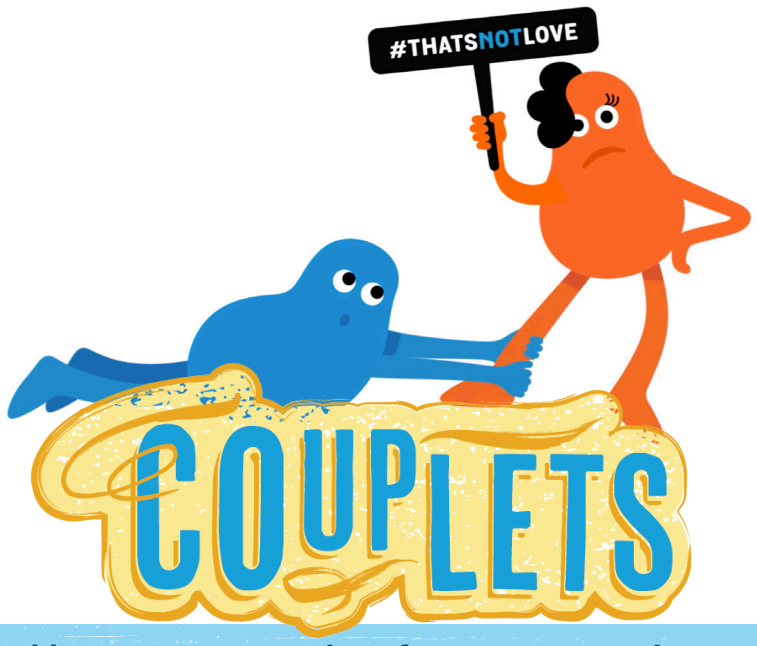
onelove

VOLATILITY AND MANIPULATION: EXPLORING YOUR VALUES AND BOUNDARIES

TIME (60 minutes)



HIGHLIGHTS: Watch the film Volatility and brainstorm examples of anger in pop culture. Talk with a partner about how it might feel if the anger turned into healthy conflict versus volatility. Then watch Manipulation and discuss healthy alternatives. Draw self portraits and consider what boundaries might connect to the things you value.

Every One Love lesson starts with an introduction to One Love, a content warning, and information on relevant resources. This is shared in the beginning of the film. We have also included this information in the PowerPoint slides if you'd like to reinforce their importance.

LEARNING OBJECTIVES

- Know the signs and spot the signs
- Practice healthy relationship behaviors
- Communicate boundaries and practice consent
- Access resources

ESSENTIAL QUESTIONS

- How do you respond to emotions like anger, sadness, or jealousy in a healthy way?
- What makes a relationship healthy or unhealthy?
- How do you know what your boundaries are?
- Where would you go if you or a friend needed help in ending a relationship?

ASSESSMENT

- At the end of the lesson, please have participants use the following post-workshop survey link: www.joinonelove.org/feedback

MATERIALS

- 10 Signs of Healthy and Unhealthy Relationships
- National Resources List

SUPPLIES

- Sticky notes
- Chart paper
- Paper
- Writing utensils
- Crayons, markers, and/or colored pencils

CASEL COMPETENCY ALIGNMENT

- Social awareness
- Self-awareness

Distribution Rights.This discussion guide may be reprinted in its entirety or excerpted with proper acknowledgment to the One Love Foundation, but may not be altered or sold for profit. © 2022, The One Love Foundation in honor of Yeardley Love





OPENER (5 minutes)

Learning Objective: Know the signs and spot the signs

Activity Type: Discussion



→ Discuss the following as a whole group:

Think of a time when you had a conflict with someone that did not end well. Why didn't it have the ending you wanted? No need to give specifics! Just share generally.

Before you press play, say, "It's important to recognize that the film you're about to watch may bring on an emotional reaction. We will have the chance to discuss what you've seen after the film but want to encourage you to reach out to any of the resources on this list if you are still struggling with what you saw after this workshop."

Distribute National Resources List

Give participants time to review. Then, ask if anyone has questions.

PLAY FILM - VOLATILITY

CHECK IN

Say, **"What physical changes did you notice in the couplets? What did those changes mean or represent?"**



© 2022, The One Love Foundation in honor of Yeardley Love

PRACTICE HEALTHY RELATIONSHIP BEHAVIORS

ACTIVITY (15 minutes)

Essential Question: How do you respond to emotions like anger, sadness, or jealousy in a healthy way?

Activity Type: Group Work

Setup: Distribute sticky notes and writing utensils.



Start

- Say, **"Anger is an emotion we all experience, but how we handle it can be the difference between a healthy or unhealthy relationship or friendship. This film shows just one example of anger being expressed as volatility."**
- Say, **"On the other hand, healthy conflict means you can talk about something that's bothering you in a constructive way, even when you're feeling upset or frustrated."**

Apply

Step 1:

- Direct participants to think of examples from pop culture or social media of anger in a relationship, then write them on sticky notes. Place the sticky notes on chart paper at the front of the room.
- Share and validate participant responses.

  Note to facilitator: You might need to take some time to discuss which examples demonstrate **volatility** rather than **intensity**. Show the 10 Signs of Healthy and Unhealthy Relationships again if participants are unclear.

Step 2:

- Direct participants into pairs and have each pair choose one of the examples to discuss.
- Come up with a few sentences that describe what it might be like to be the friend or partner in the example if anger turns into the **healthy conflict** versus **volatility**.
- See possible responses below.
- Give participants 7-8 minutes to craft their examples.

Step 3:

- Allow time for groups to share their ideas.

Debrief

- Discuss as a group, **"Was it easier to describe how healthy conflict or volatility felt? Why?"**

© 2022, The One Love Foundation in honor of Yeardley Love

Possible Responses

- **Volatility**
  - Making you feel like you need to do things or not do things so your friend doesn't get mad.
  - Making you feel like you have to "walk on eggshells" around them.
  - Doing things to scare or intimidate you, getting really mad, yelling, punching things, or destroying stuff.
- **Healthy conflict**
  - You feel like your friend or partner will listen to you when you need to talk.
  - They don't make you feel silly or ashamed when you bring something up that bothers you.
  - 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.

Teaching Points

- 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 calmly. It's never okay for a person to lash out physically or verbally because of their anger. If volatility happens once, it most likely will happen again.
- 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 volatile, you can use it to help remind them to take a deep breath. Don't forget that trusted adults in your life are a wealth of knowledge.

PLAY FILM - MANIPULATION

CHECK IN

Ask, **"How do you like to spend your free time? Is it important for you to have activities to do independently and with others?"**



ACTIVITY (15 minutes)

Essential Question: What makes a relationship healthy or unhealthy?

Activity Type: Discussion

Setup: Distribute sticky notes and writing utensils.



© 2022, The One Love Foundation in honor of Yeardley Love

Start

- Display the word **manipulation** at the front of the room.
- Direct participants to write their personal definition of **manipulation** on a sticky note and place it at the front of the room.

Apply

Step 1:

- Read aloud the participants' definitions of **manipulation** and notice any patterns.
- Say, **"Here at One Love, we define manipulation as, "when someone tries to control your decisions, actions, or emotions."**

Step 2:

- Say, **"This film showed just one example of how manipulation can show up in a relationship."**
- Brainstorm other examples of **manipulation** as a whole group. See possible responses below.

Debrief

- Discuss the following question as a group:

  What is the opposite of manipulation in a relationship?

  What are some examples of this healthy behavior?

Possible Responses

- Telling you what to do, like what you can wear, who you can talk to, or who to be friends with.
- Threatening to tell a teacher or parent on you to get you to do something they want.
- "Reminding" you that certain foods make you fat or certain clothes don't look good on you.
- Kicking you out or not including you in a group chat.

Teaching Points

- Controlling behavior like **manipulation** is used to show power or influence over someone or something. This behavior can make it feel like your freedom is gone or like you don't have the ability to make decisions.
- If you see something that doesn't feel right, say something. Behaviors like **manipulation** can often build up slowly.

© 2022, The One Love Foundation in honor of Yeardley Love

COMMUNICATE BOUNDARIES and PRACTICE CONSENT

ACTIVITY (15 minutes)

Essential Question: How do you know what your boundaries are?

Activity Type: Art

Setup: Distribute paper and drawing utensils.

art

Start

→ Say, **"Self-awareness is one of the first steps to being able to understand your own personal boundaries. It's easier to set and communicate boundaries when you're confident and know who you are."**

Apply

Step 1:

→ Say, **"Today, we're going to draw self-portraits. These can be realistic – a picture of your face – but also add items that are more representative. For example, include a drawing of something important to you, like a bicycle or a book."**

→ Say, **"What are some possible aspects of your personality or things you value that you could include in your self-portrait? What are some things, people, or activities you value? How might you include these in your self-portraits?"**

Examples of aspects to include: Your family and friends, your biggest fear, your favorite holiday, your value o education, your passion for music.

Step 2:

→ Give participants time to draw their self-portraits. Remind participants that these self-portraits will remain private unless they choose to share, and that this isn't art class – they don't need to be perfect!

Debrief

→ Say, **"The things you've included in your self-portraits can give you ideas about what boundaries are important to you.**

For example, if you included a detail showing that you value your family, you might set a boundary that you like to eat dinner with them every night instead of going out with friends or romantic partners."

→ Discuss as a group. **"What are some boundaries you might set based on your self-portraits?"**

© 2022, The One Love Foundation in honor of Yeardley Love

Possible Responses

Examples of turning these aspects into boundaries:

- You won't hang out on Friday nights because that is family movie night.
- You're afraid of swimming so you turn down the invitation to go on a friend's boat.
- You love Halloween so you don't make other plans that night.
- School is important to you so you won't skip class.
- You love practicing your instrument and you set aside time for that every Saturday.
- Playing sports is really important to you so you prioritize practice over other plans with friends.

Teaching Points

- Each person has their own boundaries, and we learn those boundaries through experimenting and experiences – determining what you're okay with and what you're not. If something makes you feel hurt, disrespected, or angry, try setting a boundary next time.
- It's okay to take space to think through what you want and what your boundaries are. Take the time to think about what you genuinely want right now and reflect on what's making you uncomfortable. Think about whether what you want aligns with what the other person wants. Without understanding your own boundaries, you might accidentally hurt someone else by leading them on or hurt yourself by pushing against your own instincts.

ACCESS RESOURCES WHEN IN NEED

ACTIVITY (5 minutes)

Essential Question: Where would you go if you or a friend needed help ending a relationship?

art

Activity Type: Art

Setup: Ensure participants have paper and drawing utensils. The facilitator should also have a large piece of chart paper (or whiteboard) and drawing utensils.

Step 1:

- Using the chart paper or whiteboard, model drawing 3-4 concentric circles, like a bullseye, and direct participants to draw their own bullseye on their paper.

Step 2:

- Say, **"In each ring of the bullseye, I want you to draw at least 1-2 images that represent people in your support system. The people in the center of the bullseye are the ones you are closest to. The people in the furthest ring of the bullseye might be acquaintances or classmates who you don't consider your closest friends but who you'd like to get to know better."**

© 2022, The One Love Foundation in honor of Yeardley Love

Step 3:

→ Give participants 2-3 minutes to draw their bullseyes.

Step 4:

→ Say, **"We all have people at different levels of closeness in our lives who we can lean on. Reaching out when we need support is key to having healthy relationships!"**



WRAP UP (5 minutes)

Activity Type: Discussion



→ Say, **"We've learned a lot in our time together today about healthy and unhealthy relationships."**

→ Discuss as a group:

What is your biggest takeaway from our conversation today?

How are you going to apply what you have learned to your current friendships and relationships?

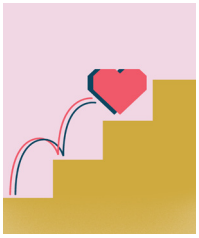
© 2022, The One Love Foundation in honor of Yeardley Love

onelove

10 Signs of Healthy Relationship

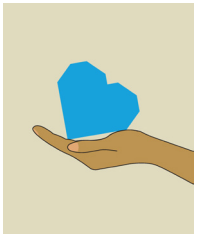
Healthy relationships bring out the best in you and make you feel good about yourself. A healthy relationship does not mean a "perfect" relationship, and no one is healthy 100% of the time, but the signs below are behaviors you should strive for in all of your relationships.

Healthy relationships manifest themselves as healthy communication, but in order to have a healthy relationship, you need to love yourself first. Here are some characteristics and behaviors of a healthy relationship.



Comfortable Pace

The relationship moves at a speed that feels enjoyable for each person.



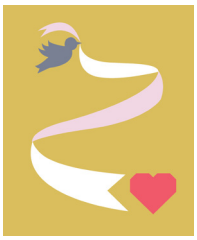
Trust

Confidence that your partner won't do anything to hurt you or ruin the relationship.



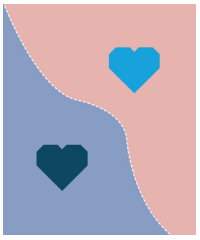
Honesty

You can be truthful and candid without fearing how the other person will respond.



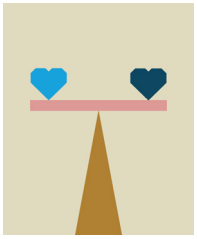
Independence

You have space to be yourself outside of the relationship.



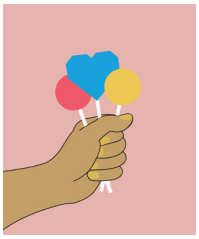
Respect

You value one another's beliefs and opinions, and love one another for who you are as a person.



Equality

The relationship feels balanced and everyone puts the same effort into the success of the relationship.



Kindness

You are caring and empathetic to one another, and provide comfort and support.



Taking Responsibility

Owning your own actions and words.



Healthy Conflict

Openly and respectfully discussing issues and confronting disagreements non-judgmentally.



Fun

You enjoy spending time together and bring out the best in each other.

Learn more at joinonelove.org

onelove

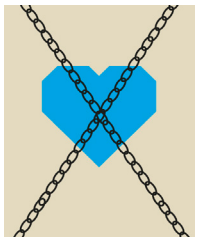
10 Signs of Unhealthy Relationship

While everyone does unhealthy things sometimes, we can all learn to love better by recognizing unhealthy signs and shifting to healthy behaviors. If you are seeing unhealthy signs in your relationship, it's important to not ignore them and understand they can escalate to abuse. If you think you are in a dangerous situation, trust your gut and get help.



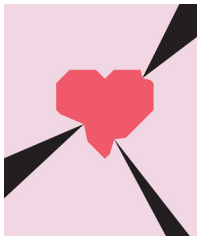
Intensity

When someone expresses very extreme feelings and over-the top behavior that feels overwhelming.



Possessiveness

When someone is jealous to a point where they try to control who you spend time with and what you do.



Manipulation

When someone tries to control your decisions, actions or emotions.



Isolation

When someone keeps you away from friends, family, or other people.



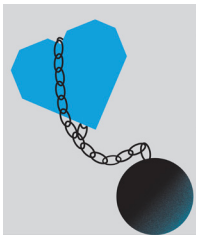
Sabotage

When someone purposely ruins your reputation, achievements, or success.



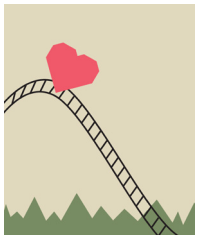
Belittling

When someone does and says things to make you feel bad about yourself.



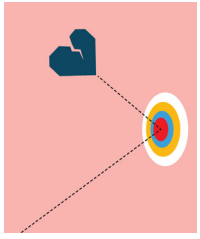
Guilting

When someone makes you feel responsible for their actions or makes you feel like it's your job to keep them happy.



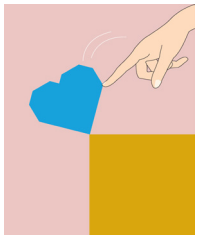
Volatility

When someone has a really strong, unpredictable reaction that makes you feel scared, confused or intimidated.



Deflecting Responsibility

When someone repeatedly makes excuses for their un-healthy behavior.



Betrayal

When someone is disloyal or acts in an intentionally dishonest way.

Learn more at joinonelove.org

onelove

joinonelove.org

NATIONAL SERVICE PROVIDERS & HELPLINES

**Please keep in mind that many abusive partners check their partner's electronic devices, so if you want to go on a website or call a hotline, you may want to do it from a friend's device or public device.*

LOVE IS RESPECT

www.loveisrespect.org | 1-866-331-9474 or 1-866-331-8453 | text "loveis" to 22522

Contact LoveIsRespect if you want to talk to someone, need advice about your relationship or a loved one's relationship, or if you have legal questions.

NATIONAL DOMESTIC VIOLENCE HOTLINE

1-800-799-SAFE (7233) | Canada: 1-800-363-9010 | www.thehotline.org

NDV Hotline provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse. Call if you would like more resources or information, or if you are questioning unhealthy aspects of your relationship. On the website, you can also find a helpful chat feature in English and Spanish.

ONE LOVE MY PLAN APP

Can be found in the app store | www.joinonelove.org/my_plan_app

This app helps you determine if a relationship is unsafe and it helps create the best action plan by weighing an individual's unique characteristics. Additionally, a friend or family member can use this app to assess the danger of a loved one.

NATIONAL SEXUAL ASSAULT HOTLINE

1-800-656-HOPE | www.rainn.org

The National Sexual Assault Hotline provides basic information for victims or friends/family of victims, short-term crisis intervention and support, answers to questions about recovering from sexual assault, and resources to assist with the reporting process via hotline or chat.

HELPLINE

www.stopitnow.org/help-inquiry | 1-888-PREVENT

The 1-888-PREVENT number provides support, guidance and information to adults who wish to speak confidentially with the Helpline staff. You can also schedule a 30-minute phone consultation with Helpline Associates.

CENTER FOR RELATIONSHIP ABUSE AWARENESS

stoprelationshipabuse.org/help

This site provides a plethora of resources of all types (legal, seeking help, basic information, help in your area, etc.).

THE TREVOR PROJECT

www.thetrevorproject.org | 1-866-488-7386

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people.

STATE-WIDE COALITIONS

Google your state-wide coalition (such as: "New York State-Wide Coalition") to find a list of all the domestic violence support centers in your state.