

## Relationship Red Flag X-Factor

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:

- 3 red paper flags (see “Flags for Red Flag Activity”)

### Directions:

Ask students for three volunteers to be the “X-Factor” judges. If more than three people volunteer, let them know that they will all get a chance to try out being the judges.

**Say:** *The three judges will hold red paper flags in their hands. I will read a person’s description of their relationship. When the judges hear a relationship red flag, the judges will hold their red flags in the air. The first judge to hold theirs up will keep it up. The other two will put their red flags down and keep listening. If all three judges hear three different red flags, I will have them discuss why the person in the scenario should end the relationship. If they don’t hear three red flags, they can decide if the relationship is worth saving. \*Please clarify for the students that it isn’t necessary for there to be three red flags present for a relationship to be unhealthy. Even one is enough to end a relationship if the person feels unsafe or uncomfortable.\**

**Interview 1 – Sarah** – “My boyfriend Jared is just great. We’ve been together for 6 months. He buys me great gifts all the time and takes me on dates to see movies and concerts and stuff. I kind of miss hanging out with the girls because he likes to have me all to himself, but that’s kind of romantic, right? He just wants to spend every minute we’re not in school with me. I can’t blame him for that. You know, one time he did grab me by the arm and leave bruises on me, but he was so sorry he did it that he bought me a dozen red roses the next day! A dozen! No guy has ever done anything that nice for me before. Besides, Jared says no other guy is ever going to want me, so why would I leave him? I don’t want to be alone.”

**Interview 2 – Benjamin** – “I’m really into my girlfriend Jenna. She’s a cheerleader and I’m a football player so we’re meant to be. We have so much in common and she really understands how important football is to me. Or, at least she says she does. Sometimes she gets really mad when I’m at practice and don’t answer her texts right away. One time she called me 23 times when I was just out hanging out

with the other guys on the team and my phone was on silent. I told her she needed to back off a little bit and she freaked out and asked if I was cheating on her. I tell her over and over she has nothing to worry about, but every time I even talk to one of my other friends who's a girl, she throws a fit and threatens to beat the girl up. It's irritating, but that's just how girls are, right?"

**Interview 3 – Jacob** – “Beth and I have been together for a year. I really love her. Our friends think it's weird that we don't hang out constantly, but we have our own lives. We see each other at school and sometimes on weekends, but she is busy with band and I go hunting a lot. Any time I know she is out with her friends, I try not to text her because I want her to be able to concentrate on them. When we get mad at each other – and we do sometimes – we talk about it calmly and sometimes spend some time apart until we cool down. She's a really cool girl. I feel like I can talk to her about anything.”

**Interview 4 – Lauren** – “I really think Craig is my knight in shining armor. He makes me feel so special and pretty. The thing is, I'm a virgin and Craig isn't. He knows I'm not ready for sex, but he's constantly trying to pressure me into going farther than I want to. He keeps saying that a man can only wait so long. A few months ago, he let another girl give him oral sex, but he promised it will never happen again. I want to believe him. If I ever bring it up he gets mad and screams at me. He calls me a tease and sometimes even worse names. I really think that if I just give in and sleep with him, he'll stay with me. I can't lose him.”

**Interview 5 – Casey** – “Blake and I have a healthy relationship. Like, he would never lay a hand on me. He never calls me names. He protects me. He treats me right. He takes good care of me. He works so keep things good between us. Like, he wants the password to my Facebook and my phone. He checks my texts and my call log a lot, but I promise that's not him being controlling. He just wants to know that whoever I'm talking to is being nice to me. He doesn't want any other guys to talk to me because they might not treat me like a princess. That's what he always tells me. He's perfect. We are perfect together.”

**Interview 6 – Drew** – “My girlfriend, Bella, gets really upset when I hang out with my family. I don't know why, but she gets super jealous when I spend time with them and don't answer her texts right away. When we went on vacation, she called me five or six times a day until my mom got mad and took my phone. She almost ruined my whole vacation. I know she just wants to spend time with me and talk to me, but sometimes she makes me skip out on fun stuff with my cousins. She tells me she'll break up with me if I don't hang out with her instead. It's hard, but I like having a girlfriend, so I don't want her to break up with me.”

