

Extension Activity

Healthy and Unhealthy Relationships

Explicit Media Animation

Directions:

One of the messages that is often depicted in sexually explicit media is that relationships are controlling and one-sided. Read the conversation below between Amari and Logan. Then answer the questions to identify characteristics of healthy and unhealthy relationships.

Logan: *A few of us are going to see a movie tonight. Why don't you come with us?*

Amari: *Let me text and ask Blake first.*

Logan: *Why do you need to ask Blake if you can go to the movies with your friends?*

Amari: *Blake likes to always know where I am and who I am with.*

Logan: *Amari, you are just dating Blake. Blake doesn't own you.*

Amari: *Blake texted back and said no. I can't come with you guys. I think I better leave now because Blake was angry that I came over to your house. I forgot to ask if it was okay before I came.*

Logan: *Amari, we need to talk about you and Blake.*

Do Amari and Blake seem to have a healthy relationship?

Yes

No

Why do you think that?

If you had a friend that was in a situation like Amari, what might you say to your friend?

Respect is important in any kind of relationship. Is Blake treating Amari with respect?

Yes

No

Why do you think that?

If you were Amari, what would you do?

What are three characteristics that are important to you in a relationship?