



SAFE DATES: DATING ABUSE PREVENTION CURRICULUM

*Note: Can be taught in 4-6 sessions for middle & high school students

Goal: Develop the ability to differentiate between healthy and unhealthy relationships and the skills to help themselves and their friends forge positive relationships using various tools.

Learners will be able to:

- Raise student awareness about abusive dating relationships and their effects.
- Develop skills to deal with power and control issues.
- Understand resources available to deal with abuse and how to help friends.
- Define and communicate personal boundaries.
- Communicate and resolve conflict effectively within a relationship.
- Identify gender stereotypes and their influence in relationships.

Activities:

- Build skills through role play
- Variety of group discussion
- Arguing position on variety of relationship scenarios – abusive or not; leave or stay
- Practice communication strategies
- Consent activity
- Gender stereotyping activity
- Write argument piece for promoting healthy relationships (optional, depending on time)

PDE Standards Addressed:

Section 1 (CC.1.4.6.G; CC.1.4.7.G; CC.1.4.8.G; CC.1.4.9-10G; CC.1.4.11-12G)

Section 10 (2.9.C; 2.6.C; 2.12.C; 3.6.C; 3.9.C; 3.12.C)

Section 16 (1.8.A; 1.8.B; 1.8.C; 1.8.D; 3.8.A; 3.8.B; 3.8.C; 1.12.A; 1.12.B; 1.12.C; 1.12.D; 3.12.A; 3.12.B; 3.12.C)

Life Behaviors Developed:

- Express love and intimacy in appropriate ways.
- Develop and maintain meaningful relationships.
- Avoid exploitative or manipulative relationships.
- Practice effective decision-making.
- Help prevent sexual abuse.
- Communicate effectively with family, peers, and romantic partners.
- Engage in sexual relationships that are consensual, non-exploitative, honest, pleasurable, and protected.
- Critically examine the world around them for biases based on gender, sexual orientation, culture, ethnicity, and race.

