Healthy Relationships

Workbook

2015 - 2016

Family

Boy Friends
Girl Friends

Acquaintances

Friends

This book belongs to: ____________________________

Provided by the Partnership 4 Safety at The Arc of Spokane
Healthy Relationships

This is YOUR Healthy Relationships workbook.
You can color in it!
You can write in it!
You can doodle all over it!

This book is to help you to have healthy relationships!
Healthy Relationships make your life better
Healthy Relationships are a CHOICE you make
Choose to have Healthy Relationships!

Enjoy using your Healthy Relationships workbook!
Group Rules

Group rules:

1. Care for each person’s feelings
2. Make it feel safe to talk
3. Make it easy to be heard
4. Remind us of how we want to treat others
5. Remind us of how we want to be treated!
What do I want in MY LIFE?

____________________________________

____________________________________

____________________________________

____________________________________

____________________________________

____________________________________

____________________________________

____________________________________
What does **Healthy** mean?

Think about healthy foods – what do they do for you?

1. Helps you grow
2. Gives you energy
3. Makes you stronger

4. What do unhealthy food do to you?
What does Relationship mean?

A RELATIONSHIP is a ________________________________
Who Am I Connected To?

Who are the people you care about?
Write the names of the people you care about in the circles
RESPECT in a Healthy Relationship

RESPECT is a **CHOICE** you make

1. It’s not about liking or not liking people
2. It is treating people like PEOPLE, not like things!
3. RESPECT goes both ways in a healthy relationship
4. *You must also respect YOURSELF!*

5. RESPECT must be **IN** a relationship from the BEGINNING - or it will never be in it AT ALL!!!
TRUST in a Healthy Relationship

1. TRUST is NOT the same as liking
2. TRUST is NOT the same as respect
3. Trust has to be **earned**!
4. It takes TIME to trust people
5. People must *prove* they are trust-worthy
CHOICE in a Healthy Relationship

In a Healthy Relationship you share choices like:

1. What movies to see
2. What friends to hang out with
3. How much you talk on the phone
4. How much time to spend together

5. You both get to make choices in the relationship!
What are Personal Rules?

Your Rules tell other people how you want to be treated!

1. You can have rules about space.
   How big is your bubble?
   How much room do you like?

2. You can have rules about your body.
   Who gets to touch you?
   Where do people get to touch you?
3. You can have rules about communication.

How do you want people to talk to you?

With respect                                      With NO respect

Rules help you choose who your friends are!
My Personal Rules

Your rules are IMPORTANT!
Teaching about your rules

Teach people how you want to be treated

How do I do it?

1. Sit up or stand up straight
2. Look into the other person’s eyes
3. Use a nice voice
4. Tell the person what you need them to do

EXAMPLE: If someone is sitting too close you could say:

“Please move, I don’t like it when people sit so close to me”

5. Remember to say “Thank you”
Dealing with Threatening People

*What is a threatening person?*

- Someone who makes you feel afraid.
- **What do I do?**
  1. Walk away
  2. If they follow you...
     - Yell “go away” or
     - Blow a whistle
  3. Go get help

Who can help?_____________________________________________________________

_____________________________________________________________

1 2 3
Personal Body Part Words

Why doesn’t everyone use grown-up words?

1. Some people did not learn body part words.
2. Some people think some body parts are “dirty”.
3. Many people are embarrassed by sexual body parts.

Why use adult words?

1. Because you are a young adult
2. So your doctor will treat you like a young adult
3. So the police will take you seriously
Types of Relationships

There are many types of relationships.

How many can you think of?

_____________________

_____________________

_____________________

_____________________

_____________________

_____________________

[Images of different types of relationships]
What do you want in a friend?

1. Someone who shares your hobbies!
2. Someone who enjoy being with you!
3. Someone who supports you!

4. Write down some of your hobbies or favorite activities

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
What is in a healthy friendship?

1. You both **CHOOSE** to be friends
2. You treat each other with **RESPECT**
3. You **enjoy** being together
4. You **share** the cost of activities
5. **What other things are in a good friendship?**

_____________________________________________________________________

_____________________________________________________________________

_____________________________________________________________________

_____________________________________________________________________
Friend or Acquaintance

Friend
Someone you have known for many months
Someone you know a lot about

Is with you because:
1. You like each other
2. You do fun things together
3. You enjoy spending time together

Acquaintance
Someone you just met
Someone you don’t know much about

Is with you to do their JOB
1. Bus driver
2. Nurse
3. Caregiver
4. Job Coach
Who are MOST People You Know?

- BFF
- BF/GF
- Friends
- Family
- Acquaintainces

- The fewest people you know are here
- There are more people here
- Most people you know are here
What IS a Girl Friend or Boy Friend

1. How is this relationship different from a friendship?
2. How long does it take to be a GF/BF?
3. What does it MEAN if you have a GF/BF?
4. Does it mean anything if you DO NOT have a GF/BF?
5. Where did you learn about GF/BF?
What do YOU want in a Girl Friend or Boy Friend

Write down what is important to you!

____________________________________

____________________________________

____________________________________

____________________________________
What is Dating?

1. What do we do in a dating relationship?

2. In a dating relationships you might:

3. Go out to movies together

4. Go to a dance together

5. Hold hands or kiss

6. What else can you do in a dating relationship?

____________________________________________________________________________

____________________________________________________________________________

____________________________________________________________________________

____________________________________________________________________________
Are you ready to be in a Dating Relationship?

You are ready to be in a dating relationship if:

1. Neither of you are already married
2. Neither of you are in another dating relationship
3. You are close to the same age
4. You are both old enough to be in a relationship
5. You BOTH want to be in a dating relationship
People you don’t date

1. Family
2. Co-Workers (*you might lose your job*)
3. Paid caregivers
4. Can you think of any one else?

_____________________________________________________

_____________________________________________________

_____________________________________________________

_____________________________________________________
Communication is Important

When you have something to say:

1. Pick the right **TIME** to talk - When your boyfriend or girlfriend is not busy

2. Pick the right **PLACE** to talk - Choose a place where you can hear each other

3. Pay **ATTENTION** - Do not answer calls or texts

4. Be **CALM** - Do not start conversations when you are angry or upset
Sex! Are you ready?

Before starting a sexual relationship it is **very important** to ask yourself:

1. What does sex **mean** to me?
2. What are my **values** about sex?
3. What are my family values about sex?
4. Why am I thinking about it right now?
5. Is someone **pressuring** me to have sex?
6. What are some of the things that can happen if I have sex?

This is an important decision!

It might help to talk to someone you trust
Am I ready?

1. What does sex **mean** to me?

2. What are my **values** about sex?

3. What are my family values about sex?

4. Why am I thinking about it right now?

5. Is someone **pressuring** me to do this now?

6. What are some of the things that can happen

7. Who can I talk to about this important decision?
What is Consent?

1. Consent is a word used in romantic or dating relationships
2. It means you are ready for sex in a romantic relationship
3. It means you have talked with your boyfriend or girlfriend
4. It means your girlfriend or boyfriend is ready too
5. It means you BOTH know what could happen after sex
6. Consent means talking first!
Consent Laws

The Consent laws are important!

1. **Sixteen is the “age of consent” in Washington State**
2. If someone is younger than 16 they *cannot* give permission to have a sexual relationship.
3. Breaking the Consent laws can mean going to jail.
4. Breaking the Consent laws can put you on a sexual predator list – *for life!*

5. **REMEMBER!!!**
   - If a person is not old enough – it is RAPE
   - *If a person does not give consent – it is RAPE*
   - *If a person is forced to have sex – it is RAPE*
What is an **Unhealthy** Relationship?

1. In an **UNHEALTHY** relationship...
2. There is **NO** respect
3. Your **Rules** are not respected
4. Your **Feelings** are not respected
5. Your **Property** is not respected
6. Your **Privacy** is not respected
7. **YOU** are **NOT** respected
There is no CHOICE in an UNHEALTHY Relationship

Instead of CHOICE: .

1. People use **violence** to get their way.

2. People use **anger** to scare the other person.

3. People **force** others to do things.

4. People use **coercion** to get what they want.
Jealousy = A DANGER SIGN!

Jealousy is:
1. Fear
2. Control

Love is:
1. Trust
2. Respect

Jealousy says:
1. I can’t trust you
2. You cheat
3. You don’t love me
4. I don’t respect you
5. I make all the choices

Love says:
1. I trust you
2. You are faithful
3. You love me
4. I respect you
5. WE make choices
ABUSE
Happens in *unhealthy relationships*

1. ABUSE is when someone *pretends* to care about you
2. ABUSE can be *Physical*
3. Abuse can be *Sexual*
4. Abuse can be *Emotional*
5. Abuse can be *Financial*
Physical Abuse

1. Physical Abuse is used:

2. To **scare** you

3. To **control** you

4. Physical abuse can happen in ALL relationships

5. **Physical abuse can be:**

6. Scratching

7. Punching

8. Pulling your hair

9. Pushing you

10. Grabbing your clothing

11. Forcing you to go somewhere

12. Using a gun, knife, bat or other weapon
Sexual Abuse

1. Sexual Abuse is
2. Being tricked (coerced) to do something sexual
3. Being forced to do something sexual
4. Having sex without CONSENT
5. Sexual abuse can be
6. Unwanted kissing
7. Unwanted touching of your sexual body parts
8. Threatening you if you do not have sex
9. Taking naked pictures of you
10. Being punished if you don’t have sex

Information modified from lwww.ove is respect.org
Emotional Abuse

1. Emotional Abuse is used to **control** you

2. **Emotional Abuse can be:**
   
   3. Yelling or screaming at you
   4. Calling you names or putting you down
   5. Not letting you talk to family and friends
   6. Checking up on where you are all the time
   7. Starting rumors about you
   8. Embarrassing you on purpose
   9. Telling you what to wear
   10. Blaming you for **their** behaviors

Information modified from lwww.ove is respect.org
Financial Abuse

1. Financial Abuse is:

2. When someone else spends your money on themselves

3. When you can’t get what you need with your own money

4. Financial Abuse can be:

5. Making you pay for other peoples clothes, food and rent

6. Writing bad checks on your account

7. Borrowing money and NEVER paying it back

8. Who could do this?

9. Family members

10. People who say they are your friends

11. Neighbors

12. Boyfriends or girlfriends

Information from Tracie Thompson /Arc Financial Management and www.aasa.dshs.wa.gov/aps/
What Can You Do?

1. If you think you are being abused:
2. Talk to someone you trust
3. Report what happened to the police
4. Report what happened to Adult Protective Services 1-800-459-0421
5. For help with sexual abuse Call Lutheran Community Services Northwest 624-7273
6. For help with abuse in a boyfriend/girlfriend relationship call the YWCA 326-2255
7. Ask for help from someone you TRUST

ABUSE IS NEVER YOUR FAULT
Who are MY Trusted People?

1. Trusted people are:
   2. Adults
   3. Who care about me
   4. Can help me
   5. And are not the people abusing me

6. Some trusted people might be:
   7. Teachers
   8. Parents or Guardians
   9. Adult Family Home staff
   10. Employment support staff

11. Write down the names and phone numbers of your trusted people:

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Number</th>
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<tbody>
<tr>
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</tbody>
</table>

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# Extra Goodies!

<table>
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<th>Page</th>
<th>Topic</th>
<th>Type</th>
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</thead>
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<td>Worksheet</td>
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<td>44</td>
<td>Social Media Safety</td>
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<td>46</td>
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<td>Quiz</td>
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<td>51</td>
<td>Ready-Set-CONSENT!</td>
<td>Puzzle</td>
</tr>
</tbody>
</table>
Texts and Phone Problems

1. If someone is sending too many texts
2. Or sending mean texts
3. Or calling too often
2. Tell them that you do not like it
3. Tell them *how often* they can call or text you
4. DO NOT answer when they call
5. Block their number
6. Get help from a person you trust
Social Media Safety

1. Don’t post your address
2. Don’t post your phone number
3. Don’t post your school
4. Don’t post your birthday
5. Keep your password private
6. You do not have to “friend” everyone who asks
7. People can make up fake pages
8. **Remember**- you can not control your posts on other people’s pages
9. Change your privacy settings so that only friends can see your page

Please note: Snap Chat can be captured!!!!
Sexting – Oh NO!

1. *What is sexting??*

2. Asking for pictures of you in your underwear

3. Asking for pictures your breasts, bottom, pubic area or penis

4. Asking for naked pictures of you **OR**

5. *Sending* you pictures of breasts, bottom, pubic area or penis

6. *NEVER send anyone pictures of YOUR breasts, bottom, pubic area or penis* **EVER!**
Take this quick quiz to find out how much do you know about your boyfriend or girlfriend

1. We have met in person
2. I know his/her last name
3. I know her/his hobbies
4. I have met his/her friends
5. I know where he/she lives
6. I know what activities he/she likes
7. I have met his/her parents or family

Count the yes and no answers

Do I know about my boyfriend or girlfriend?

Yes  No
## Am I in a HEALTHY Dating Relationship?

<table>
<thead>
<tr>
<th>Does MY girlfriend or boyfriend...</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tease me and hurt my feelings?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 really listen when I am talking?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 pick fights with me?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 treat me really nicely?</td>
<td></td>
<td></td>
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<tr>
<td>5 ever hit me?</td>
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<tr>
<td>6 enjoy doing activities with me?</td>
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<td></td>
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<tr>
<td>7 yell at me?</td>
<td></td>
<td></td>
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<tr>
<td>8 comfort me when I am down?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9 tell me who I can be friends with?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 like me the way I am?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11 want to know where I am ALL THE TIME?</td>
<td></td>
<td></td>
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<tr>
<td>12 respect me?</td>
<td></td>
<td></td>
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<tr>
<td>13 act jealous of my friends?</td>
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<td></td>
</tr>
<tr>
<td>14 think I am cheating with other people?</td>
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<tr>
<td>15 think I am fun to be with?</td>
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<td></td>
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<tr>
<td>16 tell me I am stupid?</td>
<td></td>
<td></td>
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<tr>
<td>17 make choices with me?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>18 kiss or touch me, even when I say DON’T?</td>
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</tbody>
</table>

If you answered Yes to ANY of the numbers below:

1, 3, 5, 7, 9, 11, 13, 14, 16, 18,

You might be in an UNHEALTHY relationship!

Please talk to a trusted friend or adult
Types of Relationships
Word Find

ACQUAINTANCE
BROTHER
FRIEND
PROFESSIONAL
WIFE

BESTFRIEND
COWORKER
GIRLFRIEND
ROMANTIC

BOYFRIEND
FAMILY
HUSBAND
SISTER
Finding a Good Friend

Sometimes a Good Friend is not easy to find. Sometimes you might make a wrong choice – but that’s OK! Just keep looking until you find a Good Friend.
Ready-Set-CONSENT

Across
4. The age of consent in Washington State
10. Is someone __________ you to do this now?
12. A word used in romantic or dating relationships
14. Consent means your GF/BF is _____ too
16. What are your _____ values about sex?
18. Consent means you _____ know what can happen after sex
20. Consent means you are ready for ____ in a romantic relationship

Down
1. What does sex ____ to you?
2. It is rape if a person does not _____ consent
3. When things don't work out toy might have....
5. It is a very important ______
6. ______ one of the things that can happen in a sexual relationship
7. Before having sex it is very ______ to ask yourself many questions
8. Breaking the consent laws can mean going to ______
9. What are your _______ about sex?
11. It might help to talk to someone you
13. Consent means you have ______ with your BF/GF
15. What it's called when you force a person to have sex
17. Consent is in the Washington State _____
19. It is rape if a person is not ____ enough
Some of the information in this workbook came from:

www.loveisrespect.org

www.chooserespect.org

Equality Wheel for Teens from the Nation Center on Domestic and Sexual Violence www.nedsv.org

The SCAR booklet published by Partners in Prevention Education at www.youthchangeagents.org

Tracie Thompson – The Arc of Spokane

http://www.adsa.dshs.wa.gov/APS/abusetypes.htm

Feedback for the workbook was provided by:

The amazing students and teachers at:

- District 81 IMAGES program
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- Cheney CAPSTONE program
- Mead /Mt. Spokane Transition program
- CV Barker transition students
- Mr. Holden’s class at Rogers HS
- Mr. Murphey’s class at North Central
- Jill Nowak’s class at Lewis and Clark

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