Violence Survey - 2010 Summary Report. National Center for Injury Prevention and Control, Centers for Disease Control and Prevention

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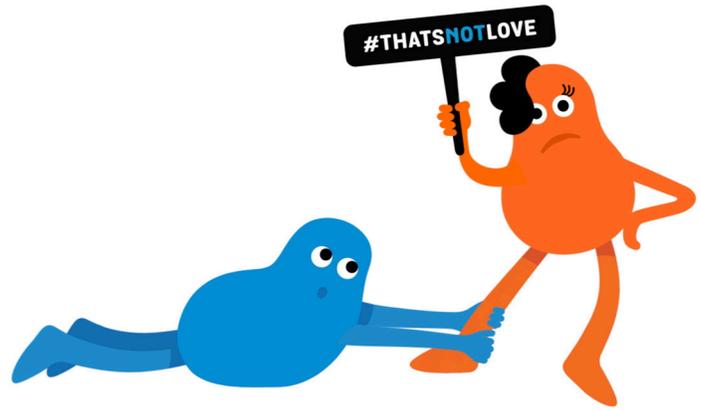
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# INTENSITY



Two people miss each other after not seeing one another for a few days.



A person whines about not seeing their partner after only five minutes.



## What is intensity?

Intensity is having or showing really strong feelings or opinions. Taking things to an extreme.



## What are other examples?

This Couplet is just one example of intensity. Others are when someone:

- Wants you to spend all of your time with them and tries to get you to do everything together
- Comes on too strong (going from zero to 100 real quick!)
- Wants to always be connected to you, like always texting or trying to keep a Snapchat streak
- Wants to move too fast with physical affection
- Likes things you posted a long time ago or watches every single one of your stories

## Discussion Questions

1. What do you think of this behavior?
2. Have you ever acted intensely toward someone else? Do you think it's okay to do?
3. What should you do if someone is acting really intense toward you?

## **The point**

**Respect personal space and boundaries.** It's natural to want to spend a lot of time with people you care about, but it's important to understand that in every relationship people need some amount of space. If two people want to text or hang out all day—and they are both happy doing it—that's great! It becomes unhealthy if two people don't talk about setting boundaries, or if one person assumes that they can do something all the time without thinking of what the other person wants. You should be on the same page with how much you want to talk and see each other.

**Be your own person.** In any friendship or relationship, it is important that you keep your self-identity and independence. Spending time with people you like is a good thing! But it is just as important that you take time to do things you like. Make time for your own hobbies and interests, too.

**Don't rush into things.** If you are starting a new romantic relationship, it is important that you set the pace of the relationship together. In a healthy relationship, both people set the pace together and feel equally happy with how fast (or slow!) things are moving. Also, while people might act really nice in the beginning, you should take your time getting to know them because they could change. Moving really fast is a sign of an unhealthy relationship.

### **What can you do?**

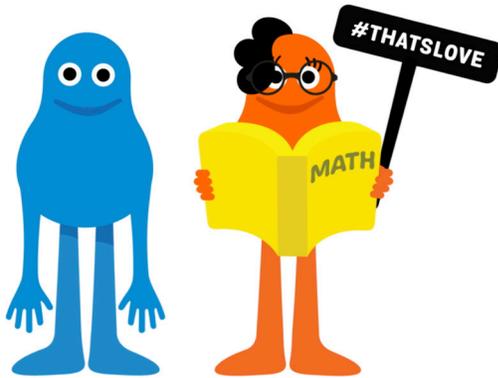
**Talk about what you're comfortable with.** People have different comfort levels when it comes to what they want to do and how often they want to talk or hang out. Listen to your partner or friend and be respectful of their wishes, and also express your own. In a healthy relationship, you'll be able to reach an agreement on these things because both people care equally about the other person's feelings.

**Set boundaries.** If someone is making you feel like you need to hang out with or talk to them all the time, you should consider telling this person how you feel in a nice, calm way. You should only do this if you feel comfortable talking to the person and know that they will not lash out at you. Here are some steps to follow to help you start this conversation:

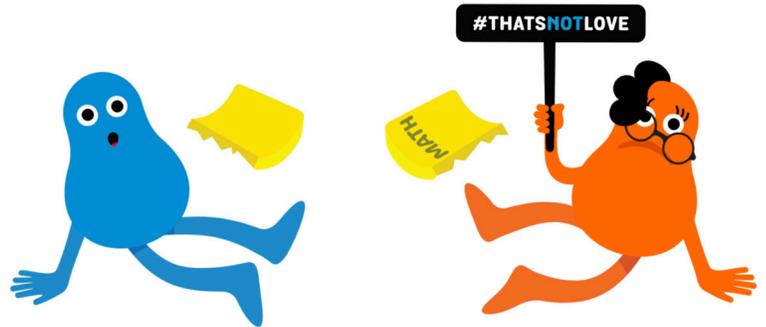
1. Sit down with them one-on-one in a public setting or where an adult is near. Pick a place where you can have a conversation without others overhearing, but also where others are close and can help if something goes wrong.
2. Tell them that you appreciate their friendship or relationship and do enjoy spending time with them.
3. Kindly explain that you want to have time for other things, too, and assure them that although you may start to spend less time together, your friendship or feelings won't change.

**If the person truly cares about you and wants you to be comfortable and happy, then they will understand where you are coming from.**

# PUTDOWNS



Someone asks their crush to hang out. Their crush politely declines, explaining that they have to study. They are understanding and compliment their crush.



Someone asks their crush to hang out. Their crush politely declines, explaining that they have to study. Angry over their crush's response, they insult them by calling them "stupid."



## What are put-downs?

A put-down is when someone calls you a name, belittles, embarrasses, bullies or makes you feel anything less than awesome (which you SO are).



## What are other examples?

This Couplet is just one example of put-downs. Others are when someone:

- Compares you to other people in a negative way
- Bullies or picks on you
- Calls you names or says something mean to you, like "that will make you fat" or "you're so gay"
- Laughs at you, makes jokes about you or causes a scene to embarrass you
- Shames you for anything related to your body, like not wearing training bras or shaving

## Discussion Questions

1. Why do you think put-downs are a bad thing?
2. What can you do if someone is putting you down? Remember, put-downs can come from friends and partners, too!

## **The point**

**Abuse isn't just hitting, it can be emotional too.** It can be confusing when a friend or someone you like does or says something that makes you unhappy, but abuse can come in many forms. If someone is insulting you and making you feel not-so-great about yourself, that is emotional abuse. Sometimes when someone does something abusive, they follow it up with something nice to make it seem like what they did isn't so bad after all. But feeling put down, pushed around, held against your will, or kept from your schoolwork are all abusive behaviors—even if they are covered up with kind words.

### **Emotional abuse can have a harmful impact on how others feel about themselves.**

Emotional abuse really hurts a person's feelings and can actually change how someone feels about themselves. If someone is told that they are "stupid" or "ugly," they may actually start to believe that the nasty things said about them are true. The bottom line is that you wouldn't like it if someone made you feel bad about yourself, so you should not make others feel that way.

**Your actions influence what others think is normal.** If you call someone a name like "slut" or "gay," then you make it seem like it's okay to say these things. Even if you are saying these things as a joke to your friend or hear others name-calling, if you let put-downs happen without stepping in and saying it's wrong, others will think it's okay to do, too.

**Be yourself no matter what other people think.** People who put others down do it because of their own insecurities and problems. If you are being put-down, know that it is not your fault and you don't deserve it. How someone treats you is a reflection of THEM, not you.

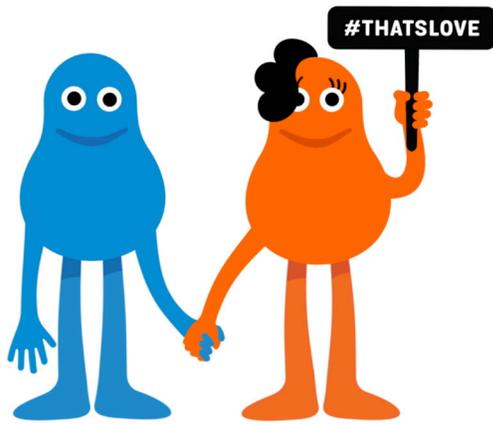
## **What can you do?**

**If you're being bullied.** Bullies feed off fear and want to get a rise out of you or whoever they are bullying. If you speak to them or walk away from them in a calm manner and show that you are not scared, they will often lose interest because you have shown that they don't have power over you.

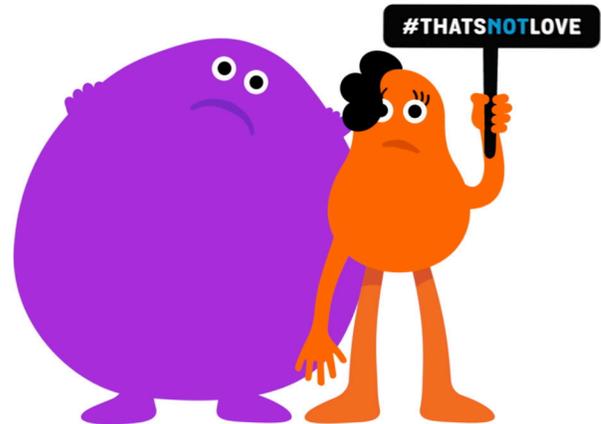
**If you see someone else being bullied.** If you see someone mistreating another person, you should do something about it. If you are not comfortable stepping in, get the help of an adult, parent, teacher or counselor. Even if you think that you will be labeled as a tattletale or snitch, it is better to tell someone about the situation than to allow someone to be mistreated. Speaking up about bullying is the RIGHT thing to do, and standing up for what is right starts with you.



# ANGER



Someone asks their partner to hang out later. Their partner explains that they have plans and suggests they hang tomorrow, which they are totally down with.



Someone asks their partner to hang out later. Their partner has plans and so the other slowly turns into the incredible hulk (zero chill) saying that "THEY WILL come over – or else!"



## What is anger?

Anger is a strong feeling of annoyance or madness. Anger is an emotion we all experience, but how we handle it can mean the difference between a healthy and unhealthy friendship or relationship.



## What are other examples?

This Couplet is just one example of unhealthy anger. Others are when someone:

- Makes you feel like you have to "walk on eggshells" around them
- Physically hurts you or threatens to harm you
- Does things to scare or intimidate you, gets really mad, yells, punches things, or destroys stuff
- Makes you feel like you need to do things, or not do things, so they don't get mad
- Yells to get their point across

## Discussion Questions

1. Can you think of a time when you saw someone get angry, loud or destructive (throwing, kicking, hitting, screaming)? How did they handle their anger and how did it make those around them feel?
2. How can people handle emotions like anger or frustration in a healthy way?

## **The point**

**While all relationships and friendships have fights, there is a difference between healthy disagreements and unhealthy arguments.** With a healthy disagreement, you're able to talk about what it was that upset you and your friend or partner will listen. With unhealthy fights, the person will not hear out your side of the argument and will get angry or emotional when you try to explain your perspective. When someone does something that makes you unhappy in an abusive relationship, you might think "everyone fights, it's normal," but know that if you feel like you can't talk to your friend or partner about what happened, that is a sign that your relationship is unhealthy.

**Lashing out at someone is abuse.** While it's natural to sometimes get angry, upset or frustrated with a friend or partner, it's important to keep your cool and address the situation in a calm manner. When a person lashes out physically or verbally because of their anger, that is abuse. No matter what the cause or excuse is, yelling and hurting another person is never okay. Even if something you did or said got the person angry, how they handle their emotions is their responsibility, not yours.

**Don't count on someone to change.** If a person is awesome 95% of the time and angry, controlling or unkind 5% of the time, that's not good enough. Do not stay in a relationship or friendship where you count on someone to change their behavior. If they want to get help or change, they need to do it for themselves.

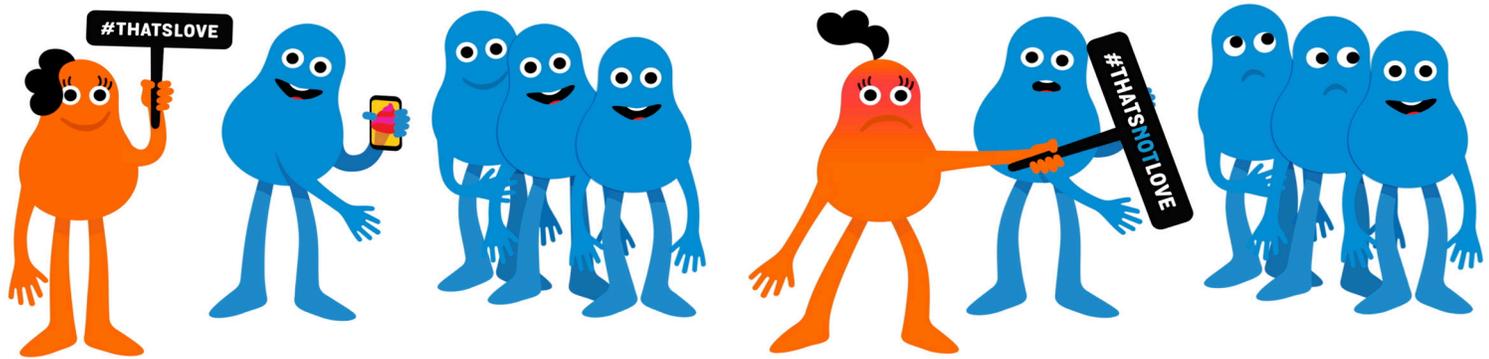
### **What can you do?**

**If it's safe to do, talk in person.** It's easy to say things you might not mean over text or to misinterpret someone's tone and think they are giving you attitude or are mad when they are not. If this is the case, you should talk things out calmly in person.

**Tips for keeping your cool.** How you react in situations that anger or upset you tells a lot about your character. You should treat other people with respect and keep your cool when in a situation that tests your self-control. You can start by thinking about these anger management tips:

- 1. Think before you speak.** It's easy to get carried away in the moment and say something mean. But you should take a few moments to get your thoughts straight before opening your mouth. You don't want to do or say something that you will regret later.
- 2. Listen.** Start by letting them explain their side of the story and try not to interrupt them.
- 3. Once you're calm, express your feelings.** Tell the person how you feel in a nice, calm way and keep your tone friendly. In a healthy relationship or friendship, you are able to talk to a friend or partner without them lashing out at you or taking it too personally.
- 4. Walk away.** Sometimes you need to step away from an argument in order to keep yourself from overreacting. If you feel as though you can't contain your anger or that it is escalating, step away from the situation and take some time to cool down. Go for a walk or simply step out of the room. Return to the situation once you have relaxed.

# 4 DISRESPECT



Someone is showing their friends their partner's foodie pics because they are proud of their partner's cooking skills. Their partner is happy about it.

Someone is showing their friends their partner's booty pics. Their partner finds out and is embarrassed.



## What is disrespect?

Disrespect is treating another person badly. This could come in the form of mind games, put-downs, making fun of someone or—in the case of this example—sharing something private with other people.



## What are other examples?

This Couplet is just one example of disrespect. Others are when someone:

- Pressures you to do something that you are not 100% comfortable with—like hazing, drinking alcohol, trying a drug, stealing or hooking up
- Makes jokes or inappropriate comments about someone
- Spreads rumors or talks about someone behind their back
- Asks you for sexual messages, photos or videos, or sends these things to you
- Shares something private about you with other people online or in person

## Discussion Questions

1. Can you think of a situation where someone was being disrespectful to you or another person? What did that person do or say?
2. How can someone handle peer pressure in a healthy way?
3. Do you think it's okay to share private photos with someone you trust?

## **The point**

**Peer pressure is unhealthy.** Pressuring someone to do anything that they are not 100% comfortable with is not right. Do not pressure someone, ask them again and again until they change their mind, threaten them or make them feel guilty for not wanting to do something. It is important—in any scenario—that both people are completely comfortable. While it might not seem like a big deal to repeatedly ask or guilt someone to do something small, like skip practice or share their lunch with you, pressuring someone over little things makes it seem like peer pressure is okay to do in general, and can lead to peer pressure over bigger, more dangerous things.

While it might be hard not to give in to peer pressure because you want to fit in or be liked, if someone tries to peer pressure you, you should walk away from the situation or be honest about why you don't want to do something. **Know that a good friend or partner will never pressure you to do anything that you don't want to do.**

**Pressuring someone sexually is abuse.** When it comes to hooking up, pressuring someone is considered abuse. Just because someone said "yes" to doing something sexual once, doesn't mean they have to say "yes" the next time. Every time you hook up, you have to ask your partner again and get a super clear "YES!" from them. Also, if someone changes their mind or seems to hold back at any point in the act, you have to respect that, recognize it as a "no!", and stop. If someone doesn't say anything, then that is a "no" too!

If you think that someone is "asking for it," or that they should feel lucky or want to hook up with you, then you are looking at the situation the wrong way. **In a healthy relationship, both people feel totally comfortable with what they do.** Not listening to what someone else wants or feels comfortable with is NEVER okay – everyone deserves to be treated with respect.

**The internet is forever.** Don't share nudes or private photos/videos with anyone! Even if you trust the person who is asking for them, know they will delete them right away or never share them, this is NOT a safe or smart decision to make - not even through Snapchat! Once a picture or video is taken, it never disappears and can live online forever. Sending, receiving or sharing explicit photos of yourself or anyone else under the age of 18 is illegal. Also, once someone has private pictures or videos of you, it can seem like they "own you" or can control you by using them as blackmail. **If someone is pressuring you to do anything that you are uncomfortable with, that is a clear sign of an unhealthy friendship or relationship.**

**Spreading rumors or making you feel left out is betrayal.** If someone is talking about you behind your back or making you feel left out or ganged up on, they are not a good friend. A good friend won't listen to rumors and will always stick by your side. Do your best to ignore this kind of unhealthy behavior and know that other people will notice this person can't be trusted. Likewise, if your partner is saying mean things about you behind your back or cheating on you, that is disrespectful and that is a sign of an unhealthy relationship.



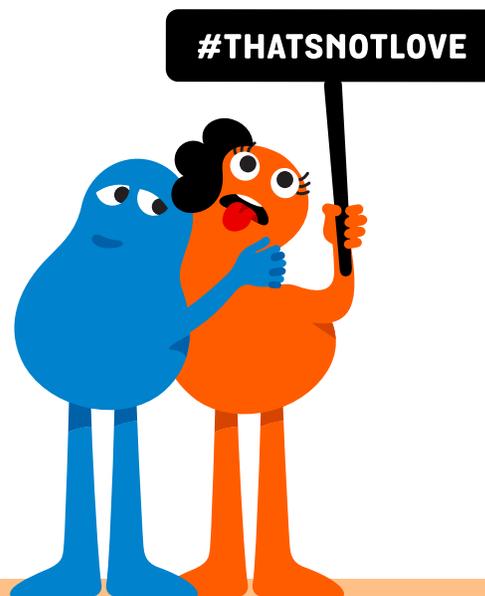
## What can you do?

**Speak up when you see disrespectful behavior.** If someone does or says something disrespectful and you don't say anything to stop them or let them know it's not okay, you are adding to a cycle of disrespect. Speak up and let the person know that they are crossing the line and what they are doing is very disrespectful. Some examples of ways to step up could be to say: "I don't think that's a nice thing to say about someone. Would you like it if someone said or did that to you?" or "Why are you doing that? That's weird!"

**Don't share private things with others.** Don't betray someone's trust by telling others something private. It's not right to expose something personal or share anything that someone intended for only you – doing this will ruin a person's trust.

**Avoid peer pressure with an excuse.** You should only do things that you are 100% okay with. Even if the consequences seem really bad, like the person won't be into you anymore, tell others you are a prude, or stop being your friend—don't let peer pressure get the best of you. If you are ever in a situation where someone is pressuring you, you can lie to create an exit for yourself. **Saying something like, "I have to get home, my Mom is calling" or "I need to use the bathroom" will create an opportunity to get away or get help.** Do not be embarrassed or scared to get help if you need to—you never have to do anything that you are uncomfortable with.

**Report any kind of abuse to an adult.** If someone has pressured you into doing something that you are not comfortable with sexually or gotten physically violent with you, you should tell a trusted adult because that is abuse. While you might be embarrassed, scared, feel like you sent someone mixed signals or that you caused it, you should know that what has happened is NOT your fault.



# GUILT



A couple is talking about how they would be sad if they broke up.

One person is telling their partner that they would be depressed if they broke up and suggests that they would harm themselves.



## What is guilt?

Guilt is when someone makes another person feel bad in order to get them to do something or have the upper hand over them.



## What are other examples?

This Couplet is just one example of guilt. Other examples are when someone:

- Makes you feel like they will fail if you don't let them cheat off you or do their homework for them
- Makes you feel bad for having other friends or doing activities without them
- Tells you that other people won't like you or be your friend
- Makes you feel bad for being really good at a sport or activity
- Says that they will hurt themselves, "you're my only friend," or that they "can't live without you" to make you feel responsible for them

## Discussion Questions

1. Can you think of a time when someone made you feel guilty for not doing what they wanted you to do?
2. What can you do if someone is making you feel this way or if you see this happening to a friend?

## **The point**

**Guilt-tripping someone is manipulation.** If someone is making you feel like no one else will like you, be your friend or treat you nicely, that is a sign of an unhealthy friendship or relationship. If someone is doing this to you, know that it is because they are trying to control you. Good friends and partners will want only the best for you and they will always make you feel special and lovable.

Also, if a partner is making you feel bad about breaking up with them or threatening to harm you/ others, then that is a sign of an abusive relationship. Breaking up with someone is never easy, but you should both know that it will be okay in time. It is natural to be scared about losing someone you really care about, but if someone is threatening to hurt you or themselves that is very serious.

**It is not your responsibility to save another person and you should seek help from an adult if this happens.**

### **What can you do?**

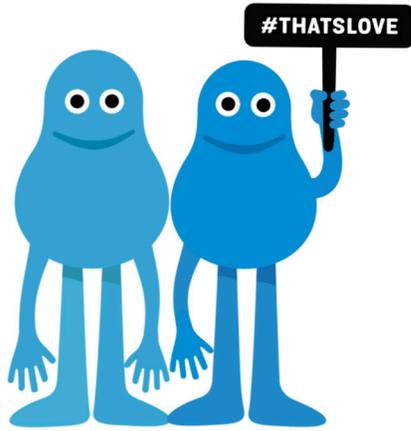
**Set boundaries.** The best way to handle a guilt-trip is to set boundaries for the person who is making you feel guilty. Below are some steps to help you talk about it. If someone guiltys you:

1. Start by explaining that you understand your friend's point of view.
2. Explain that they are making you feel unhappy.
3. Let them know that if they keep behaving this way, it can ruin the friendship or relationship, which is not something that either of you want.
4. Show them how instead of making you feel bad, they can be clear with what they want. For example, saying "If you don't hang out with me Friday, I'll be all by myself" is unhealthy and uses guilt. But saying, "I would really like it if we hung out on Friday. We can watch that new movie that came out!" is making a clear ask in a healthy way.
5. Ask them to respect your wishes even if it is not what they want. If they care about you, they should understand your point of view.

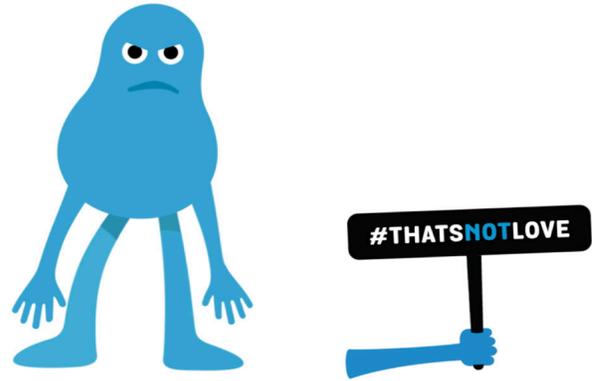
**If someone is making threats, get help before someone gets hurt.** If you think someone is in danger of harming you, themselves or others, you should seek help right away. Tell a teacher, counselor, faculty member, or parent about the situation. This is very serious and it's important to get help from an adult so that no one gets hurt.



# 6 CONTROL



A couple is holding hands when one of them mentions they have to get to class. Their partner understands and is nice about it.



A couple is holding hands when one of them mentions they have to get to class. Their partner won't let go of their hand.



## What is control?

Control is having power or influence over someone or something. Controlling behavior can appear in any type of relationship. **If you're in a controlling relationship or friendship, you will feel like your freedom is gone.**



## What are other examples?

This Couplet is just one example of control. Others are when someone:

- **Tells you what to do, like what you can wear, who you can talk to, who to be friends with or forces you to do anything you don't want to do**
- Demands that you always respond to them right away when they text you
- **Threatens to tell a teacher or parent on you in order to get you to do something that they want**
- Takes your stuff—like food, money or school supplies—or always expects you to share everything with them
- “Reminds” you that certain foods make you fat or that certain clothes don't look good on you
- Kicks or leaves you out of a group chat

## Discussion Questions

1. Was there ever a time when a friendship or relationship felt unbalanced or one-sided, like the other person was calling all the shots? What made you feel this way?
2. What should someone do if they are being told what they can or cannot do?

### ➔ The point

**Healthy relationships are about shared levels of comfort.** Some people like to text all day, every day. Others don't like to text a lot. People are comfortable with different things, and in healthy relationships, your friend or partner will respect what you are comfortable with. In an unhealthy relationship, they will ignore your feelings and try to be in control of the relationship.

**If someone is calling all the shots or telling you what to do, that's control.** No one has a right to tell you what you can do or how you should look. What you look like and what you do is entirely up to you. And if someone is making you feel like they won't be your friend or they will tell others mean things about you to get you to listen to them, that's an unhealthy relationship and you should not be friends with that person.

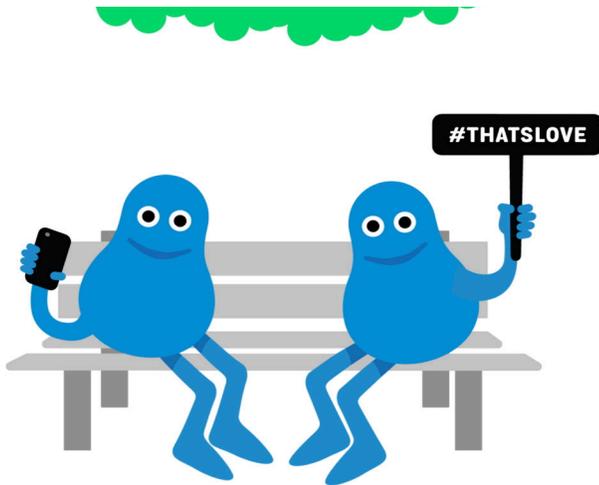
If you feel that someone is demanding to know where you are, doesn't want you to be friends with certain people or makes you feel like you "owe" them information about what you are doing or why, those are signs of an unhealthy relationship. In healthy relationships, people feel free and not pressured by their partner or friend. No matter the reason, if you feel like someone is trying to call all the shots around you, that is abuse.

### What can you do?

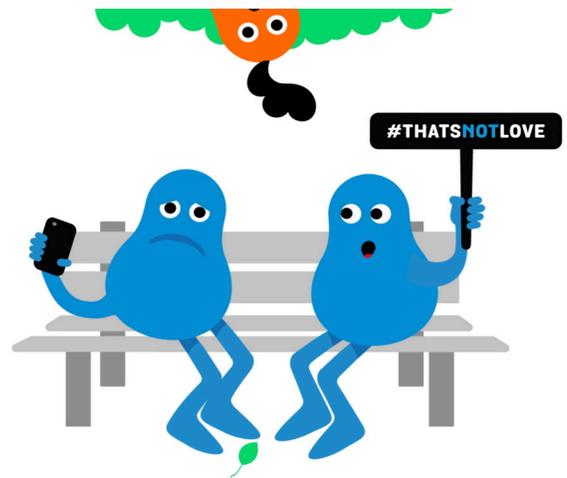
**A good friend or partner will make you feel good about yourself, not try to dominate you.** If you find that a friend or partner is trying to control you by setting up rules about how you should act, what you should look like or what you can do, then that is an unhealthy friendship or relationship and you should think about whether or not that person is worth keeping around. There are lots of other people who can make you feel happy, loved and great for being you!



# W OBSESSION



A person is pumped that their crush is following them on Instagram! A defining moment in any relationship, TBH.



A person is kinda scared because someone is following them everywhere.



## What is obsession?

Obsession is when someone is constantly thinking or worrying about something or someone. Usually this feeling will take over a person and get in the way of them thinking about or doing other things.



## What are other examples?

This Couplet is just one example of obsession. Others are when someone:

- Texts you like, ALL THE TIME and makes you feel uncomfortable or unsafe
- Always likes posts or watches stories that you put online
- Creeps on or stalks you or someone else's social media
- Always questions what you're doing and who you're with
- Shows up at places where you are without you inviting them



## Discussion Questions

1. Have you ever felt the need to know where a friend or partner was all the time? Why did you want to know this information?
2. How can someone obsessing over you be a positive or negative thing? What can you do if this starts to happen to a friend?
3. Sometimes people obsess over others because of jealousy. How can someone handle their jealousy in a healthy way?

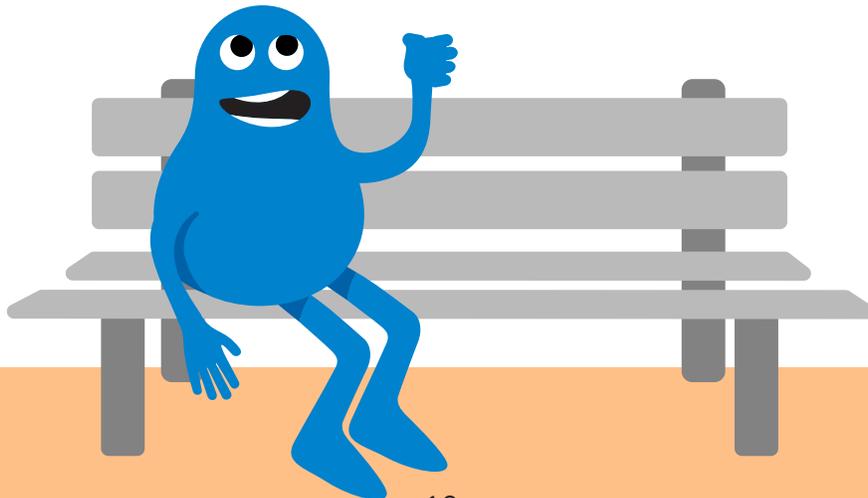
### The point

**Obsessing over other people is unhealthy.** Checking a friend's or crush's Snapchat, Instagram, etc. every once in a while is totally okay. But when you start to creep on another person all the time, checking what they're up to and who they're with, that's not healthy. You shouldn't go out of your way to keep tabs on another person. Obsessing over other people—online or off—is unhealthy, and it's important for you to maintain a life outside of this person.

**Jealousy can become unhealthy.** Jealousy is an emotion that everyone experiences from time to time. But it becomes unhealthy if you find yourself lashing out or trying to control someone because of it. It's important to understand why you're feeling jealous of another person and take steps to ease your feelings.

**Stalking is abuse.** If someone is making you feel uncomfortable and you think they're following you everywhere, whether it's online or in person, that is not okay and you should tell an adult.

On the other hand, if you like someone or want to be their friend, allow the relationship to happen naturally. Don't go out of your way to talk to and see them all the time. That is considered stalking and that is abuse.



## What can you do?

**Are you jealous of your boyfriend or girlfriend?** If you are jealous of a partner, it may be because you don't trust them, are afraid of losing them or feel insecure about your relationship. Whatever the reason is, it is important that you do not lash out or try to control your partner because of your jealousy. That will ruin the relationship. Your jealousy is not your partner's fault. Instead of focusing on your jealous feelings, work on building **your** trust in your partner and consider spending time on hobbies or activities you enjoy outside of your relationship. If you feel that jealousy is getting in the way of your relationship, then you should seek help from an adult and understand that being in this relationship may not be best for you and your partner.

**Are you jealous of a friend?** It is natural to feel a little jealous of a friend or your peers every so often. You may be jealous of their swag, afraid that you will lose them as a friend or think that they are cooler than you. Know that your friend is your buddy for a reason and you should not be afraid to lose them to other people. You should also want what is best for your friend and being jealous of what they have or who they are is not healthy. Instead of being envious, focus on what makes you special as a person and the positives in your own life.

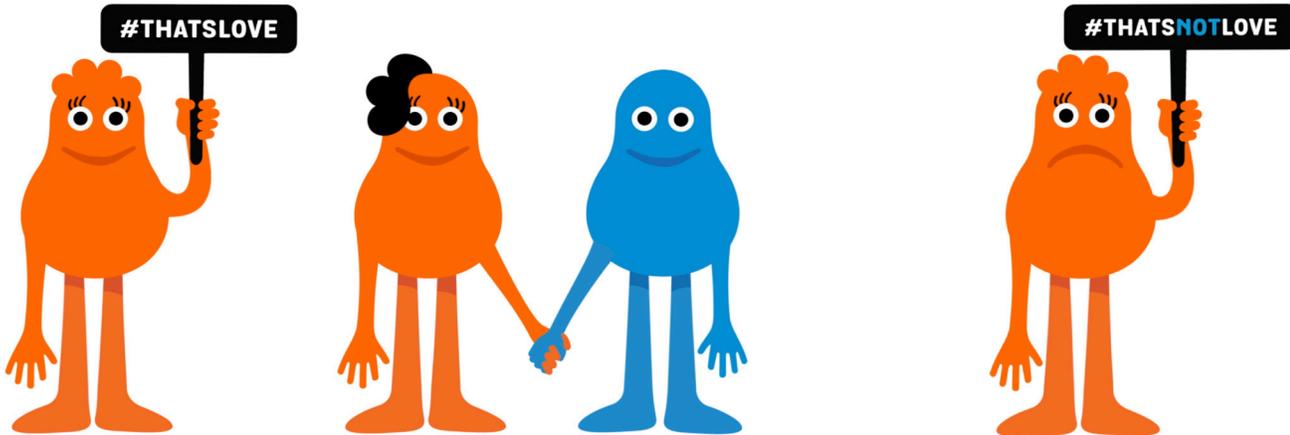
**Are you jealous of someone on social media?** Sometimes social media will make us feel as though our life isn't as great as someone else's. If you are feeling this way, remind yourself that just because someone's life looks really great on the 'Gram or Snapchat, that doesn't mean that it is perfect. No one's life is perfect. You should also take a break from social media. Yes, put your phone down for a few hours! Instead of focusing on other people or comparing your life to theirs, making you feel less than them, do something that makes you happy like hanging with friends, going somewhere new, or trying a new hobby!

**Let others know when they cross the line.** If you see a friend or someone you know stalking someone else, give that person the message that they are crossing the line. If you think someone's actions or words feel weird or like they are "too much," it's likely that others feel uncomfortable as well. Be the leader in saying something to call that person out and establish boundaries by talking to them about what they said one-on-one. Something as simple as, "You were acting too thirsty" or "Please stop creeping, it makes me uncomfortable" can help the person understand that they are being too obsessive.

Also, if you are obsessing over someone else, you should know that this is not healthy for you. Instead of focusing on their life, you should try to do things that can improve your own life. Start a new book or sport, take up a new hobby or craft, watch a make-up tutorial, get some homework done. By improving your own skills, you will build your self-esteem. No one is perfect, so get to know the person better before jumping to this conclusion.

**Block people who make you feel uncomfortable.** If someone is stalking you or a friend, or making you feel afraid, you should block them on social media. Sometimes people who are obsessive are also dangerous, so cutting off all contact with them and telling an adult is the best thing you can do.

# 8 ISOLATION



Someone asks their friend to hang out. The friend says they can't because they have Monday Funday plans with their partner.

Someone asks their friend to hang out. The friend can't make time for them because they are always with their partner.



## What is isolation?

Isolation is when someone is being separated or kept away from other people. Isolation in a relationship happens when someone wants you all to themselves and doesn't like to share you.



## What are other examples?

This Couplet is just one example of isolation. Others are when someone:

- Gets jealous when you make new friends
- Makes you sit with them alone at lunch
- Asks you to skip class, practice or any other activity to hang out with them
- Makes you feel like your parents or family don't care about you
- Doesn't like you texting other people



## Discussion Questions

1. Has anyone ever asked you to stop talking to or being friends with other people? How can you handle this in a healthy way?
2. Has a friend ever slowly stopped hanging out with you for their partner? How often should people who are dating see one another? What can you do if you feel like a friend is spending all their time with another friend or their partner?
3. Sometimes, social media, music and TV make it seem like unhealthy behaviors are okay to do. Can you think of an example of an unhealthy behavior in a song, TV show or movie?

### ➔ The point

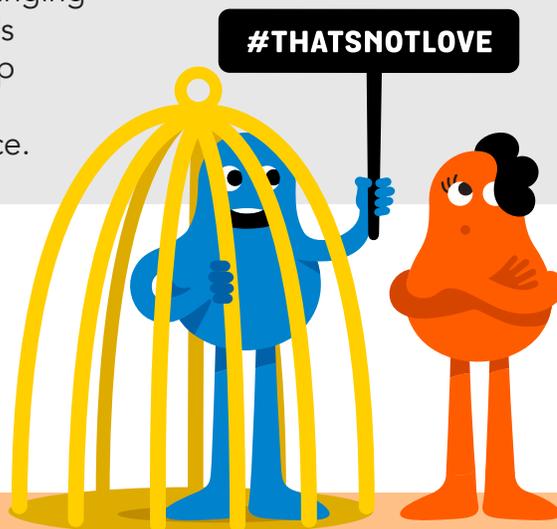
**If they want you all to themselves, that's unhealthy.** In a healthy relationship or friendship, your friend or partner will want you have other friends. They will be happy when you spend time on things you like, like being with family or going to soccer practice.

**If you are being isolated, talk to an adult about it.** It's important to recognize when a friendship or relationship is pulling you away from other people who are close to you. Feeling isolated is a sign that someone is trying to control you and that is unhealthy, so if you feel that this may be happening, you should talk to a parent or adult about it.

**What we see on social media, in the movies or hear in music isn't always the best example of a healthy relationship.** There is a difference between healthy passion and unhealthy passion. Healthy passion feels good and makes you happy. Unhealthy passion feels confusing and scary. In real life, people in healthy relationships balance their emotions with respect for what the other person is feeling too.

### What can you do?

**If your friend is spending all their time with their partner, say something.** If you or a friend are being isolated from others, you should do something about it. Help your friend understand that they are allowed to have their own life without their partner. It's okay for them to turn off their phone or take a break from hanging out. They should try to spend more time with friends and family, and less with the person who is taking up all their time. Likewise, if you are being pulled away from family and friends, you should follow this advice.



# APPENDIX

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- 1 Social media take-away points**
- 2 Talking to parents**
- 3 Lesson plan**
- 4 Student follow along worksheet**

# SOCIAL MEDIA & BEYOND

## TAKE-AWAY POINTS

### **one:** Social media isn't real life.

It's easy for anyone to get caught up with what they see on social media, but you should remember that social media is not real life. What people put on social media is usually only the best parts of their life—the cool trips, the material things, the best photos of themselves, their friends, or their relationship. Life is not always perfect so don't use social media to judge what your life should be like.

### **two:** Be careful what you do because it's permanent.

You may think that what you share on social or through text can be kept private, but that's not the case. What goes on social media or what you say and send through text is permanent. Once you release it, it will never be private again. Keep this in mind and don't share anything that you wouldn't want everyone seeing.

### **three:** Keep a healthy balance online.

It's easy to get addicted to social media, but be mindful of how much time you spend on it. While social media is a great way to see what other people are up to and connect with friends, it also takes time away from other activities. Time is special and spending too much time on social media is a waste of your time!

### **four:** Use privacy settings.

Make sure your privacy settings are turned on so that people outside of your friend group or network don't have access to things you post. Even if you think that you have privacy settings turned on, it's good to double check them every now and then since the terms of use or privacy policy change often. Also, make sure that your location settings are off and never visible to the general public.

### **five:** Media isn't always the best picture of a healthy relationship.

There is a difference between healthy passion and unhealthy passion. Healthy passion feels good and makes you happy. Unhealthy passion feels confusing and scary. Even though movies and TV shows often show examples of unhealthy passion, in real life, people in healthy relationships balance their emotions with respect for what the other person is feeling too.

### **six:** Sending and sharing explicit photos or videos is illegal.

Sending, receiving or sharing nudes of yourself or someone else is never okay. It's illegal to send or have explicit photos of anyone under the age of 18.



# TALKING TO PARENTS

## How can an adult or parent help?

If you ever feel like a situation is out of your control or you don't know what to do to fix it, you can talk to a parent or trusted adult about it. Here are some tips to show how parents or an adult can help.



### ALWAYS trust your gut!

If your gut tells you "something is a little bit off" about a person, don't ignore it! Take some time to think about it and don't be afraid to ask friends, family, teachers or counselors for their opinion or help. If you are sad, unhappy or not feeling great about a friend or partner and you don't feel comfortable talking to that person about it, that is a sign that your friendship or relationship is unhealthy and you should get help. Adults can give you advice and help you remove yourself from the unhealthy situation.



### Blocking on social media.

If someone is stalking you or a friend, or making you feel uncomfortable, you should block them on social media. Sometimes people who are obsessive are also dangerous, so cutting off all contact with them and telling an adult is the best thing you can do.



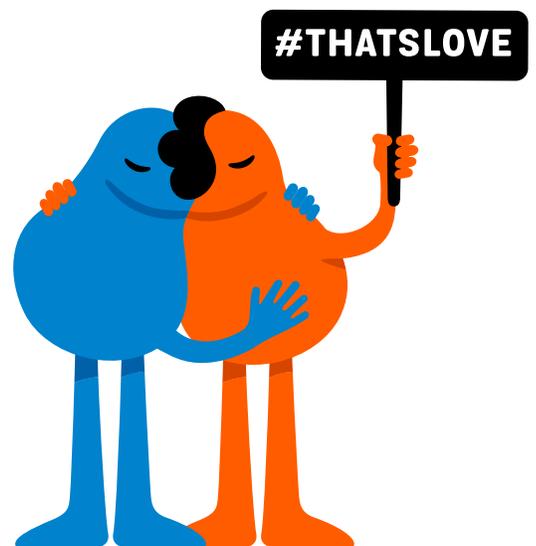
### Safety planning.

**If someone scares you.** If you are afraid to talk to someone about a problem, then that is a sign of an unhealthy relationship or friendship. If you feel this way, you should talk to a trusted adult who can help. It is likely that the person needs professional help or counseling if they are consistently behaving in a manner that scares, intimidates or makes other people feel uncomfortable. Remember, it is not your job to fix someone who is abusive.

### When ending a relationship, make a safety plan.

A safety plan is a plan to keep yourself out of dangerous situations. If you're afraid of someone or think that a breakup would "push someone over the edge," that's a sign that you may be in danger and that you should make a safety plan. It's never a good idea to breakup in the moment because the most dangerous time in any abusive relationship is after a breakup.

For more resources, check out: [www.joinonelove.org](http://www.joinonelove.org)



# LESSON PLAN for Grades 6-8

## Differentiating Healthy & Unhealthy Friendship Behaviors

### Big Idea

Using the **Couplets** videos from One Love's #That'sNotLove campaign, students will understand the difference between healthy and unhealthy friendships and relationships.

### Learning Objectives

The objectives of this discussion guide are:

1. To help young people understand the differences between healthy and unhealthy friendships and relationships.
2. To provide a framework for young people to talk about healthy and unhealthy behaviors that they may experience in their own lives.
3. To strengthen and enhance current friendships and/or relationships among young people by teaching them how to address unhealthy behaviors.

High-achievement goal:

4. Inspire students to get involved in One Love's greater movement to end relationship abuse.

### Core Social Emotional Learning (SEL) Competencies

#### Self-Awareness

The ability to accurately recognize one's own emotions, thoughts, and values, and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a wellgrounded sense of confidence, optimism, and a "growth mindset."

#### Self-Management

The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations—effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

#### Social Awareness

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.

#### Relationship Skills

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

#### Responsible Decision Making

The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the wellbeing of oneself and others.

Source: <http://www.casel.org/core-competencies>

## Introduction

Before starting off, we strongly recommend giving an introduction for the students which covers the following:

- 1. Necessary Intro:** Before going through each of the chapters, you should remind students that anyone who feels uncomfortable with the material that you are covering has the option to be excused at any point during the lesson to seek the school counselor. While the material covered in the discussion guide is relatively mild in nature, it can still be triggering for some students.
- 2. Statement of Inclusivity:** “The videos we are going to watch today show healthy and unhealthy relationships. Every person deserves a healthy relationship. But unfortunately, unhealthy relationships can happen to anyone. They can happen to boys and girls, they can happen to people your age or your parents’ age. They can happen whether you like people of your gender or the opposite gender. You can be someone who uses a wheel chair for mobility or not. You can be of any religion or have any color skin. You can come from a family who has a lot or who has very little.”
- 3. About One Love + This Lesson:** “One Love is a charity that was created in 2010 after Yeadley Love, a college student at the University of Virginia, was killed by her ex-boyfriend. After she was killed, Yeadley’s friends and family were surprised to learn that she was in an abusive relationship and that no one had been able to see the warning signs. Her family started One Love to teach others about the warning signs of relationship abuse.

Relationship abuse, is hurting—with actions or words—or controlling another person. Hurting or controlling other people is never okay to do, no matter what the reason. Relationship abuse is a very big problem in our society.

Option: Ask one-third of the classroom to stand up before stating this statistic to help students understand the magnitude.

1 out of every 3 girls will be in an abusive relationship at some point in their lives, and so will 1 out of every 4 guys. That is a lot of people! Relationship abuse starts with unhealthy behavior, so that is why it’s important to learn the difference between unhealthy and healthy behaviors – so that you can spot unhealthy behavior and stop it before the friendship or relationship becomes abusive.

Throughout the lesson and in the Couplet videos, we use the phrases 'That’s Not Love' and 'That’s Love.' We use 'That’s Not Love' to show when a behavior or situation is unhealthy and we say, 'That’s Love' when a behavior is healthy.'”

## Lesson Plan

This discussion guide includes two lesson plans that you can choose between:

- 1.) one chapter a day with your class (11-27 minutes each day) or
- 2.) dividing the chapters over the course of two nonconsecutive class periods (46-67 minutes each day)

Due to the length of the content, we do not recommend going through the entire lesson in one class period. Note that you may go through the chapters in whichever order you prefer.

## Lesson plan for one chapter a day

This lesson plan provides detailed instructions on implementation for one chapter of the Couplets Discussion Guide each day.

**Step 1:** Write the name of the behavior you will be discussing with the class somewhere on the front board. Each day before starting a new chapter, add another behavior name to the list.

**Prior to class**

Example:	Intensity	Put-downs
	Anger	Disrespect
	Guilt	Control
	Obsession	Isolation

**Step 2:** Distribute the student follow along worksheet to your class. Play the video associated with the Couplets Discussion Guide chapter from One Love's website [www.joinonelove.org/couplets](http://www.joinonelove.org/couplets). For instance, for the first chapter, Intensity, play the video on the website titled, "Intensity." We recommend playing each video two to three times.

**1 minute**

NOTE: If your school does not permit access to YouTube or social media, you will need to email the One Love Foundation at [info@joinonelove.org](mailto:info@joinonelove.org) so that we can provide another link to the Couplet videos.

**Step 3:** Reinforce the behavior by asking students to describe what they watched or asking them to define the behavior shown.

**1 minute**

**Step 4:** Ask the students for other examples of this behavior. If they are having trouble identifying examples or do not share any, pick 2-4 examples from the list under "What are other examples?" that you feel best relate to your class and share those with the students.

**2 minutes**

**Step 5:** One by one, ask the students the discussion questions listed under "Discussion Questions" and allow them to respond. As the students answer the questions, they may touch on the learning points listed beneath "The point." If they do not naturally touch on these learning points, walk through them with the class. The most important content from each point is bolded.

**6 minutes**

If you so choose, you can break the class out into smaller groups of about 5-6 students so that they are more apt to participate in the discussion.

**Step 6:** Read through the "What can you do?" section. This portion of the lesson will help the students understand what they can do if they experience or exhibit the unhealthy behavior that is the focal point of the chapter.

**1-2 minutes**

**Step 7:** Complete one of the optional student practice pieces at the end of each chapter. This portion of the lesson will reinforce the learning points of the chapter and allow students to demonstrate their understanding of the material.

**10-15 minutes**

## Lesson plan for nonconsecutive class periods

This lesson plan provides detailed instructions for implementation of the Couplets Discussion Guide across two nonconsecutive class periods or after-school sessions.

**Step 1:** Write the names of all eight behaviors somewhere on the front board of your classroom in the order that you plan to go through them.

**Prior to class**

Example:	Intensity	Put-downs
	Anger	Disrespect
	Guilt	Control
	Obsession	Isolation

**Step 2:** Distribute the student follow along worksheet to your class. Play the video associated with the Couplets Discussion Guide chapter from One Love's website [www.joinonelove.org/couplets](http://www.joinonelove.org/couplets). For instance, for the first chapter, Intensity, play the video on the website titled, "Intensity." We recommend playing each video two to three times.

**1 minute**

NOTE: If your school does not permit access to YouTube or social media, you will need to email the One Love Foundation at [info@joinonelove.org](mailto:info@joinonelove.org) so that we can provide another link to the Couplet videos.

**Step 3:** Reinforce the behavior by asking students to describe what they watched or asking them to define the behavior shown.

**1 minute**

**Step 4:** Ask the students for other examples of this behavior. If they are having trouble identifying examples or do not share any, pick 2-4 examples from the list under "What are other examples?" that you feel best relate to your class and share those with the students.

**2 minutes**

**Step 5:** One by one, ask the students the discussion questions listed under "Discussion Questions" and allow them to respond. As the students answer the questions, they may touch on the learning points listed beneath "The point." If they do not naturally touch on these learning points, walk through them with the class. The most important content from each point is bolded.

**6 minutes**

If you so choose, you can break the class out into smaller groups of about 5-6 students so that they are more apt to participate in the discussion.

**Step 6:** Read through the "What can you do?" section. This portion of the lesson will help the students understand what they can do if they experience or exhibit the unhealthy behavior that is the focal point of the chapter.

**1-2 minutes**

**Step 7:** Follow steps 1-6 for three more chapters. At the end of each class period, allow 10-15 minutes to complete one of the student practice pieces.

**35-40 minutes**

**Step 8:** Complete one of the optional student practice pieces at the end of each class. This portion of the lesson will reinforce the learning points of the chapter and allow students to demonstrate their understanding of the material. Repeat this lesson plan during the second class period.

**10-15 minutes**



# THE COUPLETS

## Student Follow Along

As we go through each chapter, write down your favorite thing that you learned about each behavior.

**1 Intensity**

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**2 Put-downs**

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**3 Anger**

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**4 Disrespect**

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**5 Guilt**

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**6 Control**

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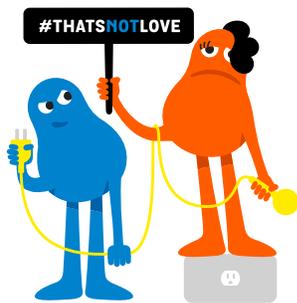
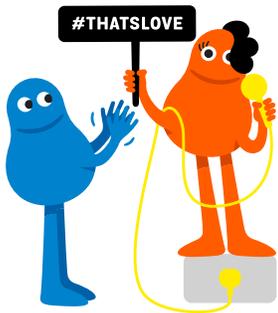
**7 Obsession**

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**8 Isolation**

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Below are two situations of showing a healthy and unhealthy friendship. Create your own #ThatsLove and #ThatsNotLove explanations for each one.



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Now that you've completed the Couplets workshop, you can tell us what you think!  
Just visit: [joinonlove.org/feedback](https://joinonlove.org/feedback)

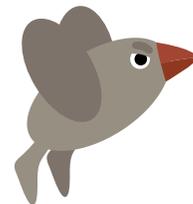
## **Meet the Authors**

Katie Hood, MBA One Love Foundation

Serena Sidawi, BS One Love Foundation

April Wright, BA One Love Foundation

With special help from Gail Patin, Hubbard House, Inc.



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