If This I Love….Why Am I So Miserable?

Su Nottingham –
Central Michigan University

Al Craven – Adrian College
Strategies Demonstrated

- Usable classroom strategies that are student centered
- Strategies that are adaptable to any content area
- Original ideas that can be utilized and adapted to any content or age level
- Help with comfort level are teachers & students
We have to give our young people the tools to be able to:

• Assess their own needs in relationships
• Recognize the signs of positive relationships and unproductive relationships
• Examine relationships in a real world manner
• Determine that leaving a dangerous relationship is crucial and how to be confident enough to get out!
A Great Catch

What are examples of characteristics that are “Crucial” to relationships?
A Great Catch

- Deal out the Orange Cards
- One of EACH per person
  - Crucial
  - Significant
  - Perk
  - Tackle Box
A Great Catch

One at a time:

- Using the “fishing pole” catch a characteristic
- Place that characteristic card under the appropriate category card based on your beliefs.
- Inform the group where you are placing the card and pass the “pole” to the next person.
- Continue until it is indicated to stop
Relationships in the bag!

- This is a "DATING" selection process experience.
Place the “people” in the center of the group

(picture up)

• Tallest person selects their DATE first.....

• GENDER NEUTRAL ACTIVITY = number of males and females

• QUESTION: What criteria did you use to select the DATE?
NOW....

• One at a time, take off the paper clip, lift up the fold, REPLACE the paper clip, READ the tag to the group…..

• Question:

• Does this piece of information make you want to DATE someone else? OK to exchange…..
NOW

- One at a time, take off the paper clip, lift up the fold, REPLACE the paper clip, READ the NEXT tag to the group…..

- Question:
  - Want to rethink your decision?
One last time…but you will live with this action……

TAKE off the paper clip, lift up the fold, REPLACE the paper clip, READ the tag to the group.....
• Carefully open the bag and take the folded card (may dump it out or reach in CAREFULLY)

• Look at the picture on the front of the inside card.....

• One at a time, show the picture to the group....then

• OPEN the card and read it to the group.
NOW....Do you want to re-think your decision?

- Has your criteria changed?
- How did each piece of information affect your decision?
- How does this apply to everyday decisions?
Bip and Bop...Relationship On the “Rocks”

- Jumper...come and get:
  - 1 container
  - 1 napkin

- Set Up = Take out:
  - cards in plastic bag (place face down)
  - rubber band
  - Spray bottle
  - Rocks (marbles in bag)
  - pencil
The Tricky Part.....

- Place one napkin on top of the empty container
- Secure with rubber band around the rim...
  (paper should be fairly taunt)

- Choose a reader for card # 1
- And
- Take turns reading the cards
READER

- Read the SITUATION to the group....
- The group will GUESS if the situation is:
  - healthy or unhealthy
  - & WHY (answer on the card)
- After the discussion (and correct answer given)
- Person who read the card does the ACTION on the card
POSSIBLE ACTIONS:

- Add or take away "rocks"
- Add drops of water (with spray bottle)
- Poke hole(s) - use pencil
Consent
Consent is ______________

Fill in the Blank....

- 1920’s - The Cat’s Pajamas,
- 1040’s – Cool
- 1950’s - Hip
- 1960’s – Groovy
- 1970’s – Mind-blowing
- 1980’s - Gnarly
- 1990’s – Da Bomb
- 2000’s - Sweet
Consent is __________!  

Fill in the blank......  
IN YOUR TABLE GROUP.....
In the Bag...

• Find the title cards:
  – Consent
  – Not Consent
  – ….some people might THINK it is consent

• Read the Small cards and place under the appropriate title cards
Consent is....

• Voluntary
Consent is... 

• sober
Consent is....

• Enthusiastic
Consent is....

• Wanted
Consent is....

• Informed
Consent is... 

• Mutual
Consent is a... 

• Verbal agreement
Consent is....

• Honest
Consent is...

• step by step
Consent is....

• Part of a healthy relationship
Consent is NOT

• Coercion
Consent is NOT

• Assumed

Never Assume Anything
Consent is NOT

• The absence of “NO”!
Why is Consent _______?

• Shows respect for self and your partner
Why is Consent _______?

- Enhances communication
Why is Consent _______?

• Makes relationships BETTER!
Why is Consent ______?

• Protects yourself and your partner
Why is Consent ________?

- Empowering
Why is Consent ______?

• Challenges Stereotypes:
  – Sexism
  – Traditional views on gender/sexuality
Non-verbal “NO” ≠ “Yes”

• Non-verbal cues
  – Not responding to your touch
  – Pushing you away
  – Holding arms tightly around their body
  – Turning away or hiding face
  – Stiffening muscles
  – Tears
In REVIEW!
Questions to be sure.....

- Is there anything you don’t want to do?
- I want to kiss you. Can I?
- Are you comfortable?
- Do you want to stop?
- Do you want to go further?
What can you say if you get uncomfortable....

• “I don’t want to go any further.”

• “Can we stay like this for a while?”

• “Can we slow down?”
What does consent SOUND like?

YES!
Tea and Consent! It just makes sense.

- [https://www.youtube.com/watch?v=fGoWLWS4-kU](https://www.youtube.com/watch?v=fGoWLWS4-kU)
A CULTURE of CONSENT!

• https://www.youtube.com/watch?v=TD2EooMhqRI

• A YouTube clip about consent......

• https://www.youtube.com/watch?v=ckqQn7eG9es

• Your “sexual footprint” Mr. Vernacchio Ted Talk 2013 (watch this!)
Brutally Honest Speed Dating

- FIND a PARTNER
- Each person gets a RECORDING SHEET
- Determine who is person “A” and person “B”
- Person “A” says: introduce yourself and say: “TELL ME ABOUT YOURSELF!”
- Person “B” reads their cards, then places it FACE DOWN on the table (pic side up)
- The Person “B” introduces and says: “Tell me about yourself.”
Brutally Honest Speed Dating

♦ Person “B” reads their cards, then places it FACE DOWN on the table (pic side up)

♦ The Person “B” introduces and says: “Tell me about yourself.”

♦ Person “A” then reads their card and places it in front of the other person.

♦ FILL OUT THE SHEET... be READY to move
Friend or Fiend

• https://www.youtube.com/watch?v=AHUsf2GjDV0
Friend or Fiend? Get the Picture?

• Your group will be given a "script"
• You'll have 3 minutes to prepare.....
• You'll "dress the part" (one + on deck)
• Then groups will come to the "picture"
• We'll try to "guess" which you are demonstrating from list you were provided
• You = Yellow Script
• Friend = White Script
• Fiend = Red Script