

# COUPLETS



**Healthy and Unhealthy Relationship Curriculum**

[JoinoneLove.org](http://JoinoneLove.org)



# HELLO!

Thank you for joining us in teaching 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 using this discussion guide, you can start important conversations with the young people in your life 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 Yeardeley 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.

When she was killed by her ex-boyfriend, Yeardeley's friends and family were shocked to learn that she had been in an abusive relationship. Today, One Love exists for one reason: Yeardeley was killed and her death was avoidable, if anyone, including her, had recognized the signs of abuse. One Love works to ensure that everyone has the information about healthy and unhealthy behaviors that Yeardeley and those around her did not. Most people do not realize how widespread this issue is. In fact, 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 people at a young age about the warning signs of unhealthy relationships, we can be a part of the solution that saves lives.

All of the work we do at the One Love Foundation celebrates and honors the positive spirit and kindness that Yeardeley personified. We are committed not only to honoring Yeardeley's memory, but also ensuring that everyone has the healthy relationship that they deserve. Our work is rooted in our honest belief that relationship abuse is an epidemic that can be stopped when young people are educated and empowered to affect change in their communities.

Our journey as an organization started with educating young people about the elements of unhealthy relationships. As the work grew, we began to hear more questions from teachers and students alike asking how can I make my relationship healthier. Thus the #LoveBetter campaign was designed to answer this question. In a world dominated by stories of how we're not treating each other well, #LoveBetter will help us focus on how we can build a healthier world by focusing on the quality and health of our own relationships. This guide includes questions to help participants identify signs of an abusive relationship, but also explore and discuss ways to have healthy relationships.

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

<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

## How to use this guide

### Before You Begin

Before you begin your discussion, read aloud the following statement to all participants. While the material covered in the discussion guide is relatively mild in nature, it can still be triggering for some students. Remind participants 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 a counselor.

### Trigger Warning

"The videos we are about to watch may bother or upset some people -- if you feel uncomfortable at any point, you have the option to excuse yourself from the room and seek help from a counselor. Abuse is an issue that is prevalent amongst all types of friendships and relationships, no matter your gender, sexuality, class, ability, religion or race. Also, relationship abuse can happen in many different types of relationships, whether it's someone you just met, are dating, talking to, hooking up with or official with."

### Review Video and Materials

This guide was designed to accompany The One Love Foundations' 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.

### Share Feedback with One Love

Evaluation is very important to us here at One Love. After watching the video and completing this discussion, please have each workshop participant visit [www.joinonelove.org/feedback](http://www.joinonelove.org/feedback) to quickly provide feedback and learn more about getting involved.

After this discussion, you must notify the One Love Foundation of its completion as well as key pieces of information such as where it was, who was invited, and how many folks were in attendance. This information helps One Love understand its impact and continue offering best in class programming and content. You should also fill out this survey to tell us how the experience was for you as a facilitator: <https://www.surveymonkey.com/r/TNLFacilitator>

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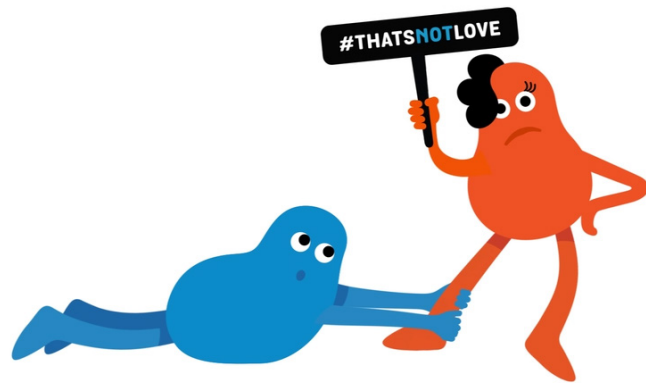
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# INTENSITY

## Intensity vs. Independence



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 do you think of this behavior? What is the difference between the two examples that you just saw?**



### The Point

**Unhealthy Behavior:** Intensity is having or showing really strong feelings or opinions in a way that oversteps the other person's comfort level. Taking things to an extreme with over-the-top behavior that feels like too much. This Couplet is just one example of intensity. Other examples are when someone:

- Rushes the pace of a friendship or relationship.
- Wants you to spend all of your time with them and wants 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.

**Healthy Behavior:** Independence is having space and freedom in your relationship or friendship to be yourself. Examples are when your partner or friend supports you having friends and a life outside of that relationship and not needing to be attached at the hip or know every little detail about your life. You and your partner or friend allow the relationship

to happen at a pace that feels comfortable for both of you. Some examples of independence are when someone:

- Is happy that you have other friends outside of your relationship or friendship.
- Understands if you can't hang out with them because of practice or homework.
- Doesn't make you feel like you need to check with them first before making plans.



## How can you ensure that you have independence in your friendship or relationship?



### 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 at an uncomfortable pace for either person within the friendship or relationship is a sign that it's unhealthy.

**Be kind to others, but never at the expense of your own boundaries.** While you should always be kind to others, there are times when you might need to put your foot down. If you don't feel comfortable hanging out by a friend's house after school or don't want to go to the mall with your partner, that is okay! You are not a mean person for not wanting these things, and you should never feel like you have to say yes to avoid hurting their feelings. You should only do what you are comfortable with and you can nicely break the news to your friend or partner that you are not interested.



## What should you do if someone is behaving intensely toward you?



### The Point

**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 comfort levels 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 them, talk or text 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.

- Sit down with them one-on-one in a public setting or where an adult or trusted friend 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. For example, during recess or lunch, or at your favorite ice cream shop!
- Tell them that you appreciate their friendship or relationship and do enjoy spending time with them.
- 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 totally doesn't understand and continues to act intensely toward you, it's okay to break the friendship off. You don't have to sacrifice your happiness and well-being if the relationship or friendship doesn't get better. Talk to another friend, a teacher, or a trusted adult about how to approach the conversation if you need advice.

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

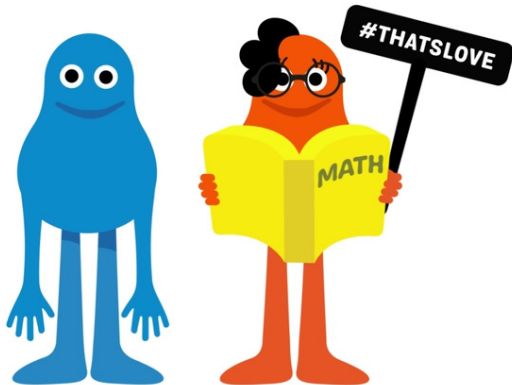
## Bring it to Life

Put up signs to create a scale in your classroom with Healthy on the right and Unhealthy on the left. In the middle place a sign marked "Unsure/It Depends." Read out one of the healthy or unhealthy behavior examples not covered in the discussion, have the students decide if that behavior is healthy or unhealthy and move to the area that corresponds to their belief. Allow a few students to share why they deem that behavior healthy or unhealthy. If they change their mind for any reason they are free to move to a different section during the conversation.

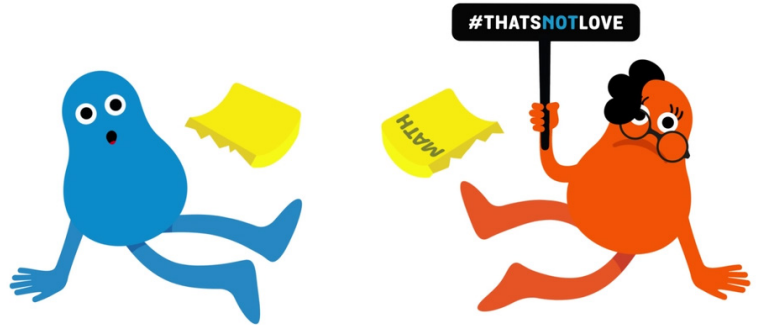
- Your friend wants you to spend all of your time with them and tries to get you to do everything together.
- Your partner understands that you might not talk to him until tomorrow if you have a hard homework assignment.
- Your friend wants to always be connected to you, like always texting or trying to keep a Snapchat streak.
- Your partner wants to move too fast with physical affection.
- Likes things you posted a long time ago or watches every single one of your stories.

# PUT-DOWNS

## Put-downs vs. Respect



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? What is respect?



#### The Point

A put-down is when someone calls you a name, belittles, embarrasses, bullies or makes you feel anything less than awesome - which you totally are. Respect is when a person admires the good qualities and abilities about you and shares it freely.

**Unhealthy Behavior:** 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 either in person or through social media and/or texting.
- 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.
- Leaves you degrading or mean comments or messages on Instagram, Musical.ly, Snapchat, House Party or Facebook.



**Healthy Behavior:** If respect is present in your friendship or relationship, that person will value your beliefs, opinions and who you are as a person. Examples are when someone:

- Compliments you and says nice things about you.
- Supports your hard work and dreams.
- Doesn't try to push or overstep your boundaries.
- Sticks up for you.
- Helps you to try new things even when you are nervous.



## How can put-downs be harmful?



### The Point

**Abuse is not just physical, 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. Occasionally, 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.

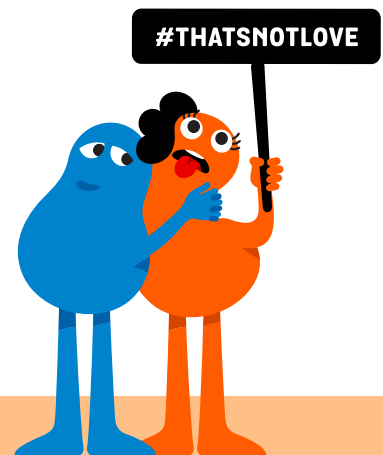
**Emotional abuse can have a harmful impact on how others feel about themselves.**

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 shouldn't 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 it too.

**It's okay to stop being friends with someone who doesn't treat you with respect.**

If you tell your friend or partner that you don't think their put-downs are funny or nice, and they continue making you feel bad about yourself, it's okay to walk away from that relationship or friendship.





## What does it mean to respect your partner or friend?



### The Point

**If respect is present in your friendship or relationship, that person will value your beliefs, opinions and who you are as a person.** Examples are complimenting you, supporting your hard work and dreams, not trying to push or overstep your boundaries, and trying to see your point of view, even if theirs is different.

**In your relationship or friendship, you should never question if you are respected.**

Respect should always be present in your relationships - from you and the other people involved. If someone is disrespectful of your personal beliefs and boundaries, that is a sign of emotional abuse.



## What can you do if you experience put-downs? Remember, put-downs can come from friends and partners, too!



### The Point

**What to 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 directly 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.

**What to do 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 help from a friend, 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. If bullying happens once, it will most likely happen again. Speaking up about bullying is the RIGHT thing to do, and standing up for what is right starts with you.

**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.

## Bring it to Life

Discuss the following scenario in small groups, and then have each group share out loud what they discussed: Darryl and Riley are friends in the 8th grade. They have been friends since they joined the school band. Some classmates have started talking and making fun of the way Darryl dresses. How can Riley talk to Darryl? Should Riley talk to Darryl? What would you do in this situation?

# ANGER

## Anger vs. Communication



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? What can you do if someone acts in an angry way toward you? What does healthy communication look like?**



### The Point

**Unhealthy Behavior:** 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. 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.

**Healthy Behavior:** Healthy communication means that you can talk to your partner about anything—the good and the bad—without them getting angry or upset with you. Examples are when:

- You feel like your partner will listen to you when you need to talk.
- They don't make you feel silly or ashamed when you try to talk to them.

- You feel like your partner will listen to you when you need to talk.
- You don't feel judged for your words or opinions.
- You take a step back from the situation when you feel yourself getting heated. Even a simple "Hey, this is important and I want to talk about it, but I'm feeling pretty angry right now. Maybe we can talk tomorrow?" can make a big difference.



**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?**



### **The Point**

**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 or 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. Volatility or mood swings are big red flags for abuse. Unhealthy conflict is never just a "rough patch." If abuse happens once, it most likely will happen again.

**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. If they want to get help or change, they need to do it for themselves. It is not your responsibility to save the other person.

**If you have a friend who is displaying unhealthy behaviors to another person, talk to them.** Be creative and come up with a code word. If your friend starts to get angry, you can use it to help remind them to take a deep breath.



**How can people handle emotions like anger or frustration in a healthy way? How can you communicate healthily?**



### **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 is upsetting you and your friend or partner will listen and work with you to find a compromise or new agreement. With unhealthy fights, the person will not hear out your side of the argument and will get angry or defensive 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.

**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. If it's not safe to talk in person, consider calling that person over the phone or having an adult sit with you while you have the conversation. Remember to trust your gut about this stuff. If for any reason you feel uncomfortable and not completely at ease around a person, or have a funny feeling, that's probably a red flag that the relationship is unhealthy.

**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 speaking. 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.
- 5. Make a safety plan if you feel like you might be in danger.** Walking away is a great way to calm a tense situation, but just know that the most dangerous time in an unhealthy relationship is during and after a break up. Because of this, you should create a safety plan to keep yourself safe. Talk to a trusted adult if you've ever felt unsafe around a person and they can help you create this plan.

## Bring it to Life

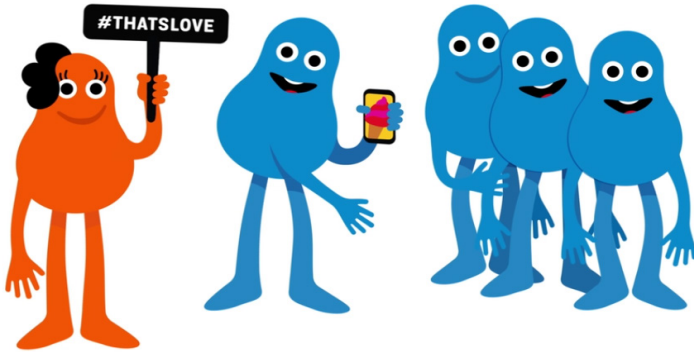
Have two student volunteers role play the following scenarios and discuss as a class. (These scenarios can be played by a same sex or mixed gender pair of students.)

Riley and Alex are both 7th graders and started dating recently. Alex recently started playing a new video game that they really like. When Riley texts Alex, Alex takes a long time to respond. Riley has invited Alex to go to the mall this weekend but they aren't interested. How should Riley have a healthy conversation about their desire to spend time with Alex?

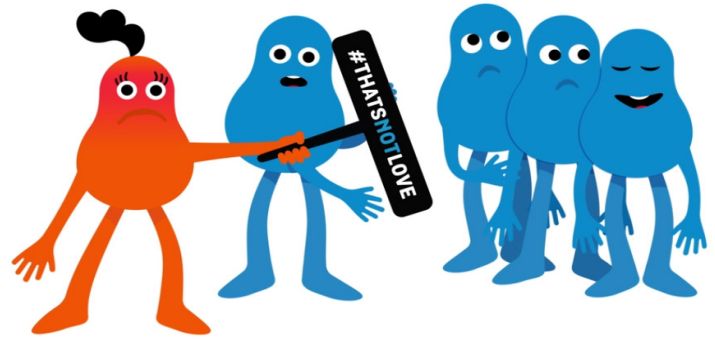
Sam and Jess are in the 8th grade. They have been dating for the last 4 months. Overall, things between them have been cool, but lately Sam has been less communicative. Sam will ignore Jess' text but continue to post on Instagram and Snapchat. It makes Jess crazy. How can Jess have a conversation with Sam about this behavior? What should their goals be before walking into the conversation? What should Sam say to Jess to get the point across? What should happen if Jess doesn't change?

# 4 DISRESPECT

## Disrespect vs. Loyalty



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? How can peer pressure play an unhealthy role in relationships or friendships? What is loyalty?**



### The Point

**Unhealthy Behavior:** 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. Other examples of disrespect are when someone:

- Pressures you to do something that you are not 100% comfortable with—like drinking alcohol, trying a drug, stealing or hooking up.
- Makes jokes or inappropriate comments about someone either in person or on social media, such as Instagram.
- 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.

**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.

**Healthy Behavior:** Loyalty is when your partner or friend is reliable and you feel confident that they have your back. In a healthy relationship, you don't have to test the other person's loyalty because you just know it's there. Some examples are when your partner is:

- Respectful and faithful.
- Sticks up for you.
- Doesn't take sides against you but helps you see the middle ground.
- Keeps your secrets safe.



**How can someone handle peer pressure in a healthy way?  
What does it mean to be loyal to your friend or partner?**



### **The Point**

**If someone is talking about you behind your back or making you feel left out or ganged up on, they are not acting like a good friend.** Spreading rumors or making you feel left out is betrayal. 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. If you have a gut feeling that something is wrong, follow that gut instinct.

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.**

**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 parent is calling" or "I need to use the bathroom" will create a chance for you 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.







## What does it mean to pressure someone to kiss or hug?



### The Point

**When it comes to hugging, kissing, or any sort of touching, always ask first and be considerate of what the other person is comfortable with.** Consent means getting permission for something to happen - whether it is a hug, a kiss or any sort of touching at all! Always ask the other person first and make sure you get a super clear "YES!" from them.

Also, just because someone said "yes" to hugging or kissing once, it doesn't mean they have to say "yes" the next time. Every time you kiss or hold hands, you have to check in with your partner and get a "yes" from them. 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! Check in with your partner by asking things like, "Is this okay?" or "Do you like this?" to make sure you are both comfortable.

If you think that someone is "asking for it," or that they should feel lucky or want to be 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 abuse and is NEVER okay** – everyone deserves to be treated with respect 100% of the time. And be careful if someone is saying things like, "I love you" or "I promise you'll like it" to pressure you or manipulate your feelings.

**Speak up when you see disrespectful behavior.** If someone does or says something disrespectful (like making a rude comment about your friend) 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!"



## Do you think it's okay to share private photos with someone you trust? What can you do if you experience peer pressure or emotional abuse?



### The Point

**The internet is forever, even on Snapchat.** 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! Once a picture or video is taken, it never disappears and will live online forever. Sending, receiving or sharing explicit photos of yourself or anyone else under the age of 18 is illegal, and is considered child pornography. 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.



**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.

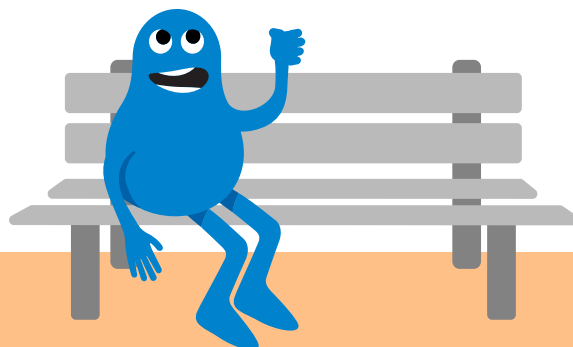
**Report any kind of abuse to an adult.** If someone has pressured you into doing something that you are not comfortable with sexually or gotten physically violent with you, you should tell a trusted adult because that is abuse. While you might be embarrassed, scared, feel like you sent someone mixed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

## Bring it to Life

Put up signs to create a scale in your classroom with "Healthy" on the right side of the room and "Unhealthy" on the left. In the middle, place a sign marked "Unsure/It Depends." Have students write down examples of when a partner or friend shows loyalty and disrespect. Have them come to the middle of the class and put their examples in a pile. Then, mix up the pile and randomly redistribute the examples to the students. Have students go to the "Healthy" and "Unhealthy" spectrum and put their example in the area where they think it best belongs. Take a few minutes to discuss the examples with the class and talk about how each example could be handled in a healthy way.

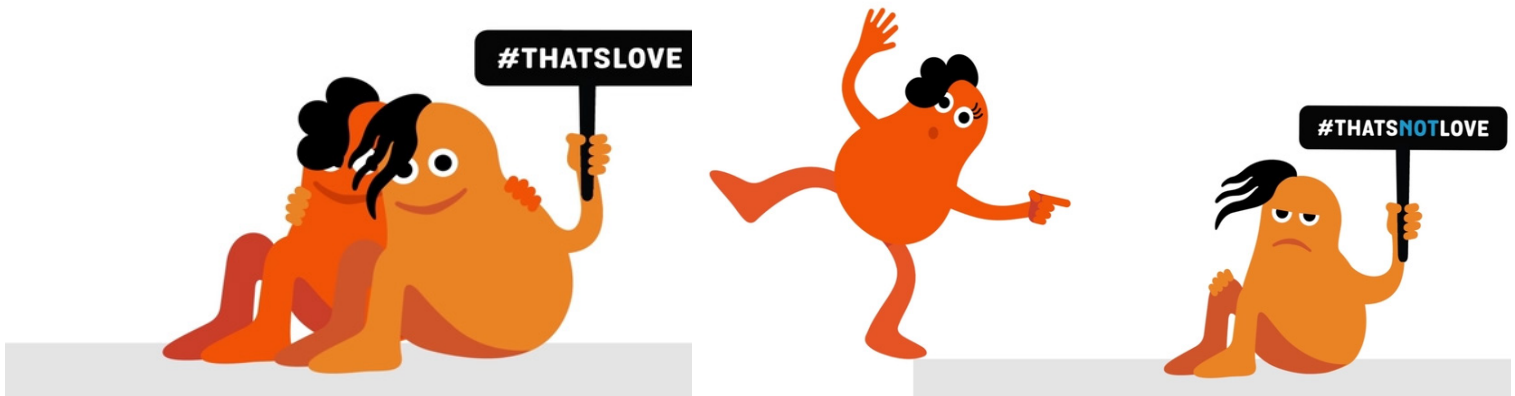
## Examples for Bring it to Life Activity

1. Someone shares a video of their "friend" being made fun of.
2. A friend starts a rumor about you.
3. Your friend posts a Snapchat of them hanging out with other friends from class. You weren't invited.
4. Your crush asks you to go to the movies this weekend. You politely tell them you can't go because it's your sibling's birthday. Your crush asks your best friend to go instead.



# GUILT

## Guilt vs. Taking Responsibility



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? What does it mean to take responsibility?



#### The Point

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

**Healthy Behavior:** The opposite of guilt is taking responsibility. Taking responsibility in a relationship means you and your friends are both responsible for your own actions and words. You both avoid putting the blame on each other and own up to your actions when you do something wrong. Examples are when your friend or partner:

- Owns up to it if they do something wrong or hurt you.

- Tries to make positive changes to better your relationship or friendship.
- Doesn't take things out on you when they're upset or angry, and if they do, they talk to a trusted adult about it.
- Apologizes for offending you AND takes steps to make sure it doesn't happen again.
- Understands that you have a life and respects when you want to hang out with other people or take a break from seeing them.



## Can you think of a time when someone made you feel guilty for not doing what they wanted you to do?



### 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.

**Sometimes, when someone does something unhealthy, they do something really nice to make up for it and make you forget.** While we all make mistakes, if unhealthy things are done over and over, that is a sign that the friendship or relationship is unhealthy. Also, if your friend or partner makes you feel guilty for not forgiving them, or makes it seem like you're turning everything into a big deal, that is not healthy either.

**While all of us might do something unhealthy at some point, the important thing is that we take steps to stop unhealthy behaviors from happening again.** In a healthy relationship or friendship, a person apologizes for their actions, takes responsibility for their behavior, AND changes their behavior. It isn't enough for someone to keep saying they're sorry and then repeat unhealthy behavior.



## What can you do if someone is making you feel this way or if you see this happening to a friend?



### The Point

**If a partner is making you feel bad about breaking up with them or threatening to harm themselves/you/others, 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.

**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 guilt-trips 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 as soon as you can so that no one gets hurt.

## Bring it to Life

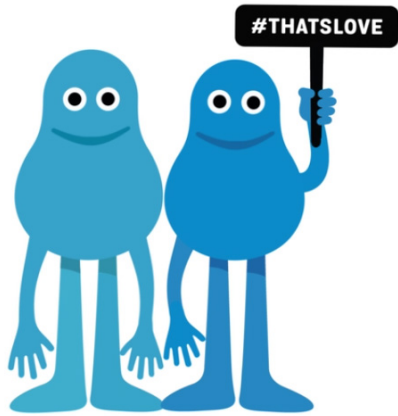
Have students role play the following two scenarios in a healthy fashion:

1. Alex no longer wants to be friends with Riley. As they are entering the 6th grade, Alex feels like they are different people and wants to try having other friends. How does Alex tell that to their friend Riley in a respectful way?
2. John and David recently had a disagreement in math class. John said something mean to David in front of the whole class. How should John apologize to David?

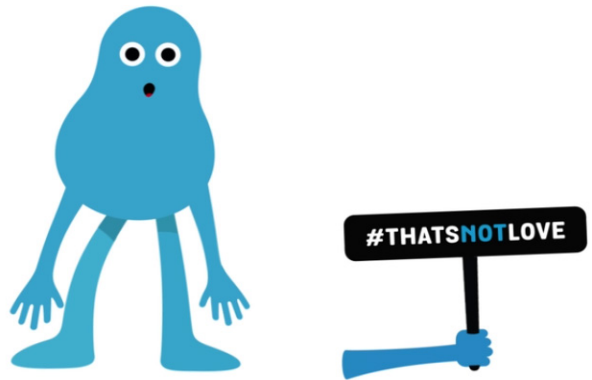


# 6 CONTROL

## Control vs. Equality



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



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



**What is control? 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?**



### The Point

**Unhealthy Behavior:** 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. 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 you out or doesn't include you in a group chat.

**Healthy Behavior:** Equality means that you and your partner or friend have the same say and put equal effort into the relationship (instead of feeling like one person has more say than the other). Examples are:

- Feeling heard in your relationship or feeling comfortable speaking up.
- Making decisions together as opposed to one person calling all the shots.
- Equally compromising on decisions in your relationship to make the other person feel important and respected.



## What does it mean to have equality in a friendship or relationship?



### The Point

**A good friend or partner will make you feel good about yourself, not try to dominate you.** In a healthy friendship or relationship, you will both feel like you have an equal say in things. 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!

**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.



## What should someone do if they are being told what they can or cannot do?



### The Point

**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's not healthy.

**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. Also, in a healthy relationship or friendship, your friend or partner won't try to change you - they will appreciate you for YOU!

**Control can come in many different forms.** Controlling you might not always be as obvious as someone telling you what to do. If someone is acting really cold toward you, ignoring you, or purposely leaving you out of things as a way to get you to do what they want, that is not healthy. For example, if your friend starts to ignore you at school because they found out you went to the movies with your crush, and they refuse to sit with you at lunch unless you stop hanging out with your crush - that is not a healthy friendship. It's important to look at whether someone is holding back kindness and affection as a way to control you or influence your decisions.

## Bring it to Life

Break the class into pairs. Have them come to a decision about one of the dilemmas below. After each round, ask a few pairs to share their decision with the rest of the class and talk about how they came to that decision.

### Dilemmas

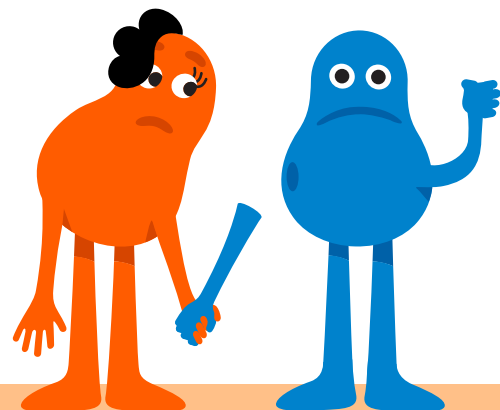
Round 1: Deciding which videogame to play (they can each choose a game they like).

Round 2: Deciding which movie to see (they can each choose a movie they like).

Round 3: How often to text message each other.

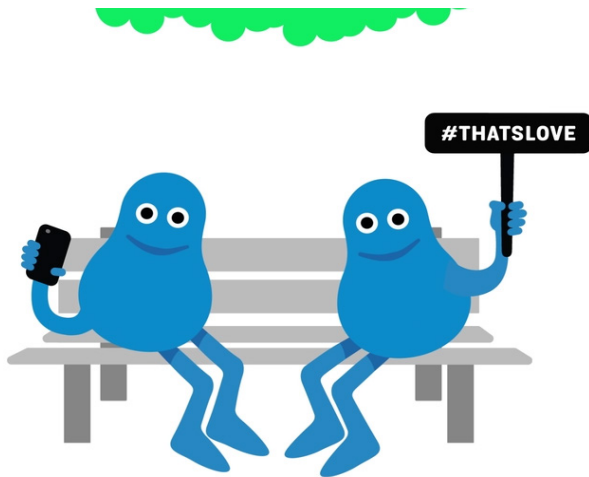
### Debrief Questions

1. Was it easy or difficult to come up with a solution? What made it easy? What made it hard?
2. If your group couldn't come to an agreement please share why?
3. Why is it important to respect other people's feelings during a conflict?

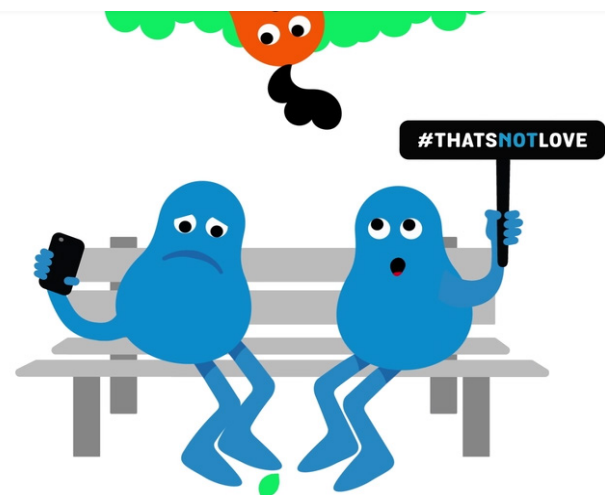


# W OBSESSION

## Obsession vs. Comfortable Pace



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? What does it mean to move at a comfortable pace?**



### The Point

**Unhealthy Behavior:** 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. 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 on social media immediately.
- 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.

**Healthy Behavior:** Moving at a comfortable pace means that you and your partner or friend allow the relationship to happen at a pace that feels comfortable for both of you. Often times when you begin dating someone, you may feel that you're spending all of your time with them because you want to – that is great! But be sure that nothing feels imbalanced or rushed in the relationship. In a healthy relationship, nobody pressures the other to be intimate or make the relationship exclusive. When you do choose to take these steps, you both feel happy and excited about it—no mixed feelings.





## How can someone obsessing over you be a positive or negative thing? What can you do if this starts to happen to a friend?



### 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.

**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. Stalking can happen through texting, too! If someone texts you over and over again because you don't respond to them (maybe you are busy, in class or hanging out with a friend), that is a red flag. Stalking that happens online or through text can be just as harmful and dangerous as stalking in person. If someone texts you over and over again in a way that makes you feel uncomfortable, talk to a trusted adult or a friend about how to handle it.

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.



## Sometimes people obsess over others because of jealousy. How can someone handle their jealousy in a healthy way?



### The Point

**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.

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 the best thing for you and your partner right now.

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.**



**How can social media play a role in jealousy and obsession?  
What can you do if someone makes you feel uncomfortable?**



## **The Point**

**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!

**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. Say 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 clingy" 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.

**If anyone makes you feel uncomfortable or afraid, or if you think they might be stalking you on social media, you should block them.** 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.



## Bring it to Life

Is it obsession? Find and print out the lyrics of popular songs that are focused on obsessing about a current or former partner. Read the song lyrics to the class and ask them if the person is being obsessive towards their partner. Ask them to also identify and share specific signs from the lyrics that show obsessive behavior (or respectful behavior!).

### Song Ideas

*Jealous* by Nick Jonas

*Like I Would* by Zayn

*Gorgeous* by Taylor Swift

*Him and I* by Halsey & G-Eazy

*Grenade* by Bruno Mars

*Black Widow* by Iggy Azalea

*Hello* by Adele

*Hunt You Down* by Kesha

*Animals* by Maroon 5

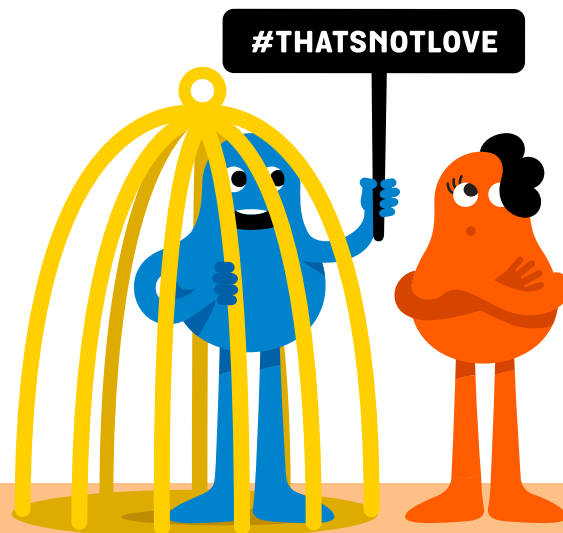
*Before He Cheats* by Carrie Underwood

*Love the Way You Lie* by Eminem and Rihanna

*Light it Up* by Luke Bryan

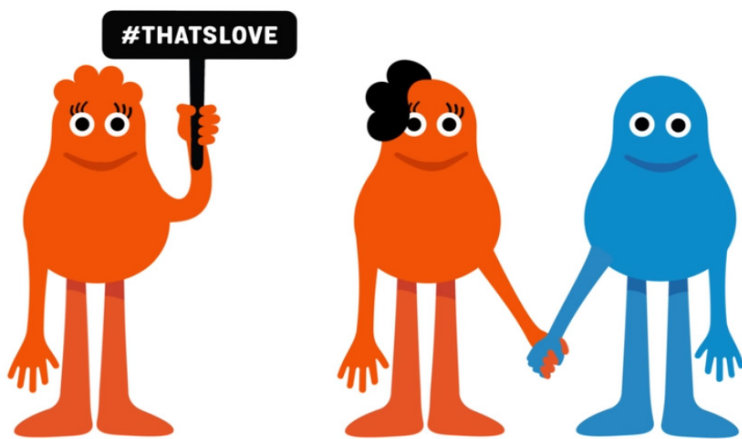
### Debrief Questions

1. If someone were obsessed with you in real life how would it make you feel?
2. Why do you think the media shows us so many examples of people in love being obsessive when in real life it would be scary?



# 8 ISOLATION

## Isolation vs. Trust



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? What is connection? What does it mean to trust your friends and partner?**



### The Point

**Unhealthy Behavior:** Isolation is when someone is being separated or kept away from other people. Isolation in a relationship or friendship happens when someone wants you all to themselves and doesn't like to share you. This Couplet is just one example of isolation.

Others are when someone:

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

**Healthy Behavior:** Connection is when you and your friends are part of a social group. They understand and accept that sometimes you will be all together as a group or sometimes you will go off with others. Trusting your friends means that even when they are hanging out with other people, you know they are still your friend too. Even if your partner says, "It's not that I don't trust you, it's that I don't trust them (friend, other guy/girl)," think about whether trust

is actually present in that relationship or not. If your partner truly trusts you, they won't get jealous to the level where you feel you can't do certain things or see certain people. Other examples of healthy relationships with trust include:

1. Understanding that you will hang out with other people as well as them.
2. Understanding that you are friends with other people on social media.
3. Being okay with the fact that you go to other people's houses for playdates or sleepovers.
4. Understanding that you may be invited to birthday parties without them, but it doesn't mean that you aren't their friend.



**Has anyone ever asked you to stop talking to or being friends with other people? How can you handle this in a healthy way?**



### **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 to have other friends. They will be happy when you spend time on things you like, such as 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.



**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?**



### **The Point**

Some people like to see each other and stay in touch all the time, and others not so much. The important thing is that you and your friend or partner are both comfortable with how often you see each other and talk. Talk to your friend or partner about what you are and are not comfortable with. **Being a good friend means being considerate of what you want, where being controlling means ignoring what you want.**

**If your friend is spending all their time with their partner, talk to your friend or an adult about it.** 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.



**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

**What we see on social media, in the movies or hear in music isn't always the best example of a healthy relationship.** Many times, unhealthy behavior is made to seem normal by pop-culture and the media. Because of this, many people have trouble spotting unhealthy behavior and understanding how they can lead to abuse. Think about it: how many times have you seen a movie or show where someone was over-the-top in love? Or a show where someone was really jealous and possessive of their partner, and maybe even got into fights to "protect" them? Drama is made out to seem like a fun thing, so many of us tend to confuse behaviors like jealousy, intensity and anger as signs that your partner cares about you.

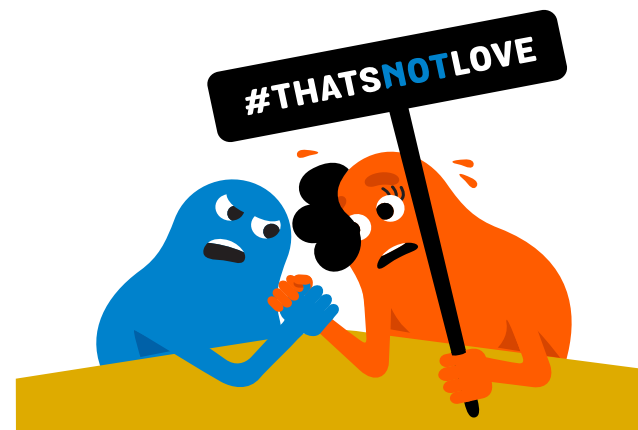
**There is a difference between healthy passion and unhealthy passion.** Healthy passion feels good and makes you happy. Unhealthy passion feels confusing and scary. In real life, people in healthy relationships balance their emotions with respect for what the other person is feeling too.

## Bring it to Life

Your friend Sam has started dating someone new. You don't see Sam as much anymore. You only see their posts on social media and they are always with their new partner. You miss them and are a bit worried about them. Today, you and Sam have plans to go to the movies together. How do you have a conversation with Sam about your concerns?

### Debrief Questions

1. How can you support Sam's new relationship as a friend?
2. What made it hard to speak up?



# WRAP UP

## Facilitator's Note

Give out the How to Help a Friend worksheet and reiterate the How to Help a Friend talking points.

## Middle School Activation

“Before we wrap up today, I want to first thank you all for participating in this discussion. One Love believes that by learning about healthy and unhealthy relationships and having more conversations like the one we had today, we can ultimately change the statistics around relationship abuse. We also need people like you to take action. If you are inspired by what you learned today, we want you to join us. I took action and led this conversation today – and there are so many ways you can get involved with One Love too! This workshop is just the beginning. One Love has lots of campaigns, activations, and leadership opportunities. But the easiest thing I can ask you to do today go follow One Love on instagram, take the #LoveBetter pledge, commit to talking to a friend about what you learned today. By pledging to #LoveBetter and sharing this message you are committing to bring more healthy behaviors into your relationships and to do your part to create a healthier and safer world.

(Take out your own phone) Go to [joinonelove.org/lovebetter](https://joinonelove.org/lovebetter) to take the pledge now.

Thank you again for participating. If you would like to learn more about getting involved with One Love, please stay after and we can chat!”

## High School and Older Activation

“Before we wrap up today, I want to first thank you all for participating in this discussion. One Love believes that by learning about healthy and unhealthy relationships and having more conversations like the one we had today, we can ultimately change the statistics around relationship abuse. We also need people like you to take action. If you are inspired by what you learned today, we want you to join us.

I took action and became a One Love facilitator – and there are so many ways you can get involved with One Love too! This workshop is just the beginning. One Love has lots of campaigns, activations, and leadership opportunities. But the easiest thing I can ask you to do today is to take the pledge to #LoveBetter. By pledging to #LoveBetter, you are committing to bring more healthy behaviors into your relationships and to do your part to create a healthier and safer world.

(Take out your own phone) Go to [joinonelove.org/lovebetter](https://joinonelove.org/lovebetter) to take the pledge now.

Thank you again for participating. If you would like to learn more about getting involved with One Love, please stay after and we can chat!”

# APPENDIX



#THATSNOTLOVE

- 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.



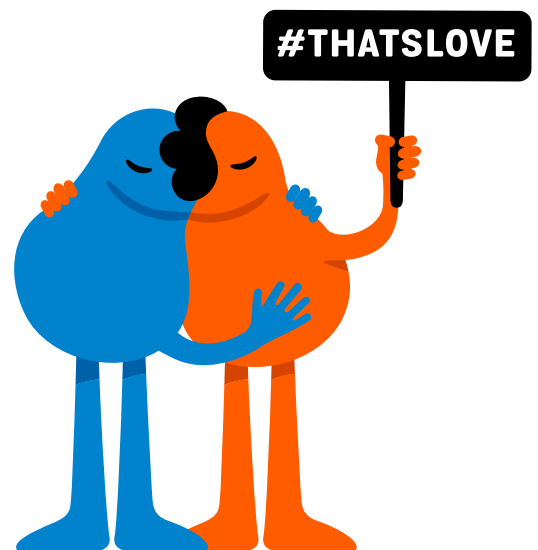
### Safety planning.

**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: "Core SEL Competencies." Collaborative for Academic, Social, and Emotional Learning (CASEL), 2018, [casel.org/core-competencies/](https://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**

# Student Practice + Check for Understanding

Choose from the following practice pieces to complete after going through the Couplets Discussion Guide material to check for student understanding.

## Make your own Couplet

Give the students a chance to make their own Couplets characters. Instruct them to show both the healthy #ThatsLove and unhealthy #ThatsNotLove side of each situation. Then go around the room and have each person share theirs, discussing each one as you go along.

## Stick it to love

Draw a line down the middle of the front board in your classroom. On one side, write #ThatsNotLove and on the other side write #ThatsLove. Give students sticky notes and instruct them to write an example of a healthy and an unhealthy behavior on them. Then let each student take turns putting their sticky notes under #ThatsLove and #ThatsNotLove. Unhealthy relationship behaviors should go under #ThatsNotLove and healthy relationship behaviors should go under #ThatsLove!

Example:

|               |  |            |
|---------------|--|------------|
| #ThatsNotLove |  | #ThatsLove |
|---------------|--|------------|

## Act it out

Break the students into small groups of 3-4 and have them come up with examples of healthy or unhealthy relationships or friendships and how they should be handled. Have each student make a sign on a sheet of paper that says, "That's Love!" and one that says "That's Not Love!" Then have each group act out the example that they come up with. As each scene is performed, ask the remaining students to hold up the sign that they feel better fits the situation. This will help students identify healthy and unhealthy behaviors and think through how they should act when they are in these situations.

## Partner up

Pair each student up with another student who is not in their friend group. Let the pairs talk about which Couplet they liked best and why. It will allow them to see things through someone else's eyes and help them understand why it is so important to be kind to everyone.

# Closing statement

"You can keep up with all the work being done to promote healthy relationships by students around the country by following One Love on social media, or starting a #TeamOneLove club right here at school. You can also watch and share One Love's other #ThatsNotLove chapters. #ThatsNotLove is a series of content we created to help everyone understand the difference between healthy and unhealthy relationships. Go to [www.joinonelove.org](http://www.joinonelove.org) for more!"

# Conclusion

Now that students have been exposed to both healthy and unhealthy scenarios, they should be better able to spot unhealthy behaviors and differentiate between a healthy and unhealthy relationship or friendship. They should also understand what they can do if they see or experience unhealthy behavior. To further reinforce the lesson, you can give students the social media and beyond take-away points and the talking to parents handouts to review on their own time. After completing this discussion, please take a moment to visit: [www.joinonelove.org/MSfeedback](http://www.joinonelove.org/MSfeedback)



# 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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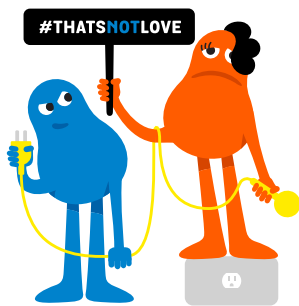
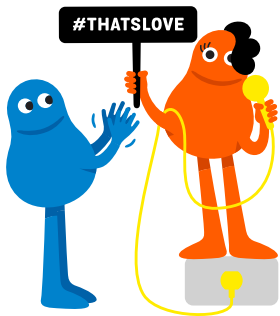
**7 Obsession**

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**8 Isolation**

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

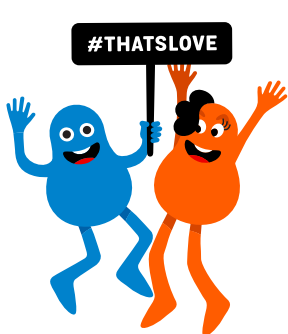


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Now that you've completed the Couplets workshop, you can tell us what you think!  
Just visit: [joinonlove.org/feedback](http://joinonlove.org/feedback)



## **Meet the Authors**

Katie Hood, MBA One Love Foundation

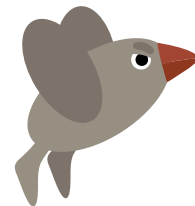
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With special help from Gail Patin, Casey Corcoran and Brian Griffith

And revisions by Melanie Sperling, Nicole Daley, Annie Forrest and Grace Carmichael



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