

# Healthy Relationships Activity Guide Grade 6-12



# Know Your Neuro

## Video Quiz Questions

1. What could be a reason why dating violence decreases as people age? **Answer:** The frontal lobe, where empathy and impulse control are located, is not fully developed until age 25. So, young people may act with poor empathy and impulse control in their relationships.
2. What is dating? **Answer:** Simply getting to know someone and letting them get to know you to determine if you want to spend more time with them, or not. Dating is not looking for the person you'll spend the rest of your life with, or a 'hook up', or a way to prove anything to anyone else.
3. According to the video, what percentage of 15-16 year old youth date? **Answer:** About 50%.
4. What does research say about young people who date early? **Answer:** Early daters who start one-on-one dating between the age of 11-13 have more academic and behavioral problems than peers who wait to date until they are older.
5. What are signs that someone is ready to date? **Answer:** They are available, accepting of self and others, have good self-care, unselfish, tolerant, can see others' points of view during conflicts, willing to be honest, true to themselves, and willing to be vulnerable and share feelings.
6. What is dopamine and oxytocin? **Answer:** Dopamine is the neurotransmitter that signals positive things in our environment. It goes up and down quickly in a new relationship. Oxytocin is a neurochemical that signals we feel safe and comfortable with someone. It takes time to build.

## Critical Thinking Section

### Discussion

- Do you date? Why or why not?
- How would you say 'no' if you didn't want to go out with someone?
- How could you support your friends to have healthy relationships?
- How old do you think you should be before dating, being romantic, and committing?
- What are your family's and religion's beliefs about dating? Do you agree? Why or why not?
- Do you think porn and sending nudes objectifies people?
- Do you know anyone who has been the victim of dating violence? How did it affect them?
- What is your backup or code word to protect yourself from uncomfortable situations?

### Dating Code of Ethics

How do you know when you are ready to date? When will you be comfortable with romantic intimacy? How will you keep yourself safe when you begin dating? Create your own dating code of ethics or use this one:

1. Get permission from your parents
2. Meet the person's parents
3. Be honest and communicate
4. Ask questions to get to know them
5. Share things about yourself so they can get to know you
6. Be considerate and think before you act or react
7. Be safe. Never do anything you do not want to do.
8. Never give in to peer pressure.
9. Have a backup plan and a code word to communicate when you want to leave a date.
10. Respect the other person and yourself.

### Scenarios

- 1) If an older person from a high school or college asked you out on a date, what would you do? What would you tell a friend to do if that happened to them?
- 2) If a friend at school told you to send them a topless or naked picture of yourself, what would you say? What if they told you not to put your face in the picture and no one would find out or know it was you? What would you say?
- 3) If someone sends you a sext or pornographic picture what would you do? Would you tell a parent or teacher? Why or why not?
- 4) If a dating partner started to control you and limit who you could and could not talk to, what would you do?
- 5) How would you handle it if someone made a romantic move that made you uncomfortable?