

# UNHEALTHY RELATIONSHIPS

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# Stages of Life Empowerment Program

## Who we are:

- Teenage pregnancy prevention program founded on the Stages of Life Concept
- Provide FREE Health and Wellness workshops for youth and adults
- Provide FREE health clinic tours
- Provide FREE condoms and other barriers



# Stages of Life Concept

- This concept is found in many Native American Cultures
- Based on the medicine wheel, which represents harmony and connections, and is considered a major symbol of peaceful interactions between all living beings on Earth
- Life consists of different stages, and each stage presents us with different tasks.
- The SOLE program focuses on the first 20 years of life
  - Helping youth develop the skills and abilities they will need as adults
  - Encouraging youth to enjoy these years, while holding off on the more adult role of being a parent



# Objectives



To identify signs of an unhealthy relationship



To discuss when and how to end an unhealthy relationship



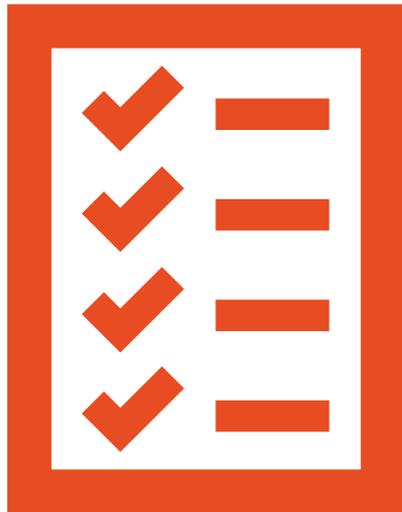
To brainstorm what to do after the breakup



To learn how to build a conversation with someone who's in an unhealthy relationship, or is the unhealthy partner



# Group Rules & Guidelines



What are some group rules and guidelines you would like for our time together?

- For yourself?
- For your peers?
- For the adults in the room?



CONFIDENTIALITY



THROW GLITTER  
NOT SHADE



USE "I"  
STATEMENTS



DON'T TELL ON  
YOUR FRIENDS



RIGHT TO PASS



JARGON GIRAFFE



HATE FREE/SAFE  
SPACE



SELF-CARE

# Group Rules & Guidelines



# Ice Breaker

- Tell us your name.
- What is one green flag in a relationship?
- For the purpose of this workshop, when we talk about relationships, we will be referring to a romantic partner.



**Isolation:**

Keeping you away from family and friends

**Lack of trust:**

Making you feel guilty or accusing you

**Excessive criticism:**

Intimate bullying/blaming;  
Lowering your self-worth

**Manipulation:**

Partner advancing their goals at your expense;  
Gaslighting

**External concerns:**

Family and friends may not like your partner, people say that your relationship is unhealthy

**Change of habit:**

Stop doing things that you used to enjoy/self-care

# Signs of an Unhealthy Relationship



# IDENTIFY THE UNHEALTHY SIGNS

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Activity



# Relationship 1

Hey I just saw that beach pic you posted on insta..

Why would you show off your body like that??  
What were you thinking?!

No, you look like a slut and it makes me look bad.  
You disgust me. 🤢

Whatev you always want attention. I'm sick of you.  
You need to delete that picture now or we're over.

Yeah, what did you think? ☀️

Uhh, idk.. I guess I thought I looked good. 😞

Oh...I'm srry.. I wasn't thinking right

Okay babe, I'm deleting it now, it's gone. 😞



# Relationship 1

- What unhealthy signs are within this relationship?
  - Excessive criticism, Lowering self-worth, Name calling, Manipulation
- How could this conversation have been different?



# Healthy Relationship 1

Hey I just saw that beach pic you posted on insta...

I thought you looked great babe 🔥

It looked like you had a nice time with friends, was it fun? 🏖️

Sounds good! I'd love that.

Yeah, what did you think? 🌞

Aww thanks 😊

Yeah it really was a good time. Thanks for asking! You'll have to come along next time.



# Relationship 4

Hey what's up? 😊

Chris it's fine, we just had a little argument. It's nothing.

Yeah, we are soul mates, sometimes we argue that's normal. You wouldn't know because you've never been in a relationship.

Dude stay out of it! 🙄

I wanted to let you know that Mom and I overheard you arguing & crying yesterday with ur bf, we're concerned 😞

Mark this has been going on for a few months, are you even happy?

It's other things too, like you haven't been eating or sleeping, you seem off. We just are worried, you're not yourself anymore.



# Relationship 4

- What unhealthy signs are within this relationship?
  - External concerns- family, Change of habit
- How could this conversation have been different?
  - Could the sibling have responded to his brother's concerns differently?



# When to end a relationship?



If you are unhappy in your relationship.



If you have communicated your concerns to your partner, and their behavior hasn't changed.



If you feel like your relationship is unsafe, bad for your health (mental or physical), or abusive.



# Abusive Relationships

- If you are involved in an abusive relationship, seek help prior to ending the relationship.
- Leaving or ending a relationship with an abuser can be dangerous.
- Who can you contact for help?
  - Trusting adult
  - Nurse
  - School counselor/Teacher
  - Local emergency shelters
    - Erie County: Catholic Charities, Family Justice Center, Buffalo City Mission Women's Shelter, Child and Family Services, Haven House
    - Niagara County: Pinnacle Community Services, Casey House, Community Missions
  - Crisis Services
  - Domestic abuse/Dating violence hotline
  - Police





Talk	Talk to a caring adult, family member, or friend
Seek	Seek a counselor or therapist for guidance
List	List points you'd like to make if you choose to confront your partner
Deadline	Make a deadline of when you'd like to break things off by
Set up	Set up a safety plan
Explain	Explain to your partner why you are ending things, only if you feel safe enough to do so
Surround	Surround yourself with the support of family and friends
Contact	If you think you're in danger, contact Crisis Services, a 24/hr domestic violence hotline, or 911

# What can you do?



# What to do after the break up?



Try to have minimal contact with ex-partner



Engage in self care



Find a hobby



Sign up for a class you're interested in



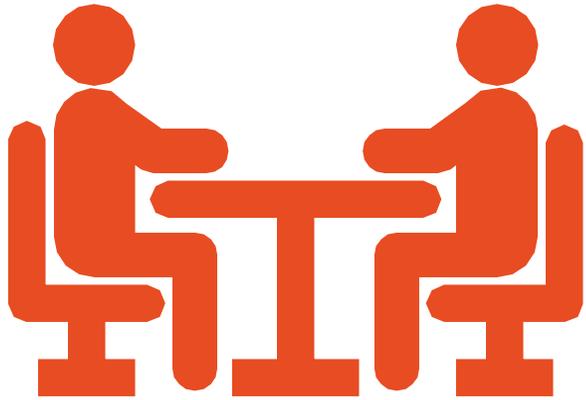
Reconnect with old friends or make new friends



Maintain a support system of family and friends



# What to do if a friend or family member is in an unhealthy relationship?



- Check in on them
- Remind them that you are there for support
- Let them talk about their relationship & listen to them
- Address any noticeable changes in their behavior
- Remind them of elements that make a relationship unhealthy or abusive
- Help them identify unhealthy characteristics in their own relationship
- Challenge their beliefs of what they consider “healthy” or “normal”
- Encourage them to make small changes or goals
- Ask about their concerns and what you can do to help

Do not blame yourself: It is not your responsibility to confront an unhealthy relationship.





Safety  
first!

# What if someone you know is the abusive or toxic partner?

## Speak Up

If you feel comfortable, you can have a discussion with them about their unhealthy characteristics or behaviors.

## Explain

You can explain to them what you've been observing and encourage them to make a positive change.

## Ask

Ask them why they may act the way they do and what you can do to help them change their behavior.



# What to say when talking to....

## Talking to your unhealthy partner:

- I don't like the way you are treating me; I deserve to be treated better.
- If you truly cared about me and respected me, you'd treat me better. I will not accept this behavior from you.
- The way you are treating me has been hurting my feelings.

## Talking to your friend who's in an unhealthy relationship:

- I have been noticing you acting different, is everything okay?
- I am here for support whenever you would like to talk.
- I can't help but notice that your partner has been treating you unfairly. Are you okay?

## Talking to a friend who is the unhealthy partner:

- Hey, idk if you're aware, but the way you're treating your partner isn't okay.
- I want to let you know that I don't feel comfortable with the way you treat your partner.
- I think you can treat your partner better. If you need advice or support, let me know.



# Relationship Reminder



So far, we've been talking about a partner as a significant other, however unhealthy relationships can include relationships with family members and friends.

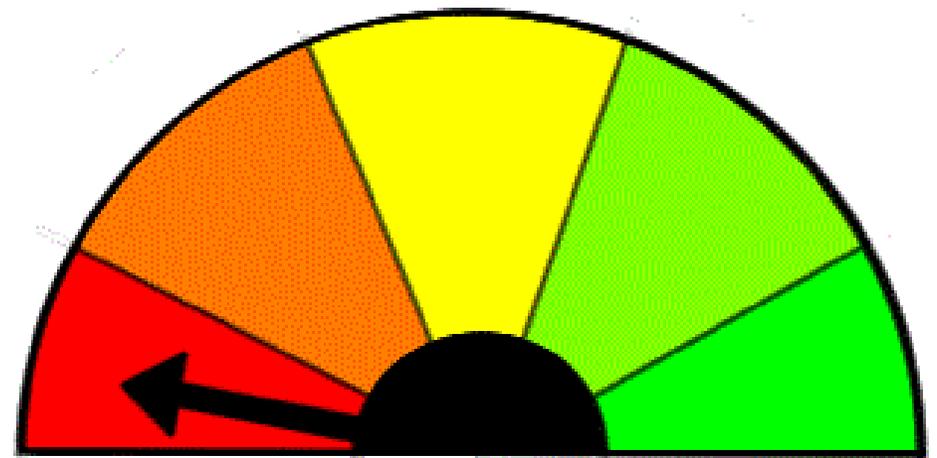


Remember, the same characteristics that make an intimate relationship unhealthy, can apply to family/friend relationships as well.



# Self Reflection

- Where do you fall on this scale in a relationship?
- What can you do to improve in your relationships?



Unhealthy  
Characteristics

Healthy  
Characteristics



# Who To Contact for Support?

- Talk to a caring adult
- Call Crisis Services 24 Hour Hotline
  - Erie County 716-834-3131
  - Niagara County 716-285-3515
- 24 Hour Domestic & Sexual Violence Hotline
  - 1-800-942-6906
- 24 Hour Local Domestic Violence Hotlines
  - Erie County
    - 716-862-HELP
    - Compass House 716-886-0935
    - Cornerstone Manor 716-852-0761
    - Haven House 24-hour Hotline 716-884-6000
    - Family Justice Center 716-558-7233
  - Niagara County
    - Passage House 716-299-0909
    - YWCA 716-433-6717
    - Community Missions 716-285-3403
    - Pinnacle Community Services 716-285-6984
- Dating Abuse Helpline
  - Call 1-866-331-9474
  - Text loveis to 22522
- Kids Helpline
  - 716-834-1144
  - 1-877-KIDS-400
- Hearing Impaired?
  - Use 711 (National Relay Service)
- Vulnerable Persons Central Registry Hotline
  - 1-855-373-2122
- Deaf Abused Women Network (DAWN)
  - Video Phone: 202.559.5366.
  - [hotline@deafdawn.org](mailto:hotline@deafdawn.org)
- Visit [Loveisrespect.org](http://Loveisrespect.org)

