

Activity: Healthy, Unhealthy or Abusive?

This short activity is for the 45 and 60 minute versions of the workshop. A slide in the presentation indicates when to do this activity. The speaker's notes on that slide include verbal instructions and debrief questions.

Instructions:

- Divide the participants into small groups of 5-10, depending on overall group size.
- Provide each group with one set of "healthy," "unhealthy" and "abusive" headers and 18 squares with different behaviors (on the next page).
- Each group will divide the squares among participants.
- Participants will read each behavior out loud and, as a group, discuss if the behavior is healthy, unhealthy or abusive. Groups will place the behavior under the appropriate header.
- The goal is discussion and debate, not total agreement.

Sample:

HEALTHY	UNHEALTHY	ABUSIVE
Your boyfriend tells you he loves you and that he feels lucky he found you.	Your girlfriend never comes to your track meets, even though you've told her it's important.	Your girlfriend tells you that she doesn't want you to hang out with other girls and is rude to your friends.
	Your boyfriend acts hurt whenever you make plans with friends or family.	Your boyfriend says he won't go to prom with you unless you will sleep with him after.

HEALTHY

UNHEALTHY

ABUSIVE

Your boyfriend tells
you he loves you and
that he feels lucky
he found you.

Your girlfriend tells
you she misses you
when you aren't
around and would
like to spend more
time with you.

Your boyfriend tells
you how hot you
are and that he
wants you.

Your girlfriend looks
through your text
messages without
your permission.

Your boyfriend acts
hurt whenever you
make plans with
friends or family.

Your girlfriend tells
you that she doesn't
want you to hang out
with other girls and is
rude to your friends.

Your boyfriend
begs you to text him
topless pictures.

Your girlfriend yells
at you and calls you
pathetic in front of
your friends
at school.

Your boyfriend
won't let you
wear makeup.

Your girlfriend asks you to check in on Facebook when you go out without her so she can make sure you are where you said you are.

Your boyfriend asks you for sex every time you see him, even though you've told him you aren't ready.

Your boyfriend pins you to the bed and forces you to have sex with him.

Your girlfriend repeatedly slaps you and says it's because you make her so angry.

Your boyfriend demands your Facebook and e-mail passwords.

Your girlfriend never comes to your track meets, even though you've told her it's important.

Your boyfriend texts you constantly and accuses you of lying, cheating or not caring if you don't respond right away.

Your girlfriend tells you that you shouldn't apply to colleges far from where she's applying.

Your boyfriend says he won't go to prom with you unless you will sleep with him after.