### HRC Grade 9 Dating Lesson 2

Healthy Relationships Curriculum Initiative

Subject and Performance Indicators

1. Describe appropriate ways of ending a dating relationship.
2. Define boundaries in a dating relationship.
3. Illustrate and practice refusal skills.
4. Summarize the benefits of sexual abstinence.
5. Describe the forms of dating abuse and the cycle of dating violence.

Lesson Context

Breaking up is hard to do, but it is normal and to be expected. Setting up dating boundaries, or limits, is important. Saying “no” clearly is necessary. A saying-no, role-playing exercise will be useful. Some teens and adults are in an abusive relationship, and they do not realize it. The “Love is Not Abuse Curriculum” provides four powerful first-person video accounts of dating abuse. Anya and Nicci’s stories are examples of “I didn’t know.”

Lesson Elements

* How do you get out of a dating relationship nicely?
* Breaking up: all part of dating.[[1]](#endnote-1),[[2]](#endnote-2)
* How to say, “It’s over.” Be sensitive. Be polite. Be clear.
* How to hear, “It’s over.” Understand that breaking up is what usually occurs in dating. It is okay. It hurts, but you will get over it in time.
* You just have to deal with a broken heart.[[3]](#endnote-3)
* What are personal boundaries?
* “Personal boundaries are limits we use to protect ourselves, and they are formed by having a good understanding and clear personal values.”[[4]](#endnote-4)
* Dating should not stifle your relationships with other friends and family. If it does, it is not good.
* Physical boundaries. “Sometimes it seems like everyone your age is having sex.” Forget it![[5]](#endnote-5)
* How do you put refusal skills into practice?
* Saying no. Here are some tips.[[6]](#endnote-6) Be clear that “no” means no.
* Accepting no. When you hear “no,” you are required to stop.
* What are the benefits of sexual abstinence?
* Complication-free.
* Pregnancy-free.
* STD-free.
* What are the forms of dating abuse and what is the cycle of dating violence?[[7]](#endnote-7)
* Recognize dating abuse. You may not know. Really.[[8]](#endnote-8)
* Forms: physical, sexual, verbal/emotional.[[9]](#endnote-9)
* Cycle: tension building, explosion, honeymoon.

1. . “Breakup,” Wikipedia, accessed December 12, 2012, <http://en.wikipedia.org/wiki/Breakup>. [↑](#endnote-ref-1)
2. . “Getting Over a Break-up,” Girlshealth.gov, accessed December 12, 2012, makes a good handout, [http://kidshealth.org/PageManager.jsp?dn=girlshealth&lic=175&cat\_id=20126&article\_set=25641&ps=204#](http://kidshealth.org/PageManager.jsp?dn=girlshealth&lic=175&cat_id=20126&article_set=25641&ps=204). [↑](#endnote-ref-2)
3. . Naomi I. Eisenberger and Matthew D. Lieberman, “Why rejection hurts: a commonneural alarm system for physical and social pain,” article available online in pdf form, search title. [↑](#endnote-ref-3)
4. . “Boundaries within a Healthy Relationship,” Palo Alto Medical Foundation,accessed December 12, 2012, <http://www.pamf.org/teen/abc/buildingblocks/boundaries.html>. [↑](#endnote-ref-4)
5. . “Virginity and First-Time Sex, Ready or Not?” Palo Alto Medical Foundation, accessed December 12, 2012, <http://www.pamf.org/teen/sex/virginity/readyornot.html>. [↑](#endnote-ref-5)
6. . “Dating Behaviors and Refusal Skills,” Utah Education Network, accessed December 12, 2012, see “Materials” section in the middle of the page, click on Option 6 for “How to Say No” tips, <https://www.uen.org/Lessonplan/preview.cgi?LPid=28920>.

   [↑](#endnote-ref-6)
7. . “Dating Matters: Understanding Teen Dating Violence Prevention,”Veto Violence, accessed December 12, 2012, <http://www.vetoviolence.org/datingmatters/>. This is a training program for teachers. It takes about two hours.

   [↑](#endnote-ref-7)
8. . “Love Is Not Abuse Curriculum–High School” Video Supplement, accessed December 12, 2012, click on video supplement first part and see first-person videos from girls who did not know they were in an abusive relationship, <http://www.breakthecycle.org/lina-curriculum>

   [↑](#endnote-ref-8)
9. . “Love Is Not Abuse Curriculum–High School,” accessed December 12, 2012, curriculum available for download, click on bold title and see Lesson1 and Lesson 2, pages 16–41, <http://www.breakthecycle.org/lina-curriculum>

   **HRC Grade 9 Lesson 3** [↑](#endnote-ref-9)