



High School Training Program

Eleventh Grade Lesson – Relationships & Dating

Introduction

Begin with prayer.

Explain the purpose of this session:

Training session goals:

1. Review basic personal safety lessons learned in Catholic grade schools.
2. Introduce ideals of healthy relationships among peers
3. Discuss healthy dating relationships, unhealthy dating relationships, and dating violence

Review basic personal safety lessons learned in previous training sessions.

- God created you and loves you. God made your bodies for good purposes.
 - You each have personal space that is to be respected by others.
 - You should treat yourselves and others with respect and care (the golden rule).
 - Some touches are safe, some are unsafe.
 - You have internal warning signs or sirens that let you know when you are in danger.
 - If you are ever in danger, are not being respected, or are being touched in an unsafe way, you should get away. Sexually using or abusing another person is morally and legally wrong and will not be tolerated.
 - There are adults in your life to care for and protect you.
 - Get help from one of these adults. Keep telling and asking until you get the help you need.
 - Where to go for help at our school...(fill in with names).
-

Topic: Introduce ideals of healthy relationships among peers

Relationships are very important to our well-being and happiness as individuals. We were made to be in relationship with God and others. Our first important relationship is with our parents and family members. As we grow, relationships with others outside of our family begin. In school and other activities, a young person begins to choose friends and relationships for herself/himself.



There is a progression in relationships as a young person matures. First, the child or teen develops good friendships with others of the same gender. Then the child or teen develops good friendships with persons of the opposite gender. Then and only then, can the person begin to develop healthy dating relationships.

If good friends and friendships are important, then how do you know a good friend?

Ask the students to list what “good friends will do” and what “good friends will not do”

Good friends do:	Good friends do not:
<i>Share and take turns</i>	<i>Ask you to lie, cheat or steal (do anything illegal or immoral)</i>
<i>Help each other in sad times</i>	<i>abandon you in tough times</i>
<i>Encourage each other to be better people</i>	<i>feel threatened by other friends</i>
<i>Are not exclusive of other friends; are welcoming and inclusive</i>	<i>Share personal or private information with others; exclude others to control the group</i>
<i>Are faithful</i>	<i>Pressure, bully or manipulate others</i>
<i>Are flexible and understanding</i>	<i>Belittle, make fun of, mock, tease another about how they are or what they like</i>
<i>Accept you & others for who they are</i>	<i>Demand that you think and feel like others in the relationship</i>
<i>Support each other and build each other up</i>	<i>Put you down in order to feel better</i>
<i>Respect the boundaries of another</i>	<i>Do not respect the boundaries of another</i>
<i>Others?</i>	<i>Lack integrity; are fake; say one thing to your face and another behind your back</i>

Summarize the group's input with the following chart.

At the end of each list, ask for more input if desired.

Why does a person stay with another who is not a good friend? Why does a person stay in an unhealthy relationship?



Many times a person stays in an unhealthy relationship because she/he believes that she/he can change the other person or change the other person's hurtful behavior. You cannot change people or their behavior. You cannot "love" people into being the person that you want them to be. Leave unhealthy or abusive relationships. If the hurtful behavior is not extreme, you can give the other person feedback as to how it makes you feel. Small imperfections can be tolerated in a healthy relationship.

Topic: Boundaries

God's plan and purpose for our lives involves right relationships with God and with others. God's love and care has no boundaries, but our relationships with other people do.

A boundary is the personal space that you keep between yourself and others. There are two types of boundaries: external and internal.

External boundaries include both physical/sexual boundaries.

- These boundaries protect your entire body and especially the private parts of your body.
- External boundaries help keep you safe and healthy.
- You decide who can touch you, how they touch you, and where.
- You want your physical/sexual boundaries respected by others and you want to respect the boundaries of other people as well.

Internal boundaries include your emotional and spiritual boundaries.

- These boundaries protect your private thoughts and emotions.
- These boundaries protect the deepest part of who you are – your sense of hope, trust, mystery, security and spiritually.

You decide what you will or will not share with others.

It is very important to have good, healthy, strong boundaries, to know what they are and to be able to tell them to others.

Boundaries protect both persons in the relationship.



Topic: Boundary violations among friends, dating partners, and peers

Sometimes people break or violate your boundaries. This can be done intentionally or not. Some boundaries violations as small and do not seem significant. Others pose serious threats to your safety and well-being. Some are so serious that they are illegal, including harassment, sexual harassment, and sexual assault. This list begins with boundary violations that seem less serious. They increase in severity up to and including examples of sexual abuse or assault.

How Do People Violate Boundaries?

1. Interrupting a conversation when you are speaking with someone else.
2. Taking one of your possessions.
3. Teasing or making fun of you that hurts you.*
4. Asking very personal questions that are inappropriate.*
5. Gossiping about you.*
6. Always hanging around you. Making you feel uncomfortable by invading your private space.
7. Excessive phoning, texting, instant messaging, emailing*
8. Saying* or doing things in front of you that are offensive or vulgar.
9. Always trying to sit or be next to you. Sitting on your lap. Touching you.
10. Using inappropriate language* or touching.
11. Physically, emotionally, or sexually abusing you.
12. Forcing you to do something sexual.

* These boundary violations can occur using technology.

Follow-up questions for the group:

1. How does violating another person's boundaries hurt him or her?
Breaking someone's boundary shows disrespect and can harm the person emotionally and/or physically. Some simple boundary violations can be handled by the student alone. Others need the help of adults and may even need law enforcement.
2. How does violating someone else's boundaries affect you?
May make me less sensitive and caring towards others. Makes it difficult for me to learn good boundaries for myself. Is sinful and hurtful to others, so could make me distant from God and others.
3. What can you do to make amends for the boundaries of others that you have violated?



Ask for forgiveness from God and from the person you harmed. Learn more about boundaries and how to respect them. If it is a serious boundary violation, adults must be involved in resolving the issue as it may include discipline, counseling, or other interventions.

4. If someone is constantly violating your boundaries, what should you do?

Talk to a trusted adult. Talk with the person. Recognize that it is not a healthy relationship. End the relationship if necessary.

Topic: Building good friendships & dating relationships

Some suggestions to help you build good friendships and dating relationships. Being a good friend and developing good friendships is a task for your entire life.

- Remember your boundaries; be able to tell another person your physical, emotional, technology boundaries.
- Take your time.
- Balance the give and take.
- Don't worry too much.
- Do not ignore warning signs.
- Adjust to change.
- Know how to say "no" firmly; do not send mixed signals
- Examine past relationships and learn from them
- Remember that friends should respect your wishes, dreams, and requests. Friends should lift you up.
- Friends respect you and your boundaries.
- Friends will never use, abuse, or groom you.
- Look for good qualities in others
- Seek the insight and wisdom of your parents or trusted adults
- Join your church youth group or volunteer at school, church or your community.

Dating violence – Heather's Closet

Grooming, which we have talked about in previous years, may be used in dating relationships. Groomers believe that force or violence is okay in dating relationships. Groomers believe that



they can coerce, manipulate or control someone else and force that person to do what the groomer wants.

Dating violence is any physical, sexual, verbal or emotional abuse or violence that occurs between dating partners. It includes controlling or aggressive behavior in a dating relationship. Both genders can be abused. The victim is not at fault.

Some young people do not have the life experience to differentiate what is genuine love, care and concern and what is jealousy, possessiveness and manipulative behaviors. Some young people are embarrassed of what they believe that they have gotten themselves into and do not ask for help. Others fear judgment and condemnation and so do or say nothing.

Statistics:

- Dating violence affects 1 out of 10 teens. (Ctr for Disease Control, 2016)
- 1 out of 4 teens reported being called a name, harassed, or put down by dating partner via cell phone. (Tech Abuse in Teen Relationships Study)
- 12% of females; 6% of male adolescents report begin forced into sex (Ctr for Disease Control)

Some facts about acquaintance & date rape:

1. Acquaintance rape is when a person the teen knows forces unwanted sexual activity. If consent is not given, then the activity is considered rape even if consent for this activity has been given before.
2. Date rape specifically refers to a rape in which there has been some sort of romantic or potentially sexual relationship between the two parties.
3. Drugs and alcohol lower inhibitions and affect a person's ability to reason and control actions. Use of drugs and alcohol are reported in cases of violent behavior, dating violence.
4. Date rape drugs: Rohypnol (roofies), GHB (a depressant), Ketamine (Special K). These drugs are put into a drink and when ingested cause a person to blackout or become immobile.

How to prevent or help with dating violence:

- Since young people do not have many life experiences yet, it is important to teach them about healthy and unhealthy relationships; good boundaries;
- In addition to information and definitions, young people need help building life skills such as communication skills, boundary setting skills, refusal skills, critical thinking skills, and problem-solving skills



DIOCESE OF
FORT WAYNE-SOUTH BEND
SAFE ENVIRONMENT PROGRAM

- National Teen Dating Abuse Helpline 1-866-331-9474
- Do not go out alone with a person until you know the person very well. Before that, go out in groups or with other couples.
- Sober = Safe

Protecting and caring for friends

As you spend time and share with friends over time, you may observe your friends in unhealthy or abusive relationships. How can you help these friends?

1. Listen to your friend. Support your friend.
2. Do not give advice or ultimatums. Do not criticize any party. A person's defensive instinct can rise in unusual ways and complicate the situation.
3. Encourage your friend to get help from a trusted adult or hotline.
4. Do not blame the victim.
5. Respect for the dignity of every person demands that you allow your friend to make her/his own decisions, even if you disagree with them.

A word about Pornography

- A multi-billion-dollar industry.
- Many harmful effects
- Distorts your understanding of your body, sex, and healthy development
- Does not include feelings, relationships or the safe, appropriate role of sex between married persons
- Shows aggression, violence, and objectification of girls and women
- Can become compulsive or addicted to this

Think about what kind of friendships and dating relationships that you want to have.

Being a good friend or a good girlfriend/boyfriend takes work.

Communication and relationships must be nurtured.

Take your time, Learn from past relationships.

Seek support and insight from God in prayer about all friendships and relationships.

Share handout, **Your Personal Safety: Relationships & Dating**, with the students.