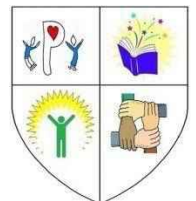


# Healthy Relationship Workbook



Provided by the Partnership 4 Safety  
A Program of The Arc of Spokane



# Healthy Relationships Workbook

Created by Theresa Fears MSW  
tfears@arc-spokane.org  
The Partnership 4 Safety Program  
The Arc of Spokane  
May 2013

The purpose of this workbook is to assist a person with an intellectual or developmental disability to learn about healthy relationships, to identify and recognize abuse and to know who to contact for help.

The workbook is written in plain English for people with IDD, high school age and beyond. It has one subject per page with large black and white illustrations suitable for coloring. The coloring page format was deliberately chosen to increase reader connection with the material.

It will be most effective if the person using the workbook has someone available to answer questions about the material that might arise.

The Healthy Relationship Workbook is available at:  
[www.arc-spokane.org](http://www.arc-spokane.org) under the Partnership 4 Safety link.

This workbook was funded through a grant from the  
**Washington State Office of Crime Victim's Advocacy**

# Healthy Relationships

This is your Healthy Relationships workbook.

This book is to help you to choose healthy relationships!

It is easy to read so that many people can use it.

It has coloring sheets because many people like to color when they are learning.

This workbook has pages on:

- Personal rules
- Different types of Relationships
- Healthy Friendships
- Healthy Dating
- Consent
- Am I ready for a sexual relationship worksheet
- Relationship safety
- Phone safety
- Facebook safety
- Unhealthy relationships
- Different types of abuse
- What to do if you are being abused

*Enjoy using your Healthy Relationships workbook!*

😊 BF/GF means Boy Friend or Girl Friend

# Why have “Rules”

Your Rules tell other people how you want to be treated!

*Your Rules can be about:*

- How close people can be to you.

How much room do you like?

-A lot of room?



-A little room?



- Your body

Who gets to touch you?

When do people get to touch you?

Where do people get to touch you?



- Your feelings;

How do you want people talk to you?

Nicely, with respect

Or not nicely, with NO respect



## Why are rules important?

Rules let YOU choose:

- Who you spend time with
- How people should treat you.
- Rules help you choose who your friends are!





# My Rules



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Name \_\_\_\_\_



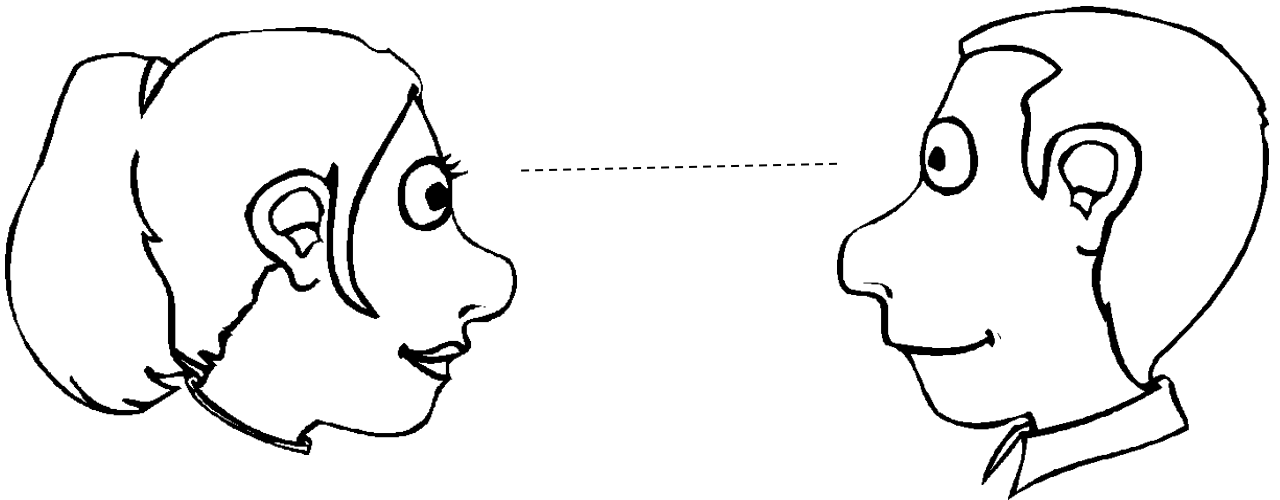
# Teaching about your rules

Who do I want to teach?

Friends, boy friends, girl friends, teachers, co-workers, and supervisors

How do I do it?

1. Sit up or stand up straight
2. Look into the other person's eyes
3. Teach them what your rule is. If you don't like it when people sit too close, you could say:  
" I don't like it when people sit so close to me"



What rule can accidently be broken?

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What would YOU say to teach someone about this rules?

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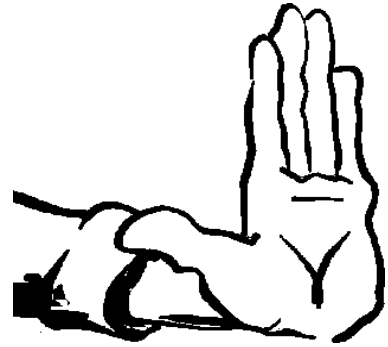
# Stopping Scary People

When do I use it?

- *Anytime* someone makes you afraid.
- When you do not feel safe!

How do I do it?

- Look right at the other person
- Put your hand up in front of you



- Step back from the person



- **Say very loudly "STOP!"**



- Turn and walk away

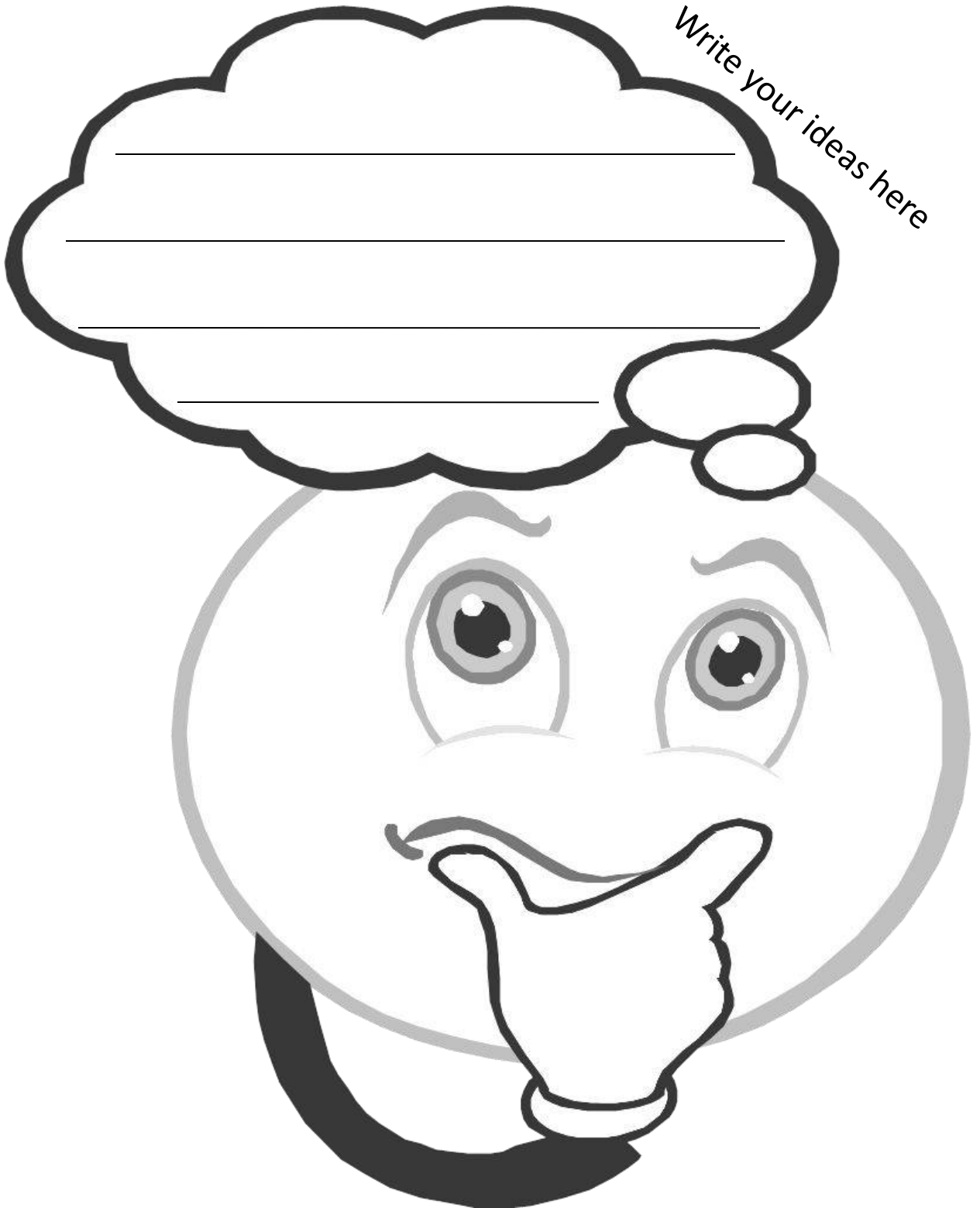


- Go get help!



What IS a relationship

*Write your ideas here*



# Types of relationships

There are many types of relationships.

How many can you think of?

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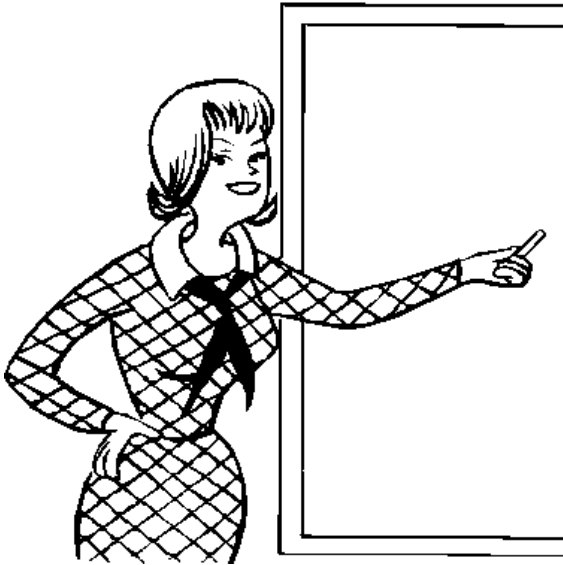
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# Relationships are an important part of life!

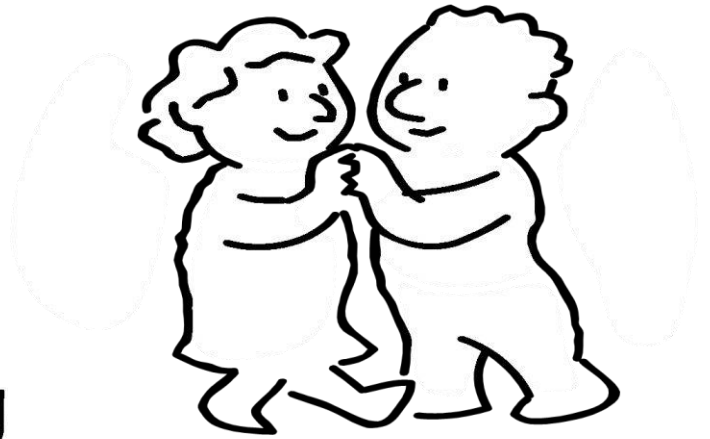
Good relationships are like good food.

- ✓ They make you healthier.
- ✓ They make you stronger.
- ✓ They make your life better!



# Healthy Relationships

- Healthy relationships support you
- Healthy relationships make you happier
- Healthy relationships help you be a better person
- You learn about yourself from healthy relationships



# Friend or Acquaintance

A Friend shares your hobbies and activities with you  
An Acquaintance is just someone you know

## A Friend

Is with you because:

- You like each other
- You do fun things together
- You enjoy spending time together

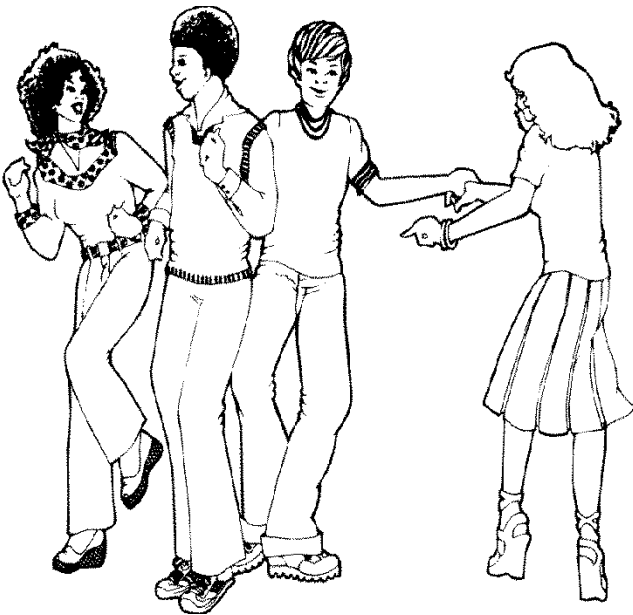
## An Acquaintance

**You don't know much about**

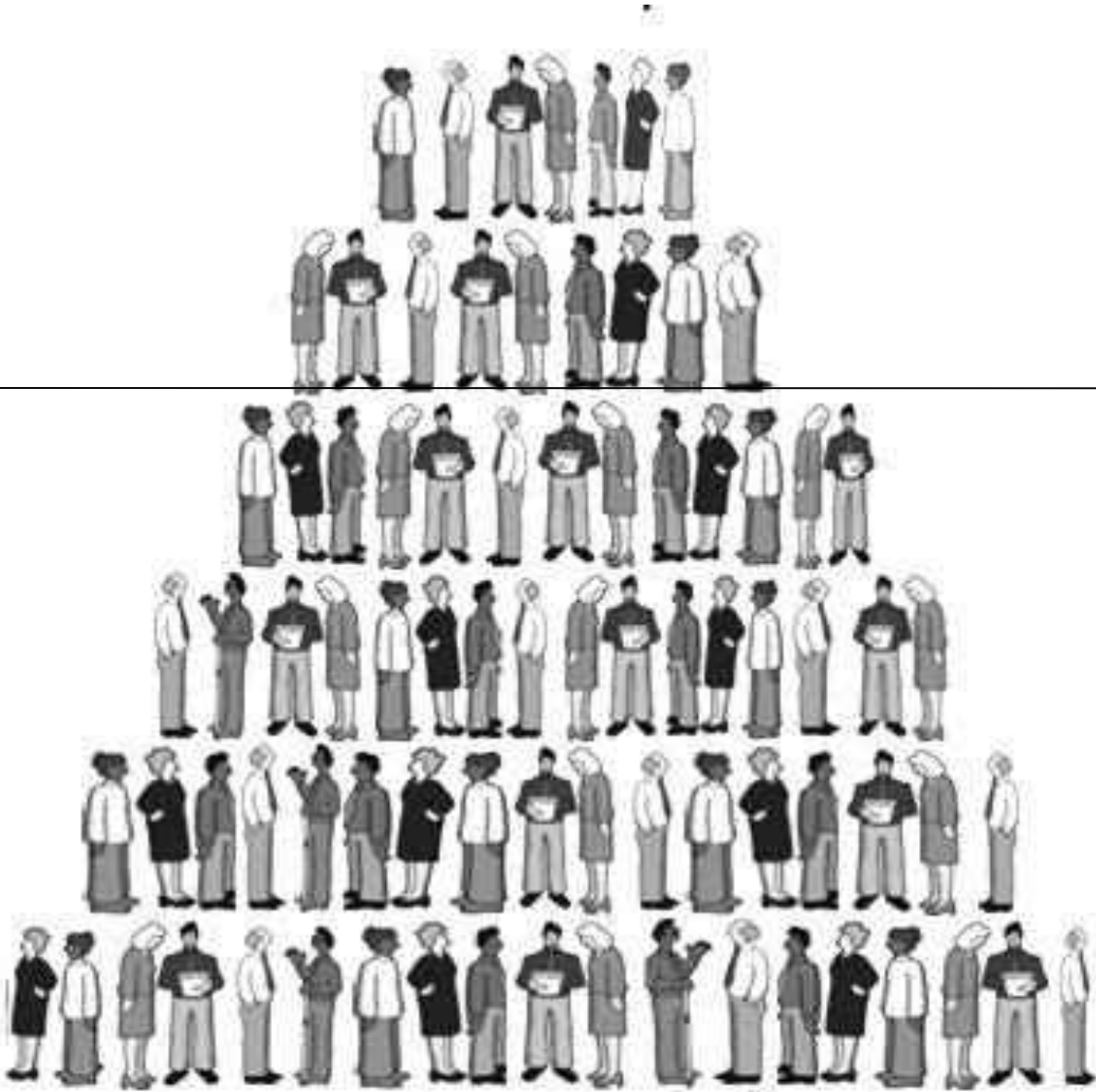
OR

Is with you to do a job:

- Bus driver
- Caregiver
- Job Coach
- Payee



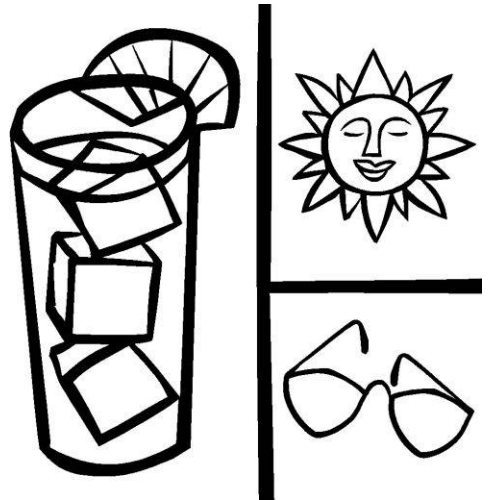
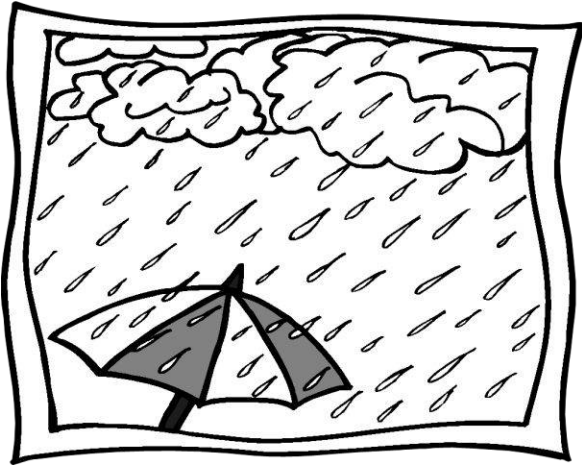
# Friend or Acquaintance?



Most people in my life are \_\_\_\_\_

# Friendships take TIME

- It takes time to get to know a person.
- Take the time to learn about a person's hobbies.
- It takes time to learn what a person likes and doesn't like.
- It takes time to know if a person can be trusted!



# What do you want in a friend?

- Someone who shares your hobbies!
- Someone who enjoy being with you!
- Someone who supports you



Write down some of your hobbies or activities

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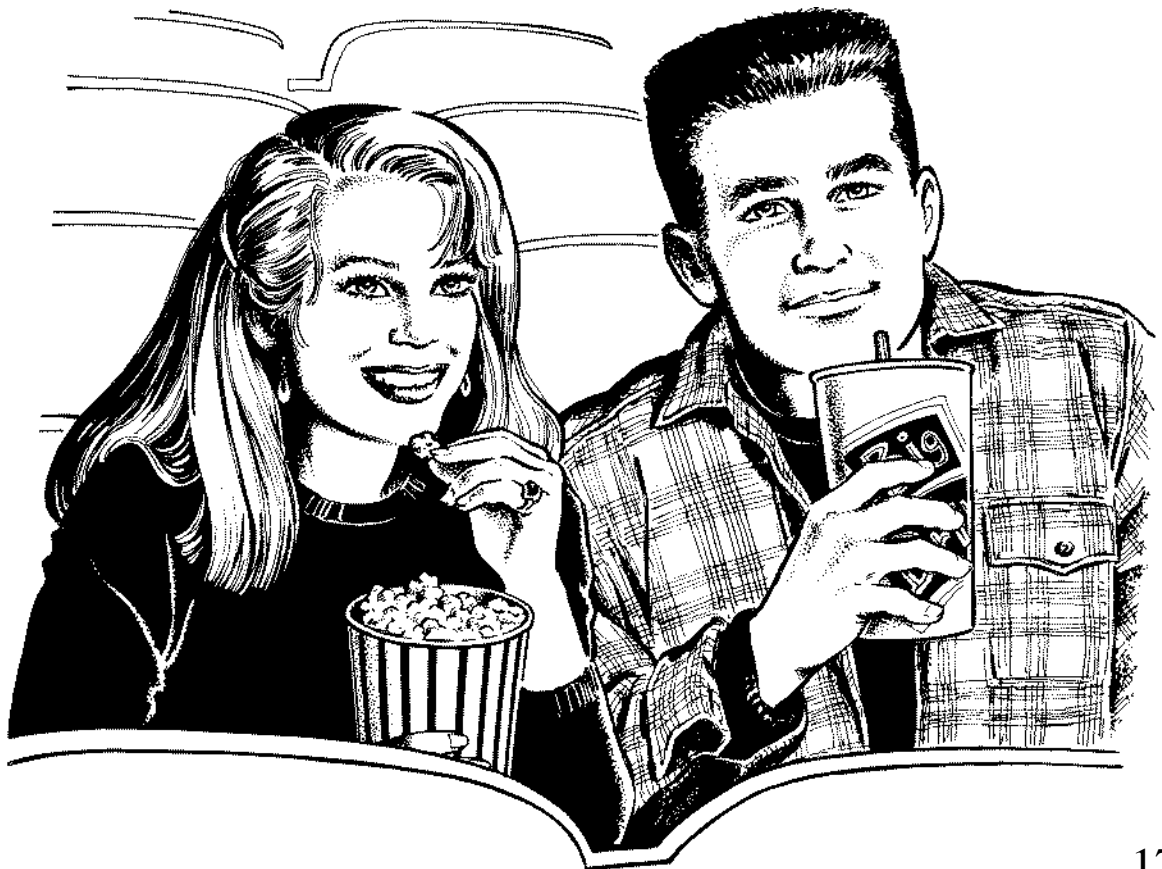


# In a Healthy Friendship

You share choices

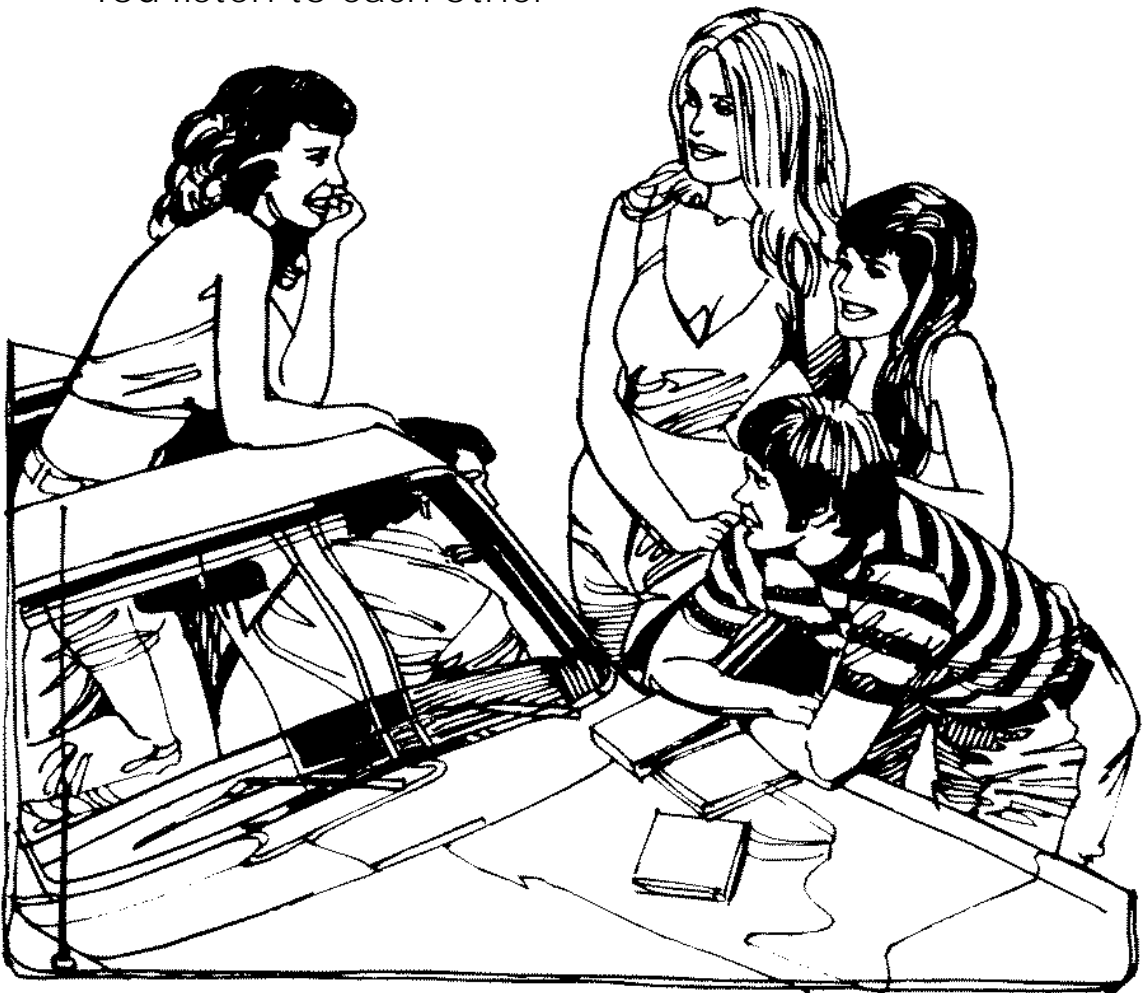
- What movies to see
- What friends to hang out with
- How much you talk on the phone
- How much time to spend together

You both get to make choices



# In a Healthy Friendship

- You BOTH want to be friends
- You treat each other with RESPECT
- You feel happy, safe and cared for
- You share the cost of activities
- You are nice to each other
- You listen to each other



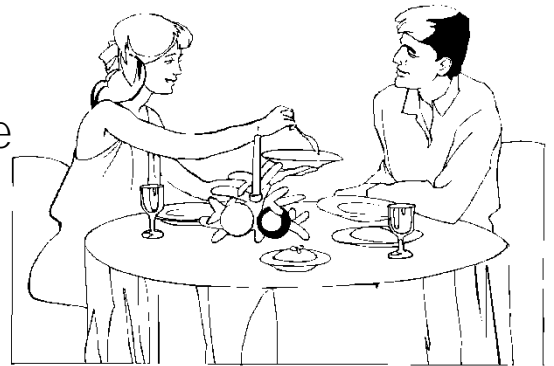
# ♥ Romantic or Not Romantic ♥

## Types of romantic relationship

- Boyfriend or Girlfriend
- Husband or Wife

## In romantic relationships you:

- Go on dates together
- Do not go out with other people
- Are committed to each other
- Learn A LOT about each other
- Might hold hands or kiss
- Might have sex



Healthy romantic relationships start as healthy friendships.

## Types of nonromantic relationships

- Friends or buddies
- Family
- Acquaintances
- Co-Workers
- Bus Drivers
- Employment Specialists
- Payee



# What do YOU want in a BF/GF?

Write down what is important to you!

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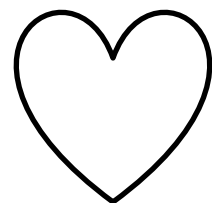
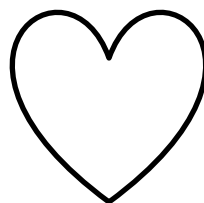
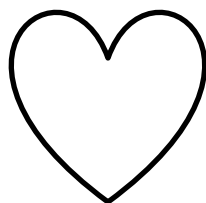
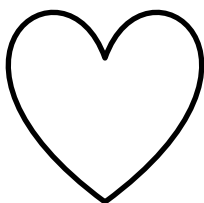
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# What is a GOOD GF/BF?

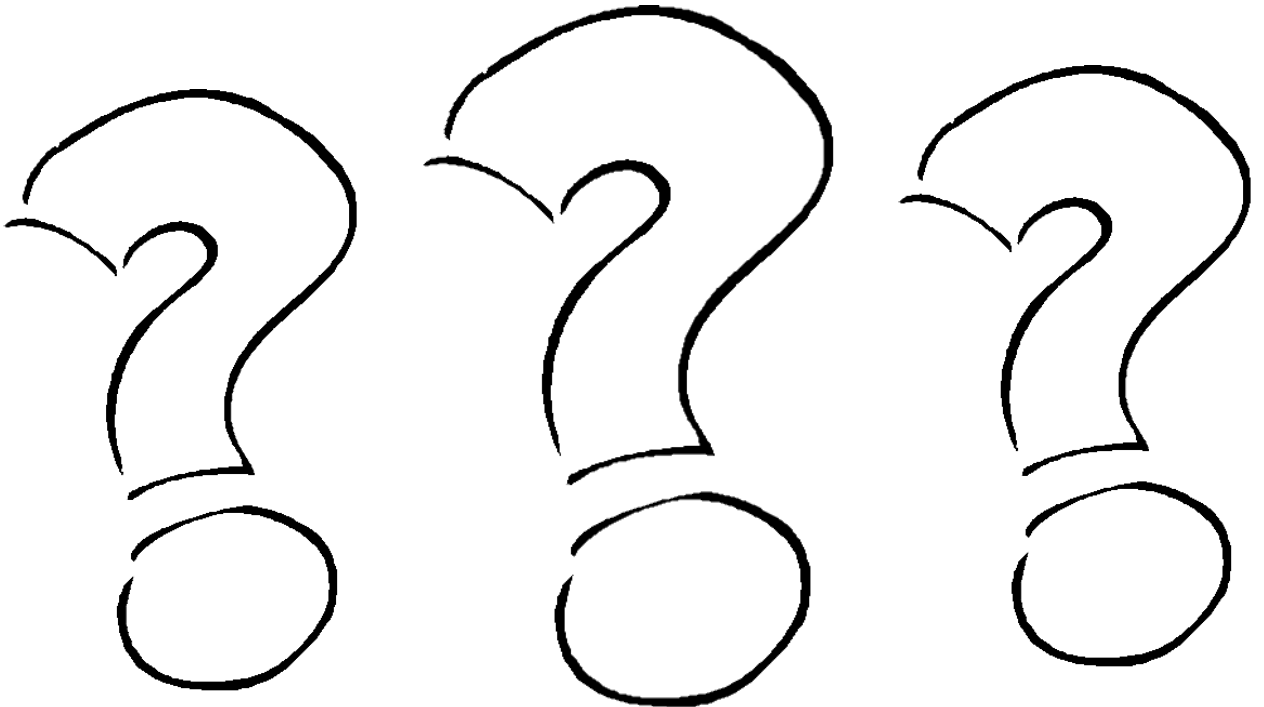
A GOOD GF/BF -	Yes	No
Teases me and hurts my feelings		
Stands up for me		
Keeps our dates		
Picks fights with me		
Hits me		
Likes to do some of the things I like		
<b>Thinks I'm cool</b>		
Likes me as a person		
Tells me who I can be friends with		
Yells at me		
Makes decisions about our relationship WITH me		
Calls me mean names		
Tells me no one else will ever want me		
Tells me he/she is lucky to know me		
Scares me		
Scares your friends or family		
Respects me		
Respects my personal space		
Does not go too fast in our relationship		



# How well do I know my GF/BF

Can you answer these questions about your BF/GF?

- I have met my BF/GF in person
- I know her/his hobbies
- I have met his/her friends
- I know what movies he/she likes
- I know what books he/she likes
- I know what makes him/her laugh
- I have met his/her parents or family



# Good Communication is important

Talk about your rules

Be honest about your feelings

Be a good listener

Fight fair

- No temper tantrums
- No threats
- No name calling



# Communication Tips

When you have something important to say:

- Pick the right time to talk
  - When you both have the time to talk
  - Not where other people can hear you
  - Not when your BF/GF is doing something else
- Pick the right place to talk
  - Choose a private place to talk
- Pay attention
  - Do not answer calls or text

If you are very angry or upset, calm down before you talk!





# In a Healthy Dating Relationship

You are both free to be in the relationship

- Not married to someone else
- Not in another romantic relationship
- Close to your age
- Not your caregiver
- Not your support person
- AND WANTS to be your BF/GF



# In a Healthy Dating Relationship

- You are HONEST with each other
- You feel safe with your feelings
- You do not feel forced to do anything
- You are not afraid to say “I’m Sorry” if you make a mistake



# Healthy Dating Relationship

In Healthy Relationships your rules are RESPECTED



# My rights in a Dating Relationship

I have the right to:

- Relationships without violence.
- Not to be controlled other people.
- Say NO to unwanted attention.
- Change your mind.
- Be by yourself.
- Start slowly.
- Want physical closeness.
- Change a relationship when your feelings change.



Modified from *Teens Stopping Rape*, distributed by United Learning, 1996.

# Am I Ready?

How do you know if you are ready for a sexual relationship?

Before having a sexual relationship it is very important to ask yourself:

- What are my values about sex?
- What are my family values about sex?
- What does my religion say about sex?
- What does sex mean to me?
- Why am I thinking about it right now?
- Is someone pressuring me to do this now?
- What are some of the things that can happen
  - Pregnancy
  - Sexually transmitted diseases

Talk to someone you can trust about this important choice!



# Am I ready Worksheet

What are my values about sex?

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What are my family values about sex?

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What does my religion say about sex?

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What does sex mean to me?

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Why am I thinking about it right now?

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Is someone pressuring me to do this now?

---

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What are some of the things that can happen after sex?

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Who can I talk with about this choice?

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# What is Consent?

Consent is between 2 people in a relationship

- It means you are ready for sexual behavior in a romantic relationship.
- It means you are old enough to make the choice.
- It means you know what could happen after sex.
- It means NO ONE is forced – in ANY way!
- Some sexual behaviors are:
  - Touching each other in personal places
  - Kissing
  - Intercourse
- Consent means talking first!



# Consent and my BF/GF

Consent is between 2 people in a relationship.

Consent means:

- You talk to your BF/GF about a sexual relationship.
- Your BF/GF tells you that they are ready for a sexual relationship.
- Your BF/GF understands what could happen after sex.
- Your BF/GF is old enough to make the choice.
- Your BF/GF must be at least 16 years old.
- Your BF/GF is not forced – in ANY way!





# Consent laws

The Consent laws are important!

- Breaking the Consent laws can mean going to jail.
- Breaking the Consent laws can put you on a sexual predator list – for life!
- **Sixteen is the “age of consent” in Washington State.**
- If someone is younger than 16 they cannot consent to have a sexual relationship
- *if a person is forced to have sex– it is RAPE*



# Texting and Sexting

Texting is a fun way to stay in touch!

BUT - It is never OK for someone to:

- Text you too many times a day
- Want to know where you are all the time
- Read your texts from other people
- Send scary or threatening texts
- Ask for pictures of you in your underwear
- Ask for pictures your breasts, bottom, pubic area or penis
- Ask for naked pictures of you
- Send you pictures of their breasts, bottom, pubic area or penis



# What can you do?

If someone is sending too many emails

- Try telling them that it is bothering you
- Tell them how often they can call you

If that doesn't work you can

- Block their number
- Not answer when they call
- Turn off sound so you do not hear call
- Tell a trusted adult and get help

If someone sexts you

- Do not reply to the text
- Tell a trusted adult right away!

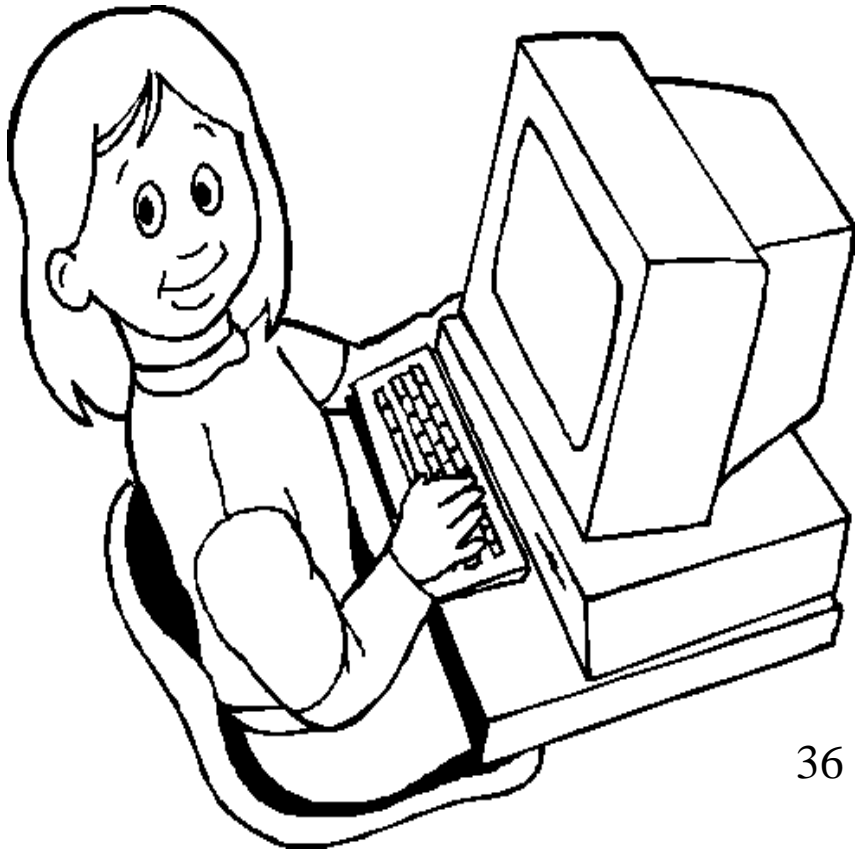
Do NOT send “sexy” pictures – EVER!



# Facebook Safety

To be safer on Facebook;

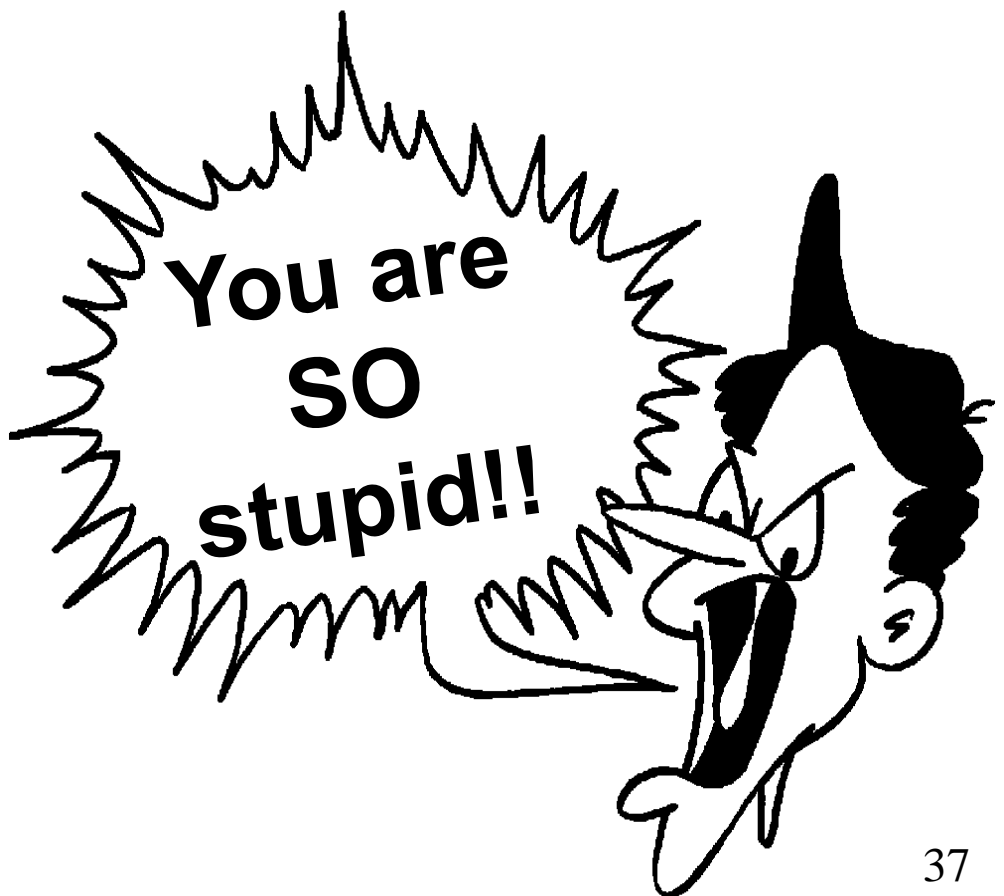
- **Don't post your address**
- Do not post your phone number
- **Don't post your school**
- Keep your password private
- Remember- **you can not control posts on other people's pages**
- **You do not have to "friend" everyone who asks**
- People can make up fake pages
  - They can have fake pictures
  - They can have fake personal information
- Change your privacy settings so that only friends can see your page



# What is an Unhealthy Relationship?

In an Unhealthy Relationship:

- A person uses violence to get their way.
- A person uses anger to scare the other person.
- A person forces the other person to do things.
- A person uses bribes to get what they want, bribes like;
  - Money
  - Food
  - Special treatment

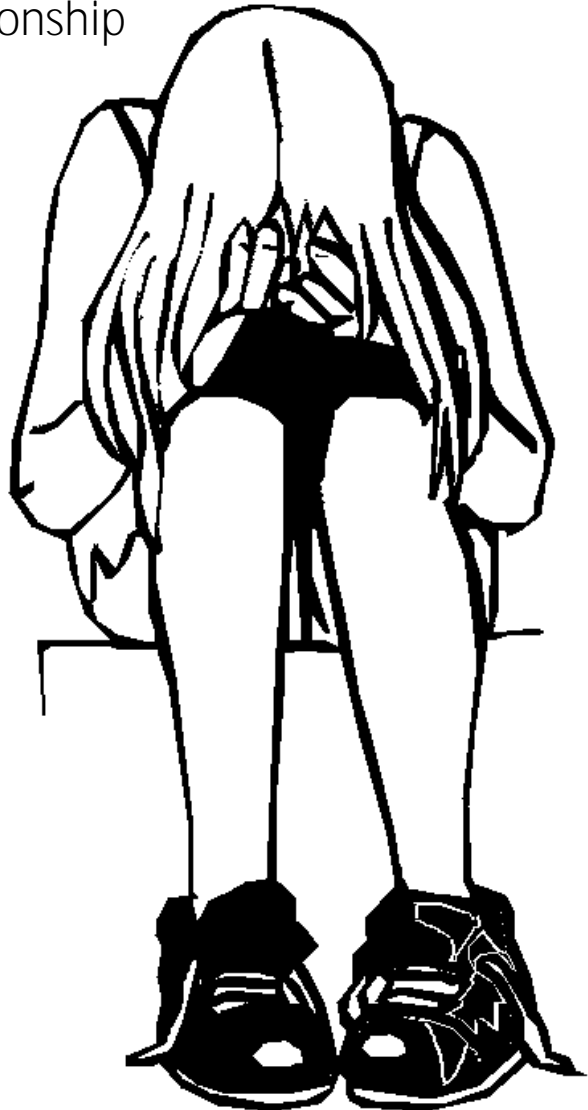


# In an Unhealthy Relationship

There is NO respect

- Rules are not respected
- Feelings are not respected
- Your stuff is not respected
- Privacy is not respected
- There is no friendship

It is NOT a good relationship



# In an Unhealthy Relationship

- Only one person gets to make the decisions:
  - Where to go
  - Who to talk to
  - Who to hang out with
  - When to get physical
  - How to spend money
- One person has all the choices



# ABUSE!

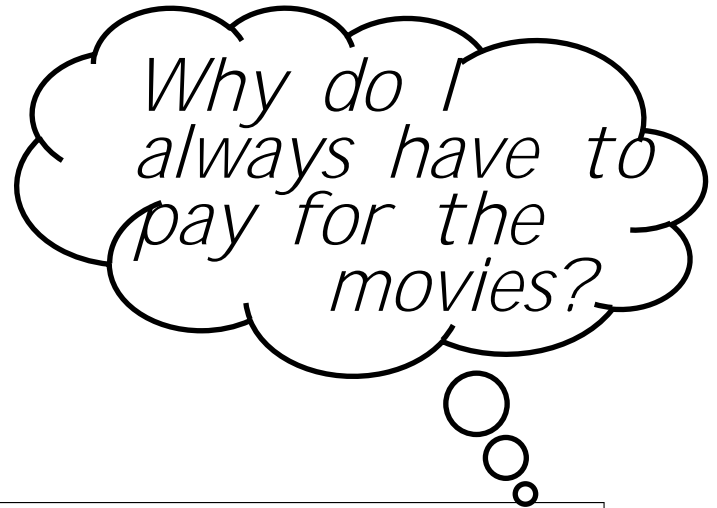
Happens in unhealthy relationships

ABUSE is when someone pretends to care about you, BUT

- They use your money *for themselves*
- They use your personal things *for themselves*
- They make you lie or keep secrets
- They use YOU!

ABUSE can be:

- Physical
- Sexual
- Emotional/Verbal
- Financial





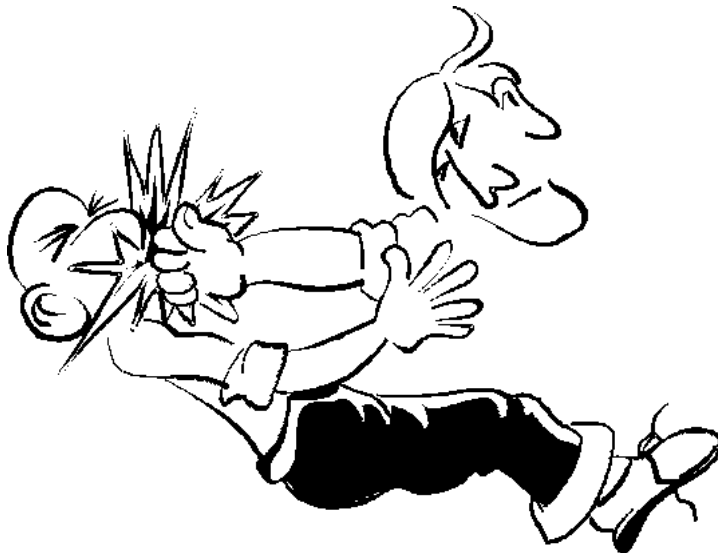
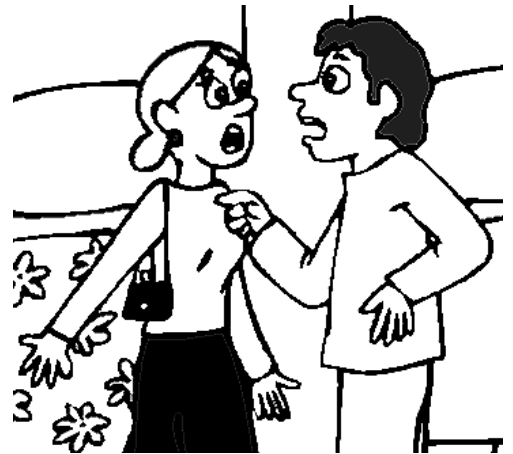
# Physical Abuse

Physical Abuse:

- Is unwanted touching of you or your clothes
- Is used to scare you
- Is used to control you
- Physical abuse from a BF/GF is called Domestic Violence

Physical abuse can be:

- Scratching
- Punching
- Pulling your hair
- Pushing you
- Grabbing your clothing
- Forcing you to go somewhere
- Using a gun, knife, bat or other weapon
- Grabbing your face to make you look at them



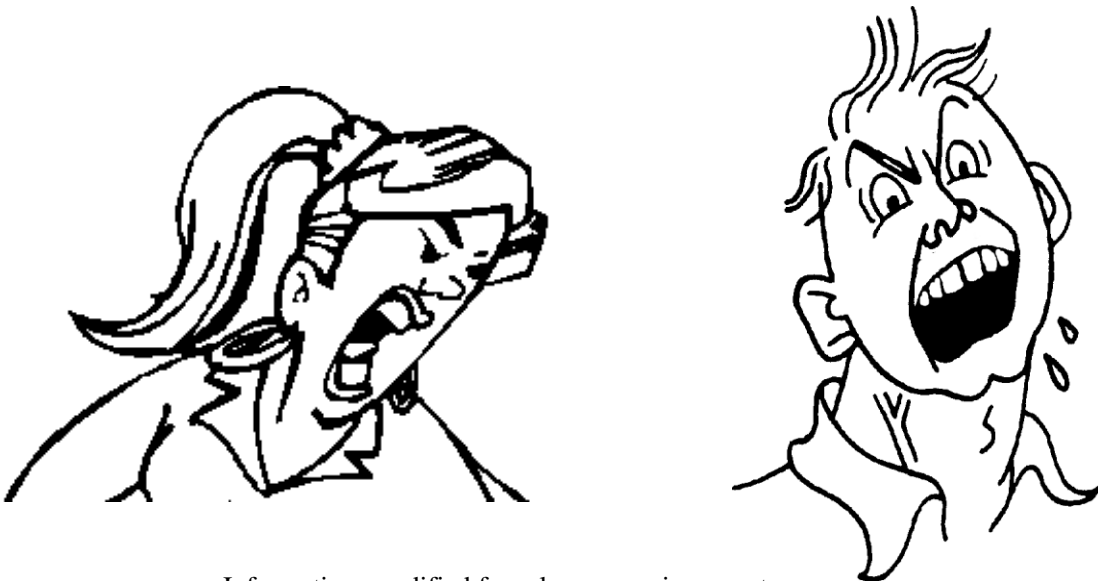
# Sexual Abuse

- Sexual Abuse is
  - Being made (coerced) to do something sexual
  - Being forced to do something sexual
  - Being told that you do not have a choice
- Sexual abuse can be
  - Unwanted kissing
  - Unwanted touching of your sexual body parts
  - Rape
  - Threatening you if you do not have sex
  - Threatening to hurt your friends or family if you do not have sex
  - Having sex with a person who is not old enough
  - Having sex with someone who is drunk



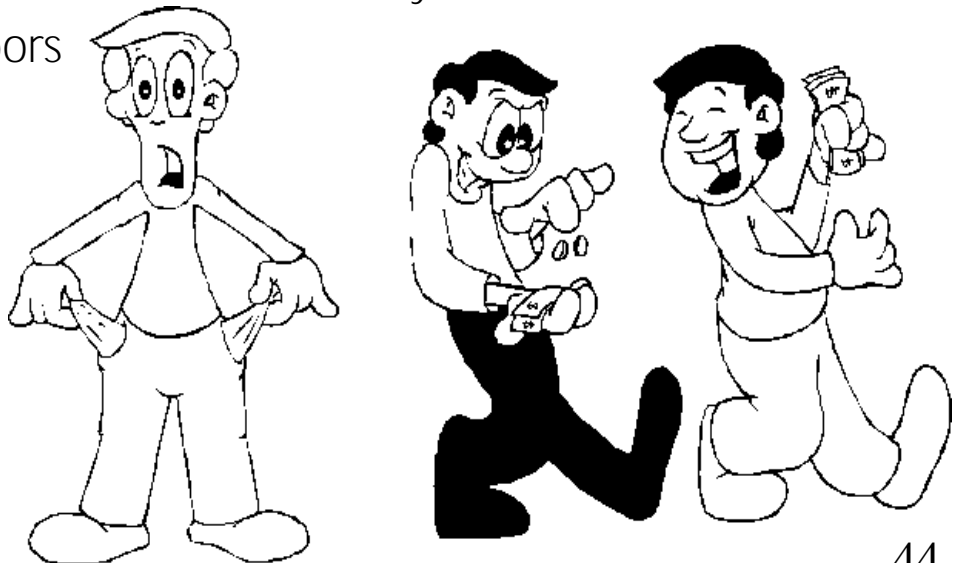
# Emotional/Verbal Abuse

- Emotional/Verbal Abuse is when someone uses:
  - Scary non-touching behaviors
  - To control you
  - To keep you away from your friends and family
- Emotional/Verbal Abuse can be:
  - Yelling or screaming at you
  - Calling you names or putting you down
  - Not letting you talk to family and friends
  - Threatening to hurt your pets or family
  - Checking up on where you are all the time
  - Starting rumors about you
  - Embarrassing you on purpose
  - Telling you what to wear
  - Blaming you for their own behaviors



# Financial abuse/Exploitation

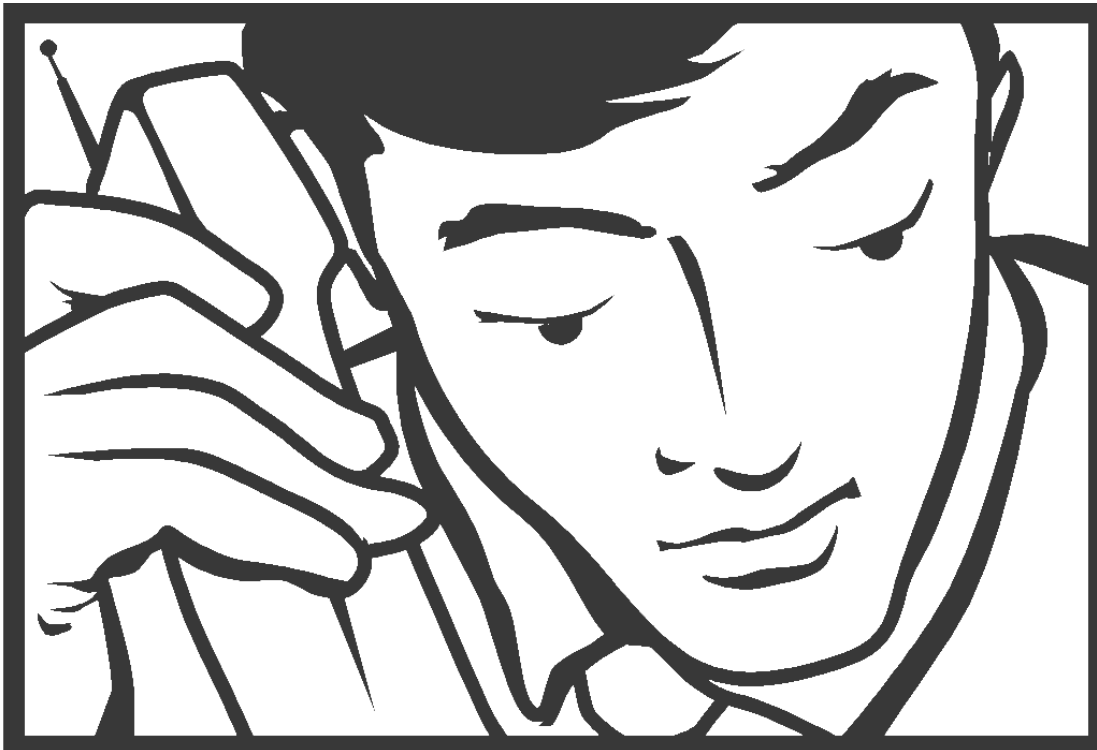
- Financial Abuse/Exploitation is:
  - About your money
  - When someone else spends your money on themselves
  - **When you can't get the things you need with your own money**
- Financial Abuse/Exploitation can be:
  - Running up your phone bill
  - Running up your cable bill
  - Not letting you see your financial records
  - Making you pay for other peoples clothes, food and rent
  - **Using your bank account to cash "bad checks"**
  - Only visit with you when you give them something
- Who could do this?
  - Family members
  - People who call themselves your friends
  - Neighbors



# What Can You Do?

- If you think you are being abused:
  - Talk to someone you trust
  - Report what happened to the police
  - Report what happened to Adult Protective Services 1-800-459-0421
- For help with sexual abuse Call Lutheran Community Services Northwest
  - 624-7273
- For help with domestic violence call the YWCA
  - 326-2255

ABUSE IS NEVER YOUR FAULT



# Who are MY Trusted people?

Trusted people are people who:

- Care about me
- Are adults
- Can help me
- Are not the people abusing me

Some trusted people might be:

- Teachers
- Parents
- AFH staff
- Employment support staff



- Write down the names of people you trust and can talk to

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# Healthy Relationships are GREAT!

- Healthy Relationships make your life better
- Healthy Relationships do NOT have abuse in them
- Healthy Relationships are a choice YOU make

Make the choice to have Healthy Relationships!



Some of the information in this workbook came from:

- [www.loveisrespect.org](http://www.loveisrespect.org)
- [www.chooserrespect.org](http://www.chooserrespect.org)
- Equality Wheel for Teens from the Nation Center on Domestic and Sexual Violence [www.nedsv.org](http://www.nedsv.org)
- Teaching Children with Down Syndrome about their Bodies, Boundaries and Sexuality by Terri Couenhaven, MS, Woodbine house press at [www.woodbinehouse.com](http://www.woodbinehouse.com)
- The SCAR booklet published by Partners in Prevention Education at [www.youthchangeagents.org](http://www.youthchangeagents.org)
- Tracie Thompson –Director of Financial management/ The Arc of Spokane
- <http://www.adsa.dshs.wa.gov/APS/abusetypes.htm>

Feedback for the workbook was provided by:

- The fantastic students and teachers at:
  - District 81 Images program
  - the East Valley STAR program