Loves-Me-NOT

Student Workbook
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Key Messages from workshop . . .

• Abuse is never ok.

• I can do things to prevent abuse.

• I can make things better for healthy relationships.

• I am lovable and capable and deserve respect.

• It’s ok to ask for help.

• I know about consent for sex – only “yes” means “yes”.
1.3 An awesome relationship

1. What does it feel like to be in this awesome relationship?
   - 
   - 
   - 
   - 
   - 
   - 

2. What does your partner do that makes your life better?
   - 
   - 
   - 
   - 
   - 
   - 

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1.4 Features of an awesome relationship

Respectful, kind and uplifting

Eroded By:
1.4 Features of an awesome relationship

Eroded By:
1.4 Features of an awesome relationship

Safe and secure
1.4 Features of an awesome relationship

Accepting and free

Eroded By:
## 1.6 Personal Experience

### POSITIVE RELATIONSHIP QUIZ

<table>
<thead>
<tr>
<th>THE PERSON I AM WITH . . .</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Supports my choices</td>
<td>☐</td>
<td>0</td>
</tr>
<tr>
<td>2. Listens to my opinions</td>
<td>☐</td>
<td>0</td>
</tr>
<tr>
<td>3. Is positive and encourages me</td>
<td>☐</td>
<td>0</td>
</tr>
<tr>
<td>4. Accepts when I say I don’t want to have sex</td>
<td>☐</td>
<td>0</td>
</tr>
<tr>
<td>5. Accepts what I wear and how I look</td>
<td>☐</td>
<td>0</td>
</tr>
<tr>
<td>6. Is not liked by my friends and family</td>
<td>☐</td>
<td>1</td>
</tr>
<tr>
<td>7. Makes me feel like I can't do anything right</td>
<td>☐</td>
<td>1</td>
</tr>
<tr>
<td>8. Makes fun of me or calls me names</td>
<td>☐</td>
<td>1</td>
</tr>
<tr>
<td>9. Sulks or gets angry when he/she doesn’t get what they want</td>
<td>☐</td>
<td>1</td>
</tr>
<tr>
<td>10. Blames me for his/her problems</td>
<td>☐</td>
<td>1</td>
</tr>
<tr>
<td>11. Texts or calls me all the time to check up on me</td>
<td>☐</td>
<td>5</td>
</tr>
<tr>
<td>12. Makes it hard for me to see my friends and family and gets jealous when I do</td>
<td>☐</td>
<td>5</td>
</tr>
<tr>
<td>13. Pressures me to have sex or do things I don’t want to</td>
<td>☐</td>
<td>5</td>
</tr>
<tr>
<td>14. Threatens to hurt himself/herself, me or others</td>
<td>☐</td>
<td>5</td>
</tr>
<tr>
<td>15. Does things that scare me (breaking things, yelling, driving fast)</td>
<td>☐</td>
<td>5</td>
</tr>
</tbody>
</table>

**TOTAL**

**SCORING**

- **For questions 1-5**
  - Score 1 point for every NO
- **For questions 6-10**
  - Score 1 point for every YES
- **For questions 11-15**
  - Score 5 points for every YES

**SCORE : 0 POINTS**

Your relationship seems to be healthy and respectful.

**SCORE : 1-2 POINTS**

There may be a few unhealthy aspects to your relationship. This can be a warning sign that it will become more abusive. It’s a good idea to address these early.

**SCORE : 3-4 POINTS**

There may be some warning signs that your relationship is abusive. It’s important to take warning signs seriously as abuse can get worse over time.

**SCORE : 5 POINTS OR MORE**

There are definitely warning signs in your relationship. Abuse and controlling behaviours can get worse over time and it’s sometimes hard to see how bad things have become.

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## POSITIVE RELATIONSHIP QUIZ

**IN A RELATIONSHIP, I . . .**

<table>
<thead>
<tr>
<th></th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Support my partner’s decisions</td>
<td>☐ 0 ☐ 1</td>
<td></td>
</tr>
<tr>
<td>2. Get on OK with her/his friends and family</td>
<td>☐ 0 ☐ 1</td>
<td></td>
</tr>
<tr>
<td>3. Listen to her/his opinion</td>
<td>☐ 0 ☐ 1</td>
<td></td>
</tr>
<tr>
<td>4. Spend time by myself</td>
<td>☐ 0 ☐ 1</td>
<td></td>
</tr>
<tr>
<td>5. Trust my partner</td>
<td>☐ 0 ☐ 1</td>
<td></td>
</tr>
<tr>
<td>6. Criticise or make fun of her/him in front of others</td>
<td>☐ 1 ☐ 0</td>
<td></td>
</tr>
<tr>
<td>7. Get annoyed if I want sex but she/he doesn’t</td>
<td>☐ 1 ☐ 0</td>
<td></td>
</tr>
<tr>
<td>8. Get jealous when she/he talks to others</td>
<td>☐ 1 ☐ 0</td>
<td></td>
</tr>
<tr>
<td>9. Constantly worry she/he is cheating on me</td>
<td>☐ 1 ☐ 0</td>
<td></td>
</tr>
<tr>
<td>10. Text or call all the time to check up on them</td>
<td>☐ 1 ☐ 0</td>
<td></td>
</tr>
<tr>
<td>11. Follow or check up on them (read their texts or emails)</td>
<td>☐ 5 ☐ 0</td>
<td></td>
</tr>
<tr>
<td>12. Often get upset about what she/he does</td>
<td>☐ 5 ☐ 0</td>
<td></td>
</tr>
<tr>
<td>13. Expect her/him to tell me where they are all the time</td>
<td>☐ 5 ☐ 0</td>
<td></td>
</tr>
<tr>
<td>14. Think it’s OK to be rough sometimes</td>
<td>☐ 5 ☐ 0</td>
<td></td>
</tr>
<tr>
<td>15. Take out my frustration on her/him</td>
<td>☐ 5 ☐ 0</td>
<td></td>
</tr>
</tbody>
</table>

**TOTAL**

**SCORING**

- **For questions 1-5** Score 1 point for every NO
- **For questions 6-10** Score 1 point for every YES
- **For questions 11-15** Score 5 points for every YES

**SCORE : 0 POINTS**

*Your relationship seems to be healthy and respectful.*

**SCORE : 1-2 POINTS**

*There may be a few unhealthy aspects to your relationship. This can be a warning sign that it will become more abusive. It’s a good idea to address these early.*

**SCORE : 3-4 POINTS**

*There may be some warning signs that your relationship is abusive. It’s important to take warning signs seriously as abuse can get worse over time.*

**SCORE : 5 POINTS OR MORE**

*There are definitely warning signs in your relationship. Abuse and controlling behaviours can get worse over time and it’s sometimes hard to see how bad things have become.*

2.1 Grouping behaviour

Negative behaviours erode awesome relationships.

What are types of abuse that can erode the qualities of an awesome relationship?

(refer back to pages 5-8, enter comments under ‘Eroded by’)
2.2 Is that right?

Why do you think some people want to have power and control over other people?
3.1 What is consent?

What is sex?

•

•

•

•

What is consent?

•

•

•

•

What are some long-term effects on a person abused by rape or sexual violation?

•

•

•

•

•
You may have sexually assaulted a person if you had a sexual encounter with them:
- even though they didn’t say no
- even though they didn’t resist
- if they agreed to have sex because they feared the use of force on them or another person
- if you used threats
- if you used force
- if they were under 16
- if you did more than they wanted to
- if they were drunk
- if they were on drugs
- if they were unconscious
- if they were sleeping
- if they thought you were someone else
- if they have intellectual, mental or physical condition or impairment of such nature and degree they can’t consent

Sex without consent = RAPE

If you don’t get a yes

THE ANSWER IS NO

No consent = No touching
No consent = No sex

www.police.govt.nz/advice/victims
4.3 Stepping in

Why do you think some people don't step in?

- 
- 
- 
- 
- 
- 
- 

What actions could people take when they have concerns about the way their friend is treating someone else?

- 
- 
- 
- 
- 
- 
- 

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4.4 Who can help?

Who are the different people or agencies you can go to for help when a friend's relationship is having problems that you are concerned about?
5.2 Sophie’s Story

Negative behaviour groups

Which behaviour groups occurred in Sophie's story?

Sexual abuse

Stalking

Intimidation

Cultural

abuse

Verbal abuse

Emotional

abuse

Physical

abuse

Financial abuse

Isolation

Possessiveness

Cyber abuse

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6.1 Be the Change! – Taking action

Practical actions to promote healthy relationships in your community.
Planning to take action
In groups complete a planning template below.

Use this planning sheet once you have decided what action your group will take to make it safer to have healthy relationships, and to reduce the likelihood of relationship abuse.

The action our group is going to take is: __________________________________________________________

Members of our group are:
1. __________________________  2. _____________________________  3. _______________________
4. __________ 5. _____________________________

To complete this task, there will be a number of sub-actions that you will need to take.

<table>
<thead>
<tr>
<th>Before taking action</th>
<th>After taking action</th>
</tr>
</thead>
<tbody>
<tr>
<td>What are the sub-actions to be completed?</td>
<td>What happened when we did this sub-action?</td>
</tr>
<tr>
<td>When will this sub-action be completed?</td>
<td>How well did it go?</td>
</tr>
<tr>
<td>Who is going to do this sub-action?</td>
<td>Who or what helped?</td>
</tr>
</tbody>
</table>
Agencies to help (adapt for your own community)

**Victim Support**  
Get help  
Call 0800 victim (0800 842 846)

**Youthline**  
www.youthline.co.nz  
Call 0800 376 633 | Free TXT us 234

**Lifeline**  
Lifeline - 24/7  
Call 0800 543 354

**Crimestoppers**  
Report crimes anonymously  
Call 0800 555 111

**Rape Crisis**  
www.rapecrisisnz.org.nz/  
Call 0800 88 33 00

**Police**

**Youthline**  
www.youthline.co.nz  
Call 0800 376 633 | Free TXT us 234

**Lifeline**  
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