



Activities/Discussion Starters

- Review the Dating Abuse Statistics handout (included in this toolkit). How do you think these facts relate to your school, team, workplace, faith community, or family?
- Learn about the Relationship Spectrum (handout included in this toolkit). Consider where your current relationships would fall on the spectrum.
- Take the Healthy Relationship Quiz (included in this toolkit) to see if your current relationship is safe. Discuss the scores with friends or adults you trust.
- Take the Am I A Good Partner Quiz (included in this toolkit) and discuss the results with friends or adults you trust.
- Draw a picture of your relationship boundaries. What behaviors do you feel safe, maybe safe, and unsafe with? How do you want others to treat your body, your emotions, your words, your thoughts, your personal space, your sexual needs, your spiritual beliefs, your money, and your time? There is an example drawing included in this toolkit.
- Watch an episode of a television show. Discuss where the characters' relationships would fall on the Relationship Spectrum. Some examples to consider are Empire (Cookie/Luscious), Gilmore Girls (Rory/Dean, Luke/Lorelai), Riverdale (Archie/Betty), Scandal (Olivia/Fitz), Pretty Little Liars (Aria/Ezra), Gossip Girl (Blair/Chuck), or Orange is the New Black (Piper/Alex).
- Print off the lyrics of popular songs. Read the actual words. What is being communicated about other people in the song? Is the message one about safe and healthy relationships or do the verses refer to people in disrespectful ways? Use the Sound Relationships sheet (included in this toolkit) to guide your conversation. Songs including "Love the Way You Lie" by Eminem, "Issues" by Julia Michaels, "Graveyard" by Halsey, "Perfect" by Ed Sheeran, and "Stay With Me" by Sam Smith are some options. Feel free to find your own.

Activities/Discussion Starters Continued

- Talk about conflict resolution. In what ways is this important? Why do we try to hide from or avoid conflict? How can we see conflict as an important part of the communication process with others? How do you respond to (or avoid) conflict? Does this help you get your needs met or do you put the needs of others before what you need?
- Identify resources you could use or refer a teen to if you have concern about their relationship. Write these down somewhere easily accessible, just in case. You can refer to the resources page included in this toolkit.
- Create a “Love is...” wall. Use the included speech bubbles and create a dynamic display of what you and others think is an important part of a healthy relationship. Leave this up to allow reflection and discussion.
- Create your own “Relationship Bill of Rights”. Consider what you want and need from a dating partner and what things you will not accept or tolerate. Everyone has the right to be safe. Use the included My Declaration of Rights page to start your thinking.
- Watch the “Consent is a Yes” on YouTube. Discuss what consent really means. Practice having conversations giving and requesting consent. Consider how many times each day you give consent (sharing your food, giving someone a ride to school, hanging out). Remember that “No” is a complete sentence.
- Create a poster, public service announcement, social media post, or other awareness project shedding light on Teen Dating Violence and/or healthy relationships.
- Use the included scenario flashcards to decide if each situation is healthy or unhealthy. Talk about your answers and how you came to your decisions. An answer key and discussion points are also included in this toolkit.