**Loving vs abusive relationships**

**Session Objectives**

To deepen understanding of relationship abuse, how to identify it and how to access support. Young people will have an understanding of what constitutes a good or bad relationship and will have had the opportunity to consider what type of relationship they want for themselves.

1. **Ask young person to fill in ‘A Loving relationship is’ Sheet** (example provided)
2. **Play ‘Relationship Abuse’ film clip from the ‘Disrespect NoBody’ campaign and Discuss.**

* What are your initial thoughts?
* What do you think about the way the characters (puppets) in the film are behaving?
* What do you think about the behaviours which were mentioned in the film and how would the behaviours make you feel if they were toward you?
* Is it possible that while there is attraction between two people, it may be that one of them can still behave abusively towards the other (or both towards one another)?

1. **Ask young person to fill in ‘An abusive relationship is’ Sheet** (example provided)

(Encourage Y/P to look at different types of abuse as well as physical such as sexual, emotional, verbal and financial. **See additional notes**)

1. **Cut up and hand out statement cards and ask the young person to decide which category they should go into. Loving or abusive. Encourage discussion throughout the process;**

* Some are not just black and white, eg. ‘Given expensive presents’ sounds good but it could also be construed as controlling.
* Can they think of situations where they have experienced positive aspects – How does that make them feel?
* Equally, get them to give examples of their negative experiences in relationships – how did that make them feel? What did they do about it?
* Make the point that most relationships will have some negative aspects sometimes, but try to tease out the statements which are absolutely unacceptable, eg. Being hit, made to feel stupid, being put down, told I’m useless.
* Discuss how to deal with some negative statements and when they would be bad enough to get out of the relationship. Consider some coping strategies – How they can deal with people who make them feel bad? What advice they could give to others in a bad relationship?
* Realistically all relationships have their ups and downs, but come to an agreement with the group about those aspects that are definitely unacceptable under any circumstances.

1. **Ask young person to fill in ‘my perfect partner is’ Sheet**

**Plenary**

**If you feel that the young person is within an abusive relationship complete ‘Think Sheet’ with the young person.**

A loving relationship is…

An unhealthy relationship is…