

DATING ABUSE WORKSHOP

Educator Name: Anne Van der Veer

Topic: Dating Abuse

Duration and Frequency: Single workshop, 40 minutes (live) (companion workshop to “Healthy Relationships”)

Format:

- ✓ Synchronous - the workshop is presented live with students who are present
 - ✓ Asynchronous - the workshop lets students engage at their own pace and time (BLENDED)
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Learning Objectives:

Students will learn the definition of dating abuse; students will learn the different types of dating abuse, and examples of each; students will practice identifying “red flags” in relationships; students will learn strategies for addressing dating abuse, both in their own relationships and as a support for friends; and students will create art depicting their views on behavior in relationships.

Class Overview:

Prior to the class, students watch a short video, “Sunshine,” depicting the evolution of a dating relationship, and review guiding questions for the video. The live class is presented via Google Slides, and begins with brief instructor and student introductions, followed by a short overview of the class and a check-in poll. The first activity is a presentation of definitions and concepts. The next activity is a discussion of the video. The next activity is a review of how to help a friend and how to get help. The following activity, “Love Is/Love Is Not...” is an art activity for students, followed by an optional sharing with the group. The final activity is a brief wrap-up, with review of the material, response to any additional questions and sharing resources and contact information. Following the class, students will have access to the Google Slides, as well as additional material to deepen their understanding, including an activity on relationship signals (“Is This Okay?”), in which students read through short scenarios and indicate whether they believe this behavior is acceptable within the context of a dating relationship between teens.

Materials or platforms required:

Google Classroom, Google Meet, YouTube, Mentimeter; "Sunshine" Guiding Questions; "Is This Okay?" Worksheet; writing implement and paper

Pre-workshop activities:

1. Watch "Sunshine" by Day One <https://www.youtube.com/watch?v=1L6HB97lbrQ>
 2. Review "Guiding Questions for Sunshine"
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Activities:

- A. Introduction and Icebreaker/Poll (5 minutes)
 - a. Brief instructor introduction
 - b. Brief overview of class activities
 - c. Which superpower would you choose? (Mentimeter)

- B. Discussion About Topic (20 minutes)
 - a. Present slides on definitions/concepts: dating abuse, types of dating abuse; power dynamics
 - b. Ask for a volunteer to briefly recap the "Sunshine" video
 - c. Discuss "Guiding Questions for Sunshine" video (including "The tag line is, 'Don't confuse love and abuse.' What might have been confusing to the young woman in the video? Can you think of examples of things...")
 - d. How to Help a Friend/How to Get Help: present ways for students to access resources and identify trusted adults and safe places, including SBHC

- C. Interactive Activity (10 minutes)
 - a. Introduce "Love Is/Love Is Not..." activity
 - b. Students draw a large heart on a piece of paper, and write in the center, "Love is..." On the outside of the heart, write "Love is not..." Show educator example.
 - c. Students are given 4 minutes to draw images or write words in their hearts that represent what love is (and is not) to them
 - d. Invite 2-3 students to share their hearts
 - e. Validate responses
 - f. Encourage students to keep working on their hearts throughout the week, and adding additional text or images as they think more about love and relationships

- D. Wrap Up and Final Questions (5 minutes)
 - a. Review concepts
 - b. Solicit and answer any remaining questions
 - c. Provide contact information, resource sheet, and reminders for post-class activities

Post-class activities:

- a. Complete activity on relationship signals/dynamics, "Is This Okay?"
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