



NATIONAL DAY OF REMEMBRANCE AND ACTION ON VIOLENCE AGAINST WOMEN

Instant Meeting: Pathfinders

Girl Guides of Canada-Guides du Canada

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Day of Action – Equal Relationships: Dating Violence

Instant Meeting: Pathfinders

Background Information for Guiders

Many people think abuse only happens in an adult relationship. But abuse can also happen in teen relationships, when two young people are dating or hanging out. As Pathfinders start to explore the world of relationships, they need to know what to expect of a healthy relationship and how they can avoid unhealthy or abusive relationships.

The Pathfinders in your unit may or may not have started dating. Either way, they probably already have dating on their minds! As you and your unit work through these activities, make sure you keep discussions open and inclusive. Girls can talk about what they want in a future relationship or what is happening in a present relationship. You can expand discussion to what a healthy relationship is between girlfriends and how we would expect a

partner to treat us the same way. And don't assume that every girl will want a boyfriend. Some girls may be exploring their sexuality or may not yet be interested.

Read through the Day of Action Toolkit. It provides a lot of information and many resources about violence against women. Along with the information you gather about your own community, it can assist you in using this Instant Meeting with your Pathfinders.

Once your unit has successfully completed a Day of Action Event, either based on one of the activities from the toolkit or something you have created yourselves, you are then entitled to the Girl Guides of Canada Purple Ribbon Crest. The crest illustrates that your unit has worked together in the fight against violence against women. You can purchase your crests at your local guide store or on-line at www.thegirlguidestore.ca

It is recommended that you review the Pathfinder program to identify where your Day of Action activities relate to the Modules and the possibility to attain further recognition and badges.

Using this Instant Meeting

In this Instant Meeting, there are many activities that you can choose to do. Some require planning and organizing and some can be done with just the information you have here.

As you and your Pathfinder unit plan your Day of Action meeting, review the activities and decide which ones would be suitable for or of interest to you. Then you can mix and match activities to create a meeting that fills your meeting time. As long as you keep the Pathfinders involved in the planning and organizing, your Day of Action event will be successful!





You may want to open and close your meeting in the same way you always do, or you might want to create a special opening or closing for this meeting. The Discussion/Reflection Questions can help you with that.

Base your meeting on one of the Outreach activities. This will help you determine how much time you have for Quiet Activities, Active Games or Crafts.

The Books or Readings might be helpful suggestions on how parents can continue the discussion around this important topic at home.

Information on Dating Violence

Dating Violence:

- Is about power and control – the abuser uses fear to maintain control.
- Is not only physical – it is also verbal, emotional, sexual or financial.
- Includes any sexual act without consent. Consent means that both people are willing and do not feel forced to do anything.
- Includes jealousy – constant calling, checking up, monitoring and keeping the other person away from friends and family is about control, not love.
- Is always serious, even when the abuser says he/she is “just joking.”
- Is never the fault of the victim, even when the abuser says things like, “If you would just do what I ask, then I wouldn’t have to yell at you!”
- Can happen to men and women, though it happens more to women.
- Is not caused by alcohol or drugs – this is just an excuse.
- Usually gets worse over time, not better.
- Occurs in cycles. Abuse may not happen again for awhile and it can seem like the situation is getting better, but the abuse will likely happen again.
- Can lead to serious injury, emotional harm and even death.
- Can happen in any type of intimate relationship, whether the two people are just dating or are a couple. It can even happen once they have broken up.
- Can start at any time in a relationship, from when two people first meet to after they have been together for a long time.
- Can happen to anyone.

What to do if a friend/family member is in an unhealthy relationship:

- Listen to what he/she has to say
- Don’t judge
- Keep everything confidential (but do talk to a supportive adult confidentially)
- Don’t tell your friend what he/she should or should not do
- If you do offer help or advice, like calling the Kid’s Help Phone, don’t be frustrated if your friend doesn’t accept it or listen to you
- Don’t go and talk to his/her boyfriend/girlfriend – this will only put yourself in danger

If your partner or your friend’s partner does any of the following, it could be an unhealthy or abusive relationship:

- Acting extremely jealous or using jealousy to show he/she cares



- Always checking up on you or your friend, calling, texting or demanding to know where you have been and who you have been with
- Losing his/her temper and maybe breaking or hitting things when mad
- Always getting his/her way in the relationship
- Insulting or making jokes about your looks, race/ethnicity, religion or beliefs

Discussion/Reflection Questions

- What are relationships?
Relationships are the connections you share with the people in your life.
- What is dating violence?
Dating violence is when one person in a relationship uses physical abuse, emotional abuse, intimidation, blame, threats, sexual abuse or isolation to control the other person in the relationship.
- What is a healthy relationship?
A healthy relationship makes you feel good about yourself. You feel trusted and respected and you feel comfortable talking, listening and sharing ideas.
- What makes a relationship unhealthy?
- What are signs that someone is in an unhealthy relationship?
- How can words and actions be abusive?
- How can you help yourself, a friend or family member who is in an unhealthy or abusive relationship?

Active Games

Act it Out – This activity allows Pathfinders to act out scenes showing abusive or healthy relationships. Pathfinders form groups of three people. Give each group a different a scenario (see Appendix A) and have them create skits to present. After each skit, debrief by talking about the behaviours and situations they presented and what made them healthy, unhealthy or abusive. Talk about what girls can do to avoid the unhealthy or abusive situations and what they can do to encourage healthy situations.

Relationships – This activity explores the characteristics of healthy, unhealthy and abusive relationships.

On the wall of your meeting space, put up three signs, one that says “Healthy,” one that says “Unhealthy” and one that says “Abusive.” You could also do this on the floor if you can’t post things on the wall.

Make two or three copies of the Statement cards in Appendix B– use the chart below for ideas or make up your own. Have enough copies so that each Pathfinder gets at least two cards.

Hand out the cards randomly. Ask Pathfinders to read their cards without showing them to anyone else, then to think about whether this situation shows a healthy, unhealthy or abusive relationship. They should then stick that card on the wall under the appropriate sign.

Once everyone has posted their cards, discuss what situations were posted where and what makes it healthy, unhealthy or abusive. Notice sometimes the same situation might be posted under different headings. Talk about these differences.



Quiet Activity

Life in Four Corners - Have small pieces of paper in various colours. You could cut coloured sheets of 8 ½ x 11 paper in four.

Each Pathfinder randomly takes a piece of paper.

Direct the Pathfinders to write the following things on the page:

- Upper left-hand corner: A moment when you felt perfectly happy.
- Upper right-hand corner: A moment when you felt very sad.
- Bottom left-hand corner: The person you are most comfortable with.
- Bottom right-hand corner: A situation where you felt unsafe.

Give them a minute per corner to record their answers on the page. They don't have to write much – just one or two words.

After everyone has written their answers, tell them to get into groups according to the colour of paper they have. In those groups, they can discuss their answers. Allow about 15-20 minutes for discussion.

Picture This - Gather pictures of people (alone, in groups and in pairs). You will need about four or five per pair of Pathfinders.

Have the Pathfinders form pairs (groups of three work if there is an odd number). Divide the pictures among the pairs so that each pair has four or five pictures.

Give the Pathfinders 5-10 minutes to create a story about relationships based on the pictures they have.

Get half the group to create stories that highlight healthy relationships and get the other half to create stories that highlight unhealthy relationships.

Books or Readings

Dreamland: A Novel by Sarah Dessen

Things Change by Patrick Jones

Crafts

Role Model – Create a play or write a poem or story about respectful, non-violent behaviour and healthy problem solving in relationships. Put on the play or read the story or poem to other people, like a Guide unit or another Pathfinder unit.

Posters – Learning how to handle relationships is an important part of life. Make posters that highlight the signs of healthy relationships and abusive relationships. Help to educate other teens about healthy relationships by displaying the posters in your school or library.

Outreach

Dating Bill of Rights and Responsibilities – Have a discussion about what love is and what it isn't.

For example, love is commitment, sharing, communication, respect, friendship... Love isn't jealousy, pain, dependency, manipulation, selfishness...

As a group, come up with a Dating Bill of Rights and Responsibilities outlining what rights you have in a relationship and what responsibilities you have towards the other person in that relationship. Design a





Bill of Rights and Responsibilities poster or flyer and share it with others – put up a poster in your meeting place, local library, town hall or school or hand out flyers to other girls and boys.

Choose Respect Video – Bring a computer with Internet connection to your meeting place and show the video “Causing Pain” which you can find here:

http://www.chooserespect.org/scripts/materials/videos/video_13min.asp

There is also a video discussion guide which has questions to ask before and after viewing to help Pathfinders understand the video.

Following the video and discussion, talk about their schools, youth sports, or local youth organizations and whether there are any existing policies regarding social aggression, bullying or relationship abuse. These types of policies generally define certain negative behaviours and then tell what will happen (consequences) when kids choose those behaviours.

Ask Pathfinders to talk to teachers or counsellors at their school about what the rules and policies are and how they can raise awareness of them to help protect the students from dating violence.

Debriefing/Closing

Balloons – Give each Pathfinder a balloon, a small piece of paper and a pencil. On the paper, she should write out one thing she can do to prevent dating violence. Then each Pathfinder puts the piece of paper in her balloon, blows up the balloon and ties it closed. Now the fun part – have fun bouncing the balloons around the room! After a couple of minutes, ask each Pathfinder grab the closest balloon and pop it. Then, one by one, the Pathfinders read out the piece of paper from their broken balloon.

Please share this message with all the Pathfinders, kids and teens you know.

If you are in an unhealthy or abusive relationship, please get help. Talk to a parent, teacher, friend or counsellor. You can also phone the Kids Help Phone at 1-800-668-6868. If you are in immediate danger, call 911.

Links

<http://www.teenrelationships.org/>

<http://www.mwaves.org/>

<http://www.violenceinterventionproject.com/>

<http://www.deal.org/>

<http://www.kidshelpphone.ca/>

Where it Fits

Girls Stuff – Relationships, Values and Choices

Girls Stuff – Hot Topics for Youth

On My Own – Safe at Home or Out and About



Appendix A

Act it Out Scenario Cards

<p>Scenario #1</p> <p>A – is dating B; is talking with B & C; is insulting B because of the way s/he looks Person B – is dating A; makes excuses for the way A treats him/her Person C – is friends with A; is worried about the way A treats B and wants to be supportive</p>	<p>Scenario #2</p> <p>A – is dating B; is yelling at him/her to not talk with other boys/girls B – is dating A; is afraid to tell A that s/he is upset with A Person C – is friends with B; wants to tell B that s/he doesn't deserve to be hurt in any way</p>
<p>Scenario #3</p> <p>A – is dating B; doesn't want B to go away for the weekend with his/her family B – is dating A; wants to go away with his/her family, but doesn't want to upset A, who will get very jealous C – is B's brother/sister; is worried about the amount of time B is spending with A</p>	<p>Scenario #4</p> <p>A – is dating B; always has to get his/her way in the relationship B – is dating A; feels he/she has to lie to A to avoid getting yelled at or physically hurt C – is friends with A; is concerned when he/she sees A abusing B; wants to hold A accountable for his/her behaviour</p>
<p>Scenario #5</p> <p>A – is dating B; is mad because B wants to go to a party and doesn't want to go to the movies alone with A B – is dating A; is mad because A wants to go to the movies and doesn't want to go to a big party with all their friends C – is friends with A & B; helps them to talk with each other and come to a compromise</p>	<p>Scenario #6</p> <p>A – is dating B; is worried B is seeing someone else; thinks about checking B's cellphone for messages B – is dating A; has lots of friends, but is only dating A C – is friends with A; talks with A about checking B's cellphone, why it is wrong and what he/she should do instead</p>





Appendix B

Relationships Situation Cards

You both trust each other, and the trust has been earned.	You both enjoy spending time apart and respect when one of you voices a need for space.	You talk openly about problems without shouting or yelling.
One or both partners are inconsiderate toward the other.	Both partners are consensually sexually active with each other, but aren't addressing the possible consequences.	So much time is spent together that one partner is beginning to feel uncomfortable.
A partner suspects flirting or cheating without reason and often accuses the other.	What one partner says goes. The other partner has no say.	When arguing, one partner is demeaning or insulting toward the other.
Both partners support the goals of the other partner.	One partner has occasionally checked the other partner's phone messages or email.	Gifts are given, but there are often strings attached – "Now you owe me."

