RELATIONSHIP SPECTRUM SCRIPT FOR GAME:

Today, we’re going to play a game called *The Relationship Spectrum*. Every relationship that you’re part of can be healthy, unhealthy, or abusive. Sometimes, it can be hard to tell the difference between healthy and abusive so we are going to use colorful cards to help determine if a situation is healthy, unhealthy or abusive. Each card represents a different space on the spectrum.

Healthy relationships are based on equality and respect. In a healthy relationship, you feel like you can talk to your partner and your partner respects your opinion. Healthy behaviors include respect, good communication, trust, honest and equality. You can hang out with your partner but also have fun when you’re at school or with your friends. We’ll use the GREEN card to represent HEALTHY.

Unhealthy relationships are based on attempts to control another person and this often results in a lot of back-and-forth drama. Have you ever heard someone’s relationship described as “all drama”? In unhealthy relationships, one person may use the “silent treatment’, lie, pressure their partner, say rude or mean things about their partner, or constantly threaten to break up with their partner. We’ll use the YELLOW card to represent UNHEALTHY.

Abusive relationships are based on power and control. One person makes all of the decisions – about friends, family, and boundaries. They may accuse you of things that aren’t true, like say that you’re cheating on them with your best guy/girl friend. They may say that you’re to blame for the abuse because you made them angry or jealous. You aren’t responsible for how a partner feels but they may try to make you feel that way. They may try to keep you from friends or the things that you love to do by saying, “If you love me, you’ll only want to hang out with me” or “I should be more important than your sports, music, art, etc.” We call this pressure and manipulation. We’ll use the RED card to represent ABUSIVE.

For *The Relationship Spectrum* game, you’ll read a relationship scenario, decide if you think it’s healthy, unhealthy or abusive and place your card on the game board. If it matches your partner’s card, you can flip to the answer in your game booklet. If it doesn’t match, decide which color of card will be your final answer and flip to the answer in your game booklet. You’ll have time at the end of the game to discuss your answers with the large group. If you have any questions, let me know.

(At the end of the game)

Does anyone have a relationship scenario they’d like to discuss?

If you know someone who has a relationship that falls in the yellow or red zone (unhealthy or abusive), there are resources available for them. SHARE INFORMATION ABOUT GUIDANCE SERVICES IN YOUR SCHOOL. The front of the *It’s Abuse* resource card has the number for a local organization called Huckleberry House and they work with teenagers who are experiencing dating abuse. There is a national resource called the Teen Dating Abuse Helpline. Trained college students are available to take your calls or to text about relationships. You can text “love is” to 22522 and they’ll text you back in real-time. The back of *It’s Abuse* resource card has websites that can provide more information. Sometimes, teens think that abuse will go away if you ignore. The reality is that abuse can get worse without support. The best thing you can do to help a friend is be willing to listen and share these resources with them.