

SESSION 3: PHYSICAL/EMOTIONAL ABUSE

Anticipated Learning Objectives:

Students will be able to understand the dynamics of the abuse of power, and what control abusers have over their actions/behavior. They will also have a better grasp of the factors that can be used to distinguish a healthy relationship from an unhealthy one.

Materials/Equipment:

Video: Abusive Relationships & Acquaintance Rape, 28 minutes, OR

Heart on a Chain, approximately 17 minutes

TV/VCR

Healthy Vs. Unhealthy Relationships Handout

Procedure:

- ❖ Facilitators will briefly review the previous sessions on stereotypes and gender roles. Recall how the stereotypes for men and women can set both up for violence.
- ❖ Facilitators will introduce students to this week's lesson and say: "You are about to view a video that will portray in detail some aspects of healthy and unhealthy relationships. In particular, please look for signs of negative or abusive behavior, the reaction of the person being abused, and the control the abuser displays."
- ❖ View the video.
- ❖ After showing the video, elicit any questions and comments that may have occurred to the students. Questions and comments should leave time for the handout. If they don't have any questions or comments, get them to discuss some of the issues discussed in the video.
 - How were the females in the video abused?
 - How do you think the females felt during/after the incident?
 - How would you explain the behavior of the females? The males?
 - How did the males use their power to control the females? Is this realistic? Do you observe young women allowing themselves to be controlled in order to "keep their guy?"
 - Although not depicted in the Heart on a Chain movie, how can females abuse their power in a relationship? Do you observe young women emotionally abusing their boyfriends? How does this usually happen? How was physical abuse by a woman portrayed in the video, Abusive Relationships & Acquaintance Rape?
 - Other questions?
- ❖ Pass out the Healthy vs. Unhealthy Relationships Handout. Have the class quickly read through the sheet, alternating healthy from unhealthy. Discuss until the end of the period.

SESSION 3 SUMMARY: Healthy relationships mean good communication, equal power and decision-making, and mutual support and trust. A relationship that lacks these qualities (one characterized by jealousy, fear, insecurity, etc.) is an invitation for physical and emotional abuse to take place.