Student Workbook 2018
# Loves-Me-Not student workbook 2018

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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 A healthy relationship

1. What does it feel like to be in this healthy relationship?
   •
   •
   •
   •
   •
   •

2. What does your partner do that makes your life better?
   •
   •
   •
   •
   •
   •
1.4 Features of a healthy relationship

Qualities:

Respectful, kind and uplifting

Eroded by:
1.4 Features of a healthy relationship

Qualities:

Fair and Sharing

Eroded by:
1.4 Features of a healthy relationship

Qualities:

Safe and secure

Eroded by:
1.4 Features of a healthy relationship

Qualities:

Accepting and free

Eroded by:
### 1.6 Personal Experience

#### POSITIVE RELATIONSHIP QUIZ

**THE PERSON I AM WITH . . .**

<table>
<thead>
<tr>
<th></th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>2.</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>3.</td>
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<td>4.</td>
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<td>5.</td>
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<tr>
<td>6.</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>7.</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>8.</td>
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<tr>
<td>9.</td>
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<td>10.</td>
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<td>11.</td>
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<tr>
<td>12.</td>
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<tr>
<td>13.</td>
<td>5</td>
<td>0</td>
</tr>
<tr>
<td>14.</td>
<td>5</td>
<td>0</td>
</tr>
<tr>
<td>15.</td>
<td>5</td>
<td>0</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.

Loves-Me-Not Student workbook (2018)
POSITIVE RELATIONSHIP QUIZ

IN A RELATIONSHIP, I . . .

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

TOTAL

SCOREING
For questions 1-5  Score 1 point for every NO
For questions 6-10  Score 1 point for every YES
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SCORE : 0 POINTS
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SCORE : 5 POINTS OR MORE
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Loves-Me-Not Student workbook (2018)
2.1 Grouping behaviour

**Negative behaviours erode healthy relationships.**

What are types of abuse that can erode the qualities of a healthy relationship?

*(Write your answers to the above question on pages 5-8 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

If you don’t get a yes

THE ANSWER IS NO

Sex without consent = RAPE

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 you take when you have concerns about the way a friend is treating someone else?

- 
- 
- 
- 
- 
- 
- 
- 
- 
- 

Loves-Me-Not Student workbook (2018)
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

 Loves-Me-NOT
6.1 Be the change! – Taking action

Practical actions to promote healthy relationships in our 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>Who is going to do this sub-action?</td>
</tr>
<tr>
<td>When will this sub-action be completed?</td>
<td></td>
</tr>
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<td></td>
<td></td>
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Agencies that help (adapt for your own community)

Get help
Call 0800 victim (0800 842 846)

Problems with alcohol and drugs
Call 0800 787 797

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

www.netsafe.org.nz
0508 NETSAFE (0508 638 723)

Lifeline - 24/7
Call 0800 543 354

Need to talk? Contact the lowdown team
FREE TXT 5626

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

Rape Prevention Education
http://rpe.co.nz