

TDVAM Healthy Connections Challenge



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Healthy Connections Challenge (Feb 14-18)

1st Challenge: Watch informational video about TDVAM, healthy relationships and the Healthy Connections Challenge by Isaac Fenigsohn.

2nd Challenge: Complete 3 mini activities on healthy relationship aspects (communication, respect, boundaries, etc.). Create an awareness poster for school or your group, based around the aspects of healthy relationships learned from informational video & mini activities.

- a. We provide instructions for 7 mini activities that your group can choose 3 from. Show what you learned by creating an awareness poster to show to peers in a common area at your school, club or group meeting space. Suggestion: “What do Healthy Connections look like?” poster with different aspects listed or a “Healthy vs Unhealthy Connections” poster.

3rd Challenge: Kindness Card Challenge

- a. You're encouraged to host an event for making kindness cards with your peers. Set a goal for your group on how many you want to encourage your peers to make. Talk with your adult mentor about arranging a cookie or pizza party as a prize for reaching your kindness card goal. You are allowed to have multiple events for making Kindness Cards. Remember to follow up with your peers to make sure they gave out their kindness cards.
- b. When making your kindness cards remember to not focus on our peers physical traits. Try to compliment who they are as a person or maybe how great they are at being your friend, playing sports, singing, etc.

Final Note: Share photographs with us of your progress! We would love to see how you used this challenge.

**Healthy
Connections
Challenge
Activities**

***pick 3 activities**

Dilemma

Description: To give each member of a group a chance to voice their opinion on topics related to connections.

Objective: Choose a card and give your uninterrupted respected opinion on the dilemma presented. Have the group practice active listening and respecting each other's opinions.

Materials: Dilemma Cards (end of packet)

Directions:

1. Divide the peers into groups and give each group a set of dilemma cards.

*Can be done all together if the group is small.

2. Each person chooses a card and reads it aloud.

3. Each person gets to give an uninterrupted opinion before the rest of the group may join the discussion. Make sure peers know we are respecting each other's opinions regardless of whether they agree.

5. Ask peers how it felt to give an uninterrupted opinion. Ask if they get to do that often. Who do they feel interrupts them the most (parents, friends, siblings)?

6. Why is it important that people be allowed to express themselves without interruption? Why do people interrupt? What does that say to the person being interrupted? Why is it important to respect each others opinions even if they vary from our own? Discuss.

Write down some ideas from this activity for your Healthy Connections Poster!

Kindness Circle

Have people sit in a circle. Ask each person to tell you something about showing and receiving kindness (e.g. what they think it is, an example of a kind act or a kind thought, something they do that is kind or something they might do in the future). The intent is to get the people to think about kindness and highlight that it is part of their everyday activities. Ask how kindness makes people feel. How do they feel when they are kind and when others are kind to them?

It would be helpful to write down ideas of kindness for your Healthy Connections Poster!

Red Flag

Objectives: peers will identify the warning signs of an unhealthy or abusive relationship. Learn where to turn for help if they're ever in an unhealthy or abusive relationship

Materials: "Red Flags" (red construction paper)

Activity: You've probably heard the expression "raise a red flag" as a way to signal a possible problem or danger. Today we're going to use red flags to signal the warning signs of an unhealthy or abusive relationship. After each relationship situation, raise your red flag if you think the behavior is concerning in any way. At the end, we'll talk about what we learned and discuss ways to get help if you ever find yourself in an unsafe dating situation. It would be helpful to write down red flags for your Healthy Connections Poster!

Snowball

Key Objectives – To note the prevalence and severity of teen relationship and dating violence. To Highlight the lack of attention and reporting associated with relationship violence.

Materials Needed – Duplicate Printed Fact Sheets(end of packet). Tape, string, or another type of room divider

Directions – Every peer will be given a piece of paper. This piece of paper will either have a fact about Teen Dating Violence. Once every peer has his/her paper, have peers crumble up the paper into a ball and place half of the group on one side of the room, and the other half on the opposite side. On the count of three, cue the "snowball fight" and everyone will throw their "snowballs" around the room. Once the "snowball fight" has ended, each peer will pick up a paper and then proceed to find the match to whatever is on the paper. Once everyone has found the match to his/her fact, have each pair read their fact aloud to the group. Outcome – peers will walk away from this activity hopefully with more information on teen dating violence than they previously had. These facts will show peers how prevalent dating violence is and the importance of reporting any signs of potentially dangerous relationship situations. If your group is too small to use match up facts then just have peers read the fact they pick up after.

It would be helpful to write down facts for your Healthy Connections Poster!

Respect Circle

With peers sitting in a circle, introduce the concept of respect as part of healthy relationships. You might also mention the importance of respecting the environment in which we live. Recycling is an example of environmental respect. Have each peer contribute an idea about respect (e.g. what it means to them, an example of respectful behaviour, talk about how it feels to be respected, how they show respect to friends and family, how teachers show respect to peers etc).

If peers cannot think of ideas you may need to provide some prompts by asking questions about their behaviour and experiences. Write down these concepts of respect so they can be used as inspiration for your Healthy Connections Poster.

Pressure Points

Objective: Practicing Communicating Boundaries, Saying “No”.

Description: Learning to say no when you mean no is difficult for teenagers when pressured by peers.

Objective: To practice using refusal skills in situations dealing with sex.

Materials: Pressure Cards (End of packet)

Directions: 1. Cut the Pressure Cards apart and pass them out to peers

2. Choose one of the volunteers and assign him or her a partner of the opposite sex.

3. In front of the class, have the person with the card attempt to pressure the partner using the “line” written on the card.

4. After each situation is acted out, discuss the “line” and ask what might be the best response.

5. Other questions for discussion” Do you think it is more difficult for a guy to refuse a girl or vice versa? Why? Do you think guys would refuse girls? Why or why not? What are some reasons a young person might want to wait before having sex?

Write down aspects of this activity for your Healthy Connections Poster!

Crossing The Line

Key Objectives – To highlight the importance of establishing boundaries within a romantic relationship.

Materials Needed – Tape or Yarn line for starting point.

Directions – Line up all participants along the line that you have placed on the floor. Once everyone has taken his/her place on the line, read the first prompt. If a person is comfortable with the situation on the prompt he/she will take a step forward from the line. If uncomfortable, he/she will take a step behind the line. It is not an option to remain on the line during any of the prompts. Once everyone has stepped forward or backward from the line, ask participants to explain their reasons for taking the steps they did. Repeat this process with other prompts. Outcomes – peers will come out of this activity having thought about how different scenarios and situations would make them feel within their own romantic relationships. Peers will see the importance of establishing physical and emotional boundaries in their relationships.

Write down aspects from this activity for your Healthy Connections Poster!

Boundary Prompts:

- Your partner gives you a kiss
- Your partner pats you on the behind
- Your partner uses your car/phone/property
- Your partner calls you several time a day
- Your partner likes knowing where you are
- Your partner sends you “sexts”
- Your partner takes you out to dinner/cooks dinner for you
- Your partner calls you by a certain nickname
- Your partner buys you presents
- Your partner tells you “I love you”
- Your partner makes comments about your outfits
- Your partner goes out with you and your friends

**Healthy
Connections
Challenge
Materials**

Dilemma:

What if your best friend had an STI and asked you not to tell anyone, but then started dating another good friend of yours?

Dilemma:

What would you do if your best friend's partner was cheating on them?

Dilemma:

What would you consider "the perfect date"?

Dilemma:

What would you do if a best friend has just broken up with a partner and that former partner now asked you out?

Dilemma:

What would you do if you didn't approve of your best friend's partner?

Dilemma:

If you saw your best friend's partner kissing another person, would you tell them? Why/why not?

Dilemma:

What would you do if your friend started flirting with your crush knowing you have a crush on them?

Dilemma:

What would you do if your date talked to someone else all night while at a party with you?

Pressure Point

"This is ridiculous!
We're the only ones
not having sex!"

Pressure Point

"What's wrong with
you? Are you a
prude or
something?"

Pressure Point

"Don't you trust me?
I would never do
anything to hurt our
relationship."

Pressure Point

"This will bring us so
much closer. If you
love me, we'll do
this."

Pressure Point

"We've been dating
for so long. What
are we waiting for?"

Pressure Point

If this is the way you
really feel. I guess
there's no reason to
keep dating.

FACT #1

Teens who have been abused hesitate to seek help because they do not want to expose themselves or are unaware of the laws surrounding domestic violence.

FACT #2

Only 1/3 of the teens who were involved in an abusive relationship confided in someone about the violence.

FACT #3

50% of young people
who experience rape or
physical or sexual
abuse will attempt to
commit suicide.

FACT #4

Violent behavior often begins between 6th and 12th grade. 72% of 13 and 14-year-olds are “dating.”

FACT #5

8 States in the U.S. do not consider a violent dating relationship domestic abuse.

Therefore, adolescents, teens, and 20-somethings are unable to apply for a restraining order for protection from the abuser.

FACT #6

Girls between the ages of 16 and 24 are roughly 3 times more likely than the rest of the population to be abused by an intimate partner.

FACT #7

In the U.S., 25% of high school girls have been abused physically or sexually. Teen girls who are abused this way are 6 times more likely to become pregnant or contract a sexually transmitted infection (STI).

FACT #8

33% of adolescents in America are victim to sexual, physical, verbal, or emotional dating abuse.

FACT #9

1 in 3 young people will be in
an abusive or unhealthy
relationship.

FACT #10

Teens who suffer dating abuse are subject to long-term consequences like alcoholism, eating disorders, promiscuity, thoughts of suicide, and violent behavior.

FACT #11

Roughly 1.5 million high school boys and girls in the U.S. admit to being intentionally hit or physically harmed in the last year by someone they are romantically involved with.

Kindness Cards & Tracking Sheet

***print as many as you need**

Kindness Cards

Decorate these premade kindness cards or use the blanket template to create and decorate your own!

1 card = 1 pledge

I hope you have a
great day!

You are
Awesome!

Thank you for being
such a supportive
friend!

You make me so
happy!

Thanks for
being you!

You are
enough.

You deserve
Happiness.

You are strong!

I am happy
you're alive.

Kindness Cards

Decorate these blank kindness cards or use the premade template! 1 card = 1 pledge.

