

PSA ACTIVITY OUTLINE

1. **Introduction:** We will be talking about healthy and unhealthy dating relationships for the next 45 minutes. Because this is a personal and serious topic- What will you need from me and from each other to make this a safe space to share and listen?
2. **Create Mutual First Agreements:**
 - Respect
 - Talking one at a time
 - No putdowns
 - Raise your hand or use talking piece if you have something to share
 - Allow equal time for each person
 - “What we talk about in this group stays in this room” Keep it private
 - Turn all cell phones off
3. If someone is being hurt or hurting a dating partner we will need to talk about how to keep this person safe.
4. **Share why this topic is personal** for you and give an overview of the discussion topics and how much time and attention this will require.
5. **WATCH THE PSA**
 - Create small groups of three
 - Identify healthy and unhealthy behaviors in the PSA
 - Share with the large group
 - Brainstorm the harm this type of abuse causes
 - Share with the large group
 - What can be awesome about LOVE
 - Create a role-play to illustrate what UGLY love looks like in real life and what HEALTHY love looks like.
 - Talk ONE at a time, and listen with respect.
6. Focus attention on communication, expressing emotions, controlling behaviors, caring behaviors, jealousy, and sexual abuse.
7. **Review School and Community Resources**
 - Who is a trusted adult you can go to for help?
 - Make sure each student know who their counselor is
 - **TEXT “Listen” to 741741 24/7 for support and help**
 - CALL 911

OUTLINE

- **Create small groups of 3**
- **Introductions/First Agreements**
- **Watch and discuss PSA**
 - Types of Abuse**
 - **Physical**
 - **Emotional**
 - **Verbal**
 - **Sexual**
 - **Digital**
- **School Resources**
- **Community Resources**
- **National Resources**

OBJECTIVES

- **Increase understanding about the prevalence and gravity of dating abuse.**
- **Recognize the difference between unhealthy and healthy relationship qualities**
- **Practice empathy for dating abuse and raise awareness of community resources**
- **Encourage youth to ask for help**