

# Athletes As Leaders



## Session 6: Relationships

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### Make sure you have:

- Group agreements to refer to during “Warm Up” (only if needed)
  - Technology to show YouTube video during “Work Out”
  - Ball to throw during “Cool Down”
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### Prepare ahead of time:

Before this session, look up local resources in the school (such as names of the school counselors) and in the community (such as local domestic violence and/or sexual assault programs). Display them on dry erase board or poster, or have brochures, cards, etc. Consider displaying resources in locker rooms.

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## Warm Up

### Introduce topic: (1 min)

*Welcome! Last session we talked about rumor spreading and how to stop it. Today's topic is relationships. When we are talking about relationships, we are talking about all types of relationships with a partner, like people who are dating, hanging out, hooking up, and even just friends. This applies to all sexual orientations, including lesbian, gay, bisexual, straight, etc. Today's discussion will help us to recognize the signs of healthy and unhealthy relationships.*

### Give a sensitivity reminder: (1 min)

*Today's topic is sensitive. We are going to be watching a video and discussing some of the warning signs of an abusive relationship and that can be a difficult topic. We want to remind you all that there may be people in the room who have personal experience with this, so please reach out after the group if you need help, and be there for someone else who may need help.*

### Introduce & show video: (4 min)

*We are going to watch a video by The Center for Nonprofit Leadership called “The Signs.” As you watch, think about what are the signs of a healthy or unhealthy relationship.*

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“The Signs Teen Dating Violence PSA” (3:49)  
<https://youtu.be/He1pu4VwKdM>

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## Work Out

### Discussion Questions: (4 min)

- ❓ *As the relationship progressed, we saw signs of an unhealthy relationship and of abuse. What were some of Nic's behaviors that were unhealthy or abusive? [Possible answers: being overly jealous, checking her phone, putting her down, e.g. calling her "pathetic," isolating her from other friends, pressuring her to send a photo, sharing her photo around].*
- ❓ *In a healthy relationship, what behaviors would you see him doing?*

### Talking Points: (3 min)

- » *Relationships are supposed to be fun and feel good. Even when there is a disagreement, a person should always treat their partner with respect. Both people should be comfortable and feel safe. Everyone deserves that.*
- » *In all relationships, you are responsible for your actions and behaviors towards others. You have the right to feel safe and to be treated with respect.*
- » *Often abuse happens slowly over time. Remember, at first Nic seemed really sweet. Once abuse starts, it is often a cycle. Things can be up and down, like in the video when Nic apologized and gave her the teddy bear, and then Amanda was hopeful things would get better.*
- » *Abuse is never okay and there is only one person responsible– the abuser. They can, and should, get help from a professional. There are also resources for people who have been abused or assaulted, such as school counselors, and local domestic violence and sexual assault programs.*
- » ***So here is a challenge for you:*** *If you ever hear about an abusive relationship or a sexual assault, it is really important not to blame the victims or question their behavior. If you feel safe to do so, you can try to support a friend (if they are being abused or being abusive) and help them get help.*
- » ***As student leaders and athletes,*** *it is important to treat others with respect, to promote healthy relationships, and to seek support if you are ever concerned about anyone who is in an unsafe situation.*

## Cool Down

### Team Talk: (7 min)

*Now it is time for you to lead the Team Talk! Let's get in a circle and get ready to pass the ball. We are going to think of things that you can all do as student leaders & athletes. Hopefully these will be things everyone in the group can agree to do, when you are interacting with people on your team, at school, on social media, or in the*

community. We are hoping they will become the new team norms that will help you take action as leaders in the community.

This week we are going to discuss how you can promote healthy relationships and support someone in an unhealthy relationship:

- ① For this first question, I would love to hear lots of answers! Fill in the blank, with one word or short phrase. In relationships, everyone deserves \_\_\_\_\_. [Possible answers: to feel safe; respect; to not feel pressured; support; honesty].
- ① What could you do to help a friend who is being treated badly or who is being abused in a relationship?
- ① What could you do to help a friend who is treating someone else badly or abusing their partner?
- ① What people or places could you go to for help in these situations?

#### **Facilitator Notes**

Point out local resources with contact info, if not mentioned

**Mention at least one hotline or local community resource, if not already mentioned, and display or hand out resources: (1 min)**

If you (or a friend) do not feel safe with a partner, or have experienced abuse or assault, here are some resources you can talk to:

- » Any trusted adult
- » School counselor
- » Local hotline for teens [list phone number or website]
- » Local sexual assault center [list phone number or website]
- » Local domestic violence center [list phone number or website]

*Thank you for all of your participation and sharing. There is already a good understanding in the group about healthy & unhealthy relationships, and I really appreciate your sensitivity to the topic. It's time to break for the day (or get to practice).*

**Close the circle with a team cheer.**

