

Domestic Violence 101

Educating Youth about Dating Violence,
Domestic Violence and Healthy Relationships

Break the Cycle

Empowering Youth to End
Domestic Violence

ACTIVITY 8 | Healthy Relationships

Time: 4 to 6 minutes

Preparation: Have the *Healthy Relationships Are...* overhead transparency available, but do not place it on the projector until later in the activity.

CONTENT

A) Introduce the activity:

“We’ve spent a lot of time talking about abuse and unhealthy relationships. Now let’s talk about what a *healthy* relationship is.

B) Ask participants for examples of how people in healthy relationships act toward each other. Prompt student examples with questions like:

“In a healthy relationship, how would the two people talk to each other?”

“If a boyfriend felt jealous when he saw his girlfriend talking to another guy, how could he handle it in a healthy way?”

“In a healthy relationship, how would someone deal with their boyfriend or girlfriend wanting to hang out with their friends?”

C) Use student responses to bring out the words in the table below.

Healthy relationships are...	Examples
Respectful/nice/kind/loving	<ul style="list-style-type: none"> • They wouldn’t yell at each other or put each other down. • They wouldn’t make each other feel bad about themselves.
Trusting	<ul style="list-style-type: none"> • They wouldn’t make false accusations against each other. • They wouldn’t make each other constantly check in.
Honest/open communication	<ul style="list-style-type: none"> • They would tell each other how they are feeling instead of exploding in anger.
Supportive/allowing each other to be independent	<ul style="list-style-type: none"> • They would encourage each other to spend time with their friends, to do outside activities and to be independent.
Safe	<ul style="list-style-type: none"> • They would not physically hurt or threaten each other.
Equal	<ul style="list-style-type: none"> • They would make decisions together instead of one telling the other what to do.
Based on making you feel happy, more confident and stronger	<ul style="list-style-type: none"> • They would make each other feel more secure, wanted and better about themselves.

D) Conclude by putting up the overhead transparency *Healthy Relationships Are...* and explaining that the list is a summary of what you discussed. Then tell the students:

“A healthy relationship makes you feel more secure and better about yourself, not insecure or afraid. And all of you deserve to have healthy relationships.”

Break the Cycle

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