

Body Boundaries Curriculum

8th

Read through **The Ten Signs of Relationship Abuse/Fact Sheet 3.**

(If you choose, you may make copies of this sheet.)

Activity:

(Either make copies for each group or each individual)

You may do this breaking the students into groups to work together (each group needs a spokes person/secretary), or work individually.

If you choose, read each question aloud, give them time to answer.

Then please go through the answers together in class.

Remind the students:

Their body is theirs and they have the right to say "**NO!**" or "**STOP!**" to any **UNSAFE touch or treatment** from another person.

They need to **get away** from the UNSAFE person, and go somewhere SAFE, or where there is a group of people.

TALK to an **ADULT** and get HELP!

It's NOT YOUR FAULT!



Prevention Program presented by
The Amy Center

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The Amy Center
Body Boundaries Program
Questions - 618-244-2100

Name: _____

Read the story below and then answer the discussion questions that follow on the next page.

Jenna was sure that Jared was the man of her dreams. He was handsome and attentive. He was totally into Jenna. He cared so much about her that he called her several times a day. When he told her he loved her on their second date, Jenna knew this was the real thing. Pretty soon they were seeing each other every day. On weekends, they were practically inseparable.

Because she spent so much time with Jared, Jenna was seeing less and less of her other friends. He got annoyed when she talked to her friends on the phone. Plus he wanted to know what she talked about with her friends, and Jenna didn't like having to report all the details of her conversations to Jared.

Sunday was Jenna's best friend's birthday. She promised Audrey that they would hang out at the mall. When she told Jared her plans to spend the day with Audrey, he frowned. She didn't like his tone of voice when he said, "Are you sure you're just going to hang out with Audrey? You better not wear that purple shirt. It's too low-cut for the mall. I don't want my girl looking like a tramp."

While she was at the mall, Jared called or text-messaged her every hour to say hi. The girls decided to go to a movie, so Jenna turned off her phone. When she got out of the theater, there were six messages from Jared. They started off sweet but progressively got angrier and angrier. The last message said, "I don't know why you won't talk to me. Are you trying to hook up with someone else? You might as well know: you're not all that great."

Jenna had just finished listening to her messages when the phone rang again. It was Jared. When Jenna explained that she didn't answer her phone because they were at the movie, he apologized: "I guess I just lost my temper. I didn't mean it. It's just that I miss you when you're not around."

Just then, a group of friends from school walked up to say hello, so Jenna said goodbye to Jared. But two seconds later, Jared called back. "Did I hear a guy talking to you? All right, tell me the truth! Who are you hooking up with?"

Jenna was annoyed because she and Audrey were just innocently talking with a group of both guys and girls. She turned off her phone. She and Audrey started walking to the bus stop. After about ten minutes, Audrey said, "Isn't that Jared?" It was. Jared was waiting in his car near the bus stop. He got out when he saw the girls. He looked angry. "What were you doing with those guys? I knew I couldn't trust you! You're nothing but a sleaze!"

This activity is continued on the next page.

Name: _____

Jenna couldn't believe her ears. She was about to tell him to leave her alone, but he grabbed her arm and said, "I'll give you a ride home. Let's go." Jenna started to protest, but Jared was holding her arm so tightly that it hurt when she tried to step away. She knew he would make a scene if she didn't go with him. She said an awkward goodbye to Audrey and saw the worried look in her eyes as she got into Jared's car.

The next day at school, Jenna had a bruise on her cheek. When Audrey asked what happened, Jenna said she fell. Audrey didn't believe her. Finally, Jenna admitted that Jared had hit her. "He's an emotional guy. He gets upset sometimes. I'm sure he didn't mean to hurt me. He said he was sorry."

Discussion Questions:

Discuss the following questions in small groups. Summarize your answers on the back of this page and then share your thoughts with the class.

1. Read the *Ten Signs of Relationship Abuse* fact sheet. How many of these signs can you identify in Jenna's story?
2. At what point should Jenna have known that her relationship with Jared was not healthy?
3. How do you think Jared justified his behavior toward Jenna in his own mind?
4. Why didn't Jenna immediately admit to Audrey that Jared had struck her?
5. At what point should Jenna have gotten out of the relationship (or gotten help if she couldn't break away emotionally)?
6. Why do you think Jenna has stayed in the relationship as long as she has?
7. If Jenna stays in this relationship, what do you think her future holds?
8. If you knew someone like Jenna, how would you help?
9. If you knew someone like Jared, what could you say to him?

Name: _____

TEN SIGNS OF
RELATIONSHIP ABUSE

According to psychologist and relationship expert Dr. Jill Murray, the ten signs of relationship abuse can be divided into two categories as follows:

Emotional/Verbal Abuse:

1. Isolating your partner from friends, family and outside activities that don't include you
2. Calling your dating partner insulting names or using degrading terminology to describe her
3. Showing jealousy and possessiveness about your dating partner
4. Controlling how your dating partner dresses, how much makeup she uses, with whom she talks; giving unsolicited advice; excessive text-messaging and using your cell phone to check up on her
5. "Crazy-making" and rule-changing behaviors; threats of self-harm if your dating partner leaves you
6. Having different standards for your dating partner than you do for yourself

Sexual/Physical Abuse:

7. Roughhousing or play-wrestling
8. Holding your dating partner's hand too tightly or putting your arm around her waist or shoulders too tightly
9. Pushing, shoving, hair-pulling, grabbing, restraining and other violent behaviors that are painful, even if they don't leave marks or bruises
10. Touching your dating partner's body in ways that are not consensual or make her feel uncomfortable; making threats (implied or real) to leave the relationship if your dating partner doesn't consent to sexual activity