

## Love or Infatuation Activity

**Objective:** Students will analyze the components of healthy and unhealthy relationships and identify ways to maintain healthy relationships. Students will be instructed on resources for getting out of an unhealthy relationship and how to identify situations that should be reported to a trusted adult.

### Common Core Tie-In:

- Introduction to Social Health: Course Standard #8
- Family Studies: Course Standard #8
- Lifespan Development: Course Standards #12 c/d
- Lifetime Wellness (9-12): Course Standard #6.1
- Health Education (6-8): Course Standards #8.1, 8.2, 8.3, 8.4, 12.1, 12.2

### Supplies Needed:

- Sign that reads “Love”
- Sign that reads “Infatuation”

### Directions:

Begin by hanging up a sign on one side of the room that says “Love” and one on the other side that says “Infatuation”.

**Say:** *Do you all know the difference in love and infatuation? Infatuation is like a crush – it is intense feelings for another person that are often driven by sexual desire or physical attraction. Infatuation does not last over a long period of time, but eventually fizzles out. Love is tested over time. It is a faithful commitment to one other person (no cheating, no liking other people, not falling in and out of “love” every week!) and it is driven by mutual feelings for each other, not just by sex or physical attraction.*

*You all are going to listen to some scenarios about couples and decide if they are in love or infatuated. If they are in love, you will go stand under the “Love” sign and if they are infatuated, you will go stand under the “Infatuation” sign. You need to choose a side, you cannot stand in the middle and you should be prepared to explain why you feel the way they do.*

**Scenario 1:** Anna and Jeff have known each other since 3<sup>rd</sup> grade. They were friends for years before they realized their relationship was heading towards something more. Jeff asks Anna out, and after several months of dating exclusively, he tells her he loves her. They are faithful to each other and Jeff is happy to wait to have sex until Anna is ready. Are they in “love” or “infatuated”? (Have a few students explain why they chose the side they did. End with student explanations from the “Love” side.)

**Scenario 2:** Christy and Jason started dating two weeks ago. They are so into each other that they talk on the phone for hours every night before bed. They text all the time and check in on each other. Jason is known for being a player, but Christy doesn't care because he is the hottest guy she has ever seen. He tells her how pretty she is all the time, and he makes her feel so cool. On the two week anniversary of them dating, Jason pressures Christy to send him a nude photo. He says, "I really care about you. I think I'm falling in love. If you care about me, too, you'll send me a pic." Are Christy and Jason in "love" or "infatuated"? (Have a few students explain why they chose the side they did. End with student explanations from the "Infatuation" side.)

**Scenario 3:** Alex is an 8<sup>th</sup> grader that is really into a girl that rides his bus and goes to the high school. She is nice to him when he sits near her and talks to him about how much she enjoys high school. He's been on her Facebook page and knows all about her. He thinks he might be in love with her. Is he in "love" or "infatuated"? (Have a few students explain why they chose the side they did. End with student explanations from the "Infatuation" side.)

**Scenario 4:** Phillip started dating Jeanette their senior year of high school. They went to different colleges and maintained a long-distance relationship throughout all four years of college, only hanging out over holidays and summers. Jeanette and Phillip decided early in their relationship to save sex until they were old enough to handle the responsibilities. Despite having lots of female friends in college, Phillip was never tempted to cheat and Jeanette always trusted him. After college graduation, Phillip proposed to Jeanette on their four year dating anniversary. Do you think they were in "love" or "infatuated"? (Have a few students explain why they chose the side they did. End with student explanations from the "Love" side. Ask if the scenario seems realistic.)