

Purposeful Connections: Developing Relationships that are Right for You

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Videos are linked on Box. They are viewable but not downloadable. If that is creating challenge, please reach out.

Section 1: The Foundation of Healthy Relationships: Knowing Yourself (23:40)

Box Link for Video: <https://missouri.box.com/s/adid96h8hsmij0bg3jcwreqvhbom3n4t>

Handouts to send to students: Relationship IQ (before)

Pause Points for Activity

Slide 4: My Relationship IQ (6:15) – allow time for self-reflection (*Relationship IQ* handout)

Slide 7: Green marbles (10:40) – allow time for reflection and/or group discussion

Slide 8: Red marbles (11:40) – allow time for reflection and/or group discussion

Slide 10: Jar of marbles – pause after each photo to allow for reflection and/or group discussion (15:45, 15:57)

Optional Pause Points if you're Having a Synchronous Group

Slide 5: Knowing Ourselves – can print this slide for students to self-reflect on these questions

Section 2: What are Healthy Relationships (24:40)

Box Link for Video: <https://missouri.box.com/s/zc90llqnp9brc2b7p345wqtbnovgqm8t>

Handouts to send to students: Principles of Smart Relationships

Pause Points for Activity

Slide 3: PREP Relationship DUI Video – this is shown during our video but if there are technical challenges, please use the link to this video and show separately; at 8:14, feel free to pause and discuss as a group what impressions students had

<https://www.youtube.com/watch?v=CwLLyhebmro>

Slide 6: Principles for Smart Relationships – the items are all reviewed during the video but there is opportunity for self-reflection or for group discussion if you'd like

Optional Pause Points if you're Having a Synchronous Group

Slide 7: Healthy/Unhealthy (19:30) – feel free to stop during various points of this portion if you'd like to have discussions with youth;

- Ask them to think of relationships they've seen that have these different characteristics. What were they like? What did it feel like to see them?
- What were the impacts to the people in these different situations (e.g., someone in a controlling or conditional relationship seems to be really anxious and fearful, especially when their partner is around or maybe they became more distant from their friends)?

Supplemental Resources:

Science of Love: <https://www.youtube.com/watch?v=eDMwpVUhxAo> (note because of the focus on physiology, the terms “orgasm” and “sexual arousal” are in this video)

Teen Dating Abuse Helpline: 1-866-331-9474 or www.loveisrespect.org

Section 3: Skills to Maintain Relationships...and Let Them Go (51:26)

Box Link for Video: <https://missouri.box.com/s/yxqxxvdzt7rfyebnrclq3a3exiu1qvgh>

Note – this video came out far longer than we thought. If time is a concern, you can consider pausing the video around 30:18 where we transition from communication/conflict resolution into breakups and show this in two segments. We also included a bit of information about Mizzou HDFS at the end – if this is not something you’re comfortable with including, you can stop the video at 49:58.

Handouts to send to students: Communication Scenarios, Relationship IQ (after)

Pause Points for Activity

Slide 6: Communication Scenarios (30:18) – we don’t specifically mention an activity but this is a good place to stop and work with students on what skills from slides 3-5 they could use to address the issues in the scenario in a productive way

Slide 12: My Relationship IQ (49:30) – allow time for self-reflection (*Relationship IQ* handout)

Optional Pause Points

Slide 6: Handling confrontation (26:03) – we provide the start to a scenario and ask students to think about potential responses

Slide 8: How do you end it (32:16) – opportunity for discussion related to experiences of break ups

In general, good supplemental and no-cost resources for exploring healthy relationships and skills can be found on the following sites:

Dibble Institute (an organization that promotes relationship training for youth – many of the concepts discussed in our videos are also in parts of their for-purchase curricula). Their Free Resources tab is full of numerous guides, resources, webinars, and links to other websites/resource if your team wanted to continue exploring the topic

<https://www.dibbleinstitute.org/>