



Youth Services Program

Loves Me, Loves Me NotSM Curriculum Descriptions

The SAVE *Loves Me, Loves Me NotSM* curriculum is a comprehensive prevention and education tool providing young people a safe space to discuss healthy dating relationships, learn about the impacts of dating violence, and empower youth with resources and options. **These presentations fulfill the requirements of the California Healthy Youth Act (AB 329) that mandates California youth receive education on relationship abuse and healthy relationships in junior high and high school.** Each year, with the collaboration of educators and youth, we conduct thorough evaluations of our curriculum to incorporate the latest research, liven up visual and interactive activities, and update in-hand resource materials and evaluations.

Loves Me, Loves Me NotSM is comprised of three Jr. High components per grade, and eight High School components. The Jr. High presentations (60 minutes) are specific to each grade level from 6th-8th grade. These presentations open conversations up about healthy relationships in an age-appropriate way, and work to prepare youth for high school. The *Teen Dating 101* (60-90 minute) presentation provides a broad introduction to teen dating and dating violence prevention. *Teen Dating 102* (45-60 minutes) includes seven single-topic presentations that deepen the opportunities for young people to learn about dating and safety. Further descriptions of these presentation are provided below. Based on the sensitivity of the topics and the communal nature of the presentations, *Loves Me, Loves Me NotSM* is best suited for classroom or small group settings (35 participants or less). We are also willing to make adjustments or tailor our presentations to meet participants' needs.

As an educator, you are part of paving the path for young people to believe they deserve respect, equality, and safety when you provide them opportunities to learn about healthy relationships. Healthy relationships create healthy communities.

We look forward to serving you! Please email our Youth Services Coordinator to learn more and to request your presentation: youthservices@save-dv.org.

Jr. High School Presentations (60 minute)

The Jr. High adaptation of the *Loves Me, Loves Me NotSM* Teen Dating 101 presentation offers an overview of Healthy Relationships and Teen Dating Violence and is designed for auditory, visual, and kinesthetic learners. Teachers/youth leaders and teens are also provided with in-hand resources.

6th Grade

Day 1: Communication and Conflict begins with a warm up question about what respect looks, feels, and sounds like. Next, the workshop takes students through an art activity where they get to identify how their communication and body language changes from when they are in a good mood vs. in a bad mood. Lastly, students will identify whether a scenario is showing a relationship that is a red light, yellow light, or green light. These activities help students think about how they can manage conflict or bad moods while still communicating safely and effectively to the people around them, including someone they are dating.

Day 2: Communication Pathways and Multiple Feelings teaches participants the differences between the Defensive Pathway and the Learning Pathway, as well as how to identify and manage multiple feelings.

Day 3: Hot Buttons and Calming Strategies teaches participants to identify things make them angry/upset, how to manage their emotions, and how to calm down in healthy ways.

7th Grade

Day 1: Friendships and Dating Relationships is an introduction to the spectrum of healthy, unhealthy and abusive relationships. Participants will discuss what they look for in a friend, what makes them a good friend, and then expand to what they might look for in a dating partner and what kind of dating partner they want to be. This presentation includes a definition of dating abuse, recognizing warning signs, how to identify the qualities of a trusted adult, how to help a friend, and resources for getting help.

Day 2: Gender Stereotypes and Dating Violence aims to teach participants about gender stereotypes, how they connect to the roots of violence, and how they connect to why people stay in abusive relationships.

Day 3: Healthy Relationships aims to teach participants about the qualities of a healthy relationship and how to resolve conflict constructively, as well as giving participants the opportunity to think about what they need in a healthy relationship.

8th Grade

Day 1: Consent and Boundaries teaches participants what boundaries are and then uses an activity to help participants identify their own boundaries. Participants will practice expressing their own boundaries. Next, participants learn about consent, how to get/give consent, and how to offer someone a way out. These skills help students understand how to manage consent in dating relationships.

Day 2: Heart Exercise and Hearing No + Saying No provides participants the opportunity to reflect on the ways that harmful experiences change the way people behave, and teaches participants to become better at hearing and saying “no.”

Day 3: Getting Together and Breaking Up gives participants tools to identify when they are ready to start dating, how to tell someone they are interested in them, how to break up in a safe and healthy way, and general tips for safe dating and getting to know your partner.

Teen Dating 101 (High School - 60 or 90 minute)

The *Loves Me, Loves Me NotSM* Teen Dating 101 presentation offers an overview of Teen Dating Violence and is designed for auditory, visual, and kinesthetic learners. Teachers/youth leaders and teens are also provided with in-hand resources. The presentation includes statistics, defining DV, understanding what is healthy/unhealthy/abusive in a relationship, recognizing the warning signs, identifying the Cycle of Violence, and discussing youth rights and resources.

Teen Dating 102 (45 or 60 minute)

Gender Stereotypes *Discussion & Video Clip* – A class discussion of gender norms and double standards within the gender binary (men/women) begins with a brief video about the negative outcomes of unchallenged gender norms and stereotypes. From there, students identify societal expectations placed on each men and women, the emotional or internal impact of these expectations, and the verbal and physical consequences that can arise for those who may not fit into the norms.

Why Survivors Stay & Victim Blaming *Scenarios & Discussion* – This presentation helps students deepen their understanding of the patterns of abusive relationships, including why survivors stay in harmful relationships. Students brainstorm, in small groups, scenarios to demonstrate each stage. Students then learn about victim blaming, and complete an activity to begin developing the skills needed to recognize victim blaming.

DV in the Media *Discussion & Video Clips* – Media can be used as a vehicle that negatively impacts our notions of intimate relationships and can be utilized to raise awareness about relationship violence. Various forms of media are presented to learn about messages the media sends about love, gender and relationships. Students should walk away from the presentation with analysis and critical thinking skills that will help them dissect and speak out against harmful media messages.

Healthy Relationships *Interactive Activities* – This presentation helps youth think through what is important to them in a relationship. Students then engage in a group activity where they brainstorm examples of the different Equality Signs (Consent and Boundaries; Communication; Respect and Shared Power; Trust; Support; and Personal Freedom) and share out to the class. Students engage in a discussion about “deal-breakers” before

transitioning into an activity with example scenarios about navigating conflict. Lastly, students will discuss break-ups and how to end a relationship respectfully.

Connect & Disconnect: Dating in the Digital World *Interactive Activities* – Many young people are engaging with partners or potential partners online before engaging in person. This presentation begins with a discussion about connecting with new partners online, touching on digital safety and safety when meeting up with a new partner. Students then engage in an activity and discussion about online boundaries. Finally, students will discuss ending relationships in healthy, safe, respectful ways.

Consent & Boundaries *Interactive Activities* – This presentation offers students a chance to go in depth about consent in relationships. Students will have an opportunity to explore their boundaries, learn how to refuse, delay, or negotiate with a partner, and where to get help if they have been violated.

Safer Sexting *Skill Building* – It's widely agreed that the best practice in sex education is to teach harm reduction for safer sex, as opposed to abstinence-only education. As digital natives, young people are immersed in technology and their relationship exploration takes place partially in the digital world. Safer Sexting takes students through risk assessment strategies and builds communication skills to better navigate sexual exploration via technology, all through a harm-reduction model. Additionally, students will discuss healthy community responses to sexting (as opposed to bullying).