



Youth Services Program

Teen Dating 101 High School - 60 or 90 minute presentations

The *Loves Me, Loves Me NotSM* Teen Dating 101 presentation offers an overview of Teen Dating Violence and is designed for auditory, visual, and kinesthetic learners. Teachers/youth leaders and teens are also provided with in-hand resources. The presentation includes statistics, defining DV, understanding what is healthy/unhealthy/abusive in a relationship, recognizing the warning signs, identifying the Cycle of Violence, and discussing youth rights and resources.

Teen Dating 102 (45 or 60 minute)

Gender Stereotypes Discussion & Video Clip – A class discussion of gender norms and double standards within the gender binary (men/women) begins with a brief video about the negative outcomes of unchallenged gender norms and stereotypes. From there, students identify societal expectations placed on each men and women, the emotional or internal impact of these expectations, and the verbal and physical consequences that can arise for those who may not fit into the norms.

Why Survivors Stay & Victim Blaming Scenarios & Discussion – This presentation helps students deepen their understanding of the patterns of abusive relationships, including why survivors stay in harmful relationships. Students brainstorm, in small groups, scenarios to demonstrate each stage. Students then learn about victim blaming, and complete an activity to begin developing the skills needed to recognize victim blaming.

DV in the Media Discussion & Video Clips – Media can be used as a vehicle that negatively impacts our notions of intimate relationships and can be utilized to raise awareness about relationship violence. Various forms of media are presented to learn about messages the media sends about love, gender and relationships. Students should walk away from the presentation with analysis and critical thinking skills that will help them dissect and speak out against harmful media messages.

Healthy Relationships Interactive Activities – This presentation helps youth think through what is important to them in a relationship. Students then engage in a group activity where they brainstorm examples of the different Equality Signs (Consent and Boundaries; Communication; Respect and Shared Power; Trust; Support; and Personal Freedom) and share out to the class. Students engage in a discussion about “deal-breakers” before transitioning into an activity with example scenarios about navigating conflict. Lastly, students will discuss break-ups and how to end a relationship respectfully.

Connect & Disconnect: Dating in the Digital World *Interactive Activities* – Many young people are engaging with partners or potential partners online before engaging in person. This presentation begins with a discussion about connecting with new partners online, touching on digital safety and safety when meeting up with a new partner. Students then engage in an activity and discussion about online boundaries. Finally, students will discuss ending relationships in healthy, safe, respectful ways.

Consent & Boundaries *Interactive Activities* – This presentation offers students a chance to go in depth about consent in relationships. Students will have an opportunity to explore their boundaries, learn how to refuse, delay, or negotiate with a partner, and where to get help if they have been violated.

Safer Sexting *Skill Building* – It's widely agreed that the best practice in sex education is to teach harm reduction for safer sex, as opposed to abstinence-only education. As digital natives, young people are immersed in technology and their relationship exploration takes place partially in the digital world. Safer Sexting takes students through risk assessment strategies and builds communication skills to better navigate sexual exploration via technology, all through a harm-reduction model. Additionally, students will discuss healthy community responses to sexting (as opposed to bullying).

SLHS Health 9 chooses the following 3 presentations for our Social Health/Sexual health Curriculum:

Teen Dating 101 Learning Objectives:

1. To define and raise awareness about the prevalence of teen dating violence
2. To identify behaviors and characteristics in healthy, unhealthy, and abusive relationships
3. To discuss the warning signs of an abusive relationship
4. To teach participants about the cycle of violence
5. To provide legal and community resources for those who need help

Teen Dating 102: Gender Stereotypes Learning Objectives:

- To identify and discuss the harmful ways that gender stereotypes impact everyone, regardless of gender identity.
- To brainstorm ways we can fight the boxes created by gender stereotypes.

Teen Dating 102: Safer Sexting Learning Objectives:

1. To define sexting
2. To learn the differences between healthy, unhealthy and abusive sexting
3. To gain ideas for healthy responses when sexting goes public
4. To identify where to get help after a nude image is exposed

