



Loves-Me-Not

Note: This PDF is just a preview of the Loves-Me-Not workshop slideshow, and so the embedded links to the YouTube videos do not work. Your Police Loves-Me-Not facilitator will be able to supply you with the actual PowerPoint file with working links.

A healthy relationships workshop

2020

Key messages for today...

Abuse is never OK

**I am lovable and capable
and deserve respect**

**I can help others to have
healthy relationships**

I can do things to prevent abuse

It's OK to ask for help

**I know about consent for sex –
only 'yes' means 'yes'**



Why me? I don't have a partner and I'd never abuse anyone!

Friends may need help

Family member need help

These are skills and communication for teens and adults

**It's good to know about
healthy relationships
before you are in one**

**Consent means knowing how
to say 'No' as well as 'Yes'**



Introducing Lesley Elliott

Note: This PDF is just a preview of the Loves-Me-Not workshop slideshow, and so the embedded links to the YouTube videos do not work.



Sophie Elliott

- ✿ 22 years old
- ✿ Economics student at Otago University
- ✿ Just got a job in Wellington
- ✿ Five-month relationship with Clayton
- ✿ Killed in her home 2008



A workshop in 6 sections

1. Your future relationship
2. Barriers to a healthy relationship
3. Consent - only 'yes' means 'yes'
4. Stepping up
5. Lashing out
6. Be the change!

Introductions

Meet your facilitators for today.



Ground rules

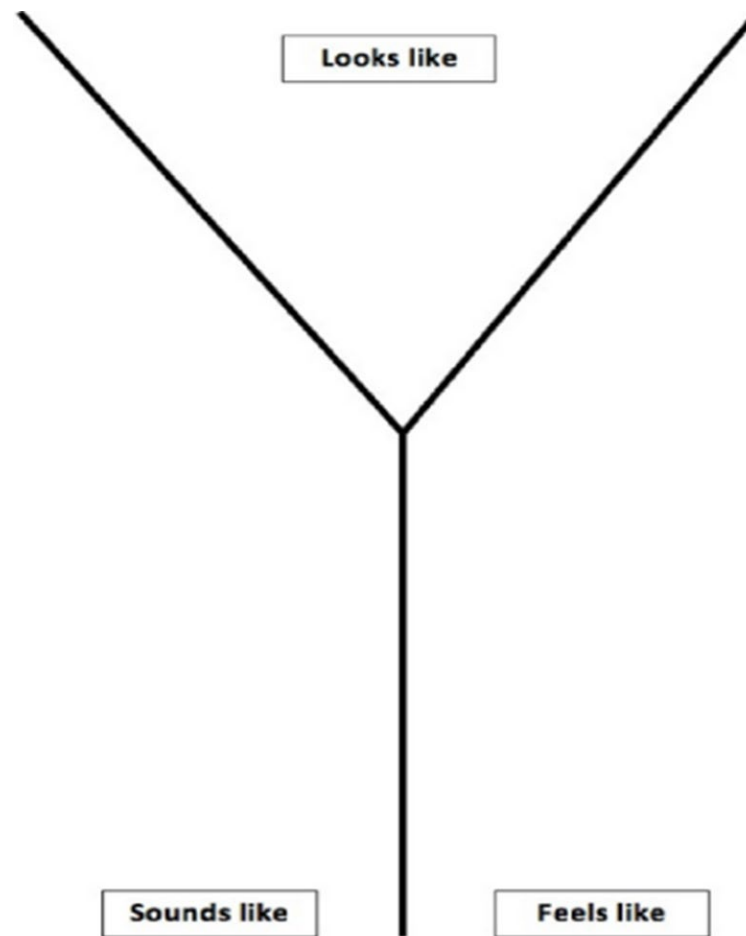




Focus Area 1

**Your future
relationship**

Qualities of a healthy relationship



VoxPops



Note: This PDF is just a preview of the Loves-Me-Not workshop slideshow, and so the embedded links to the YouTube videos do not work.



A relationship built on equality

How would you treat—and want to be treated by—someone you care about?

1. Honesty, responsibility and open communication
2. Intimacy and physical affection
3. Fairness, negotiation and shared responsibilities
4. Respect, trust and support



Where do I get my ideas about relationships?

What messages do you receive from entertainment media?

Note: This PDF is just a preview of the Loves-Me-Not workshop slideshow, and so the embedded links to the YouTube videos do not work.



Media questions

- What did the clips say about relationships?
- What did they say about how men should behave in a relationship?
- What did they say about how women should behave in a relationship?

What influences us?

reality TV shows
movies
friends
social media
games
churches
family/whānau
porn sites



Focus Area 2

Barriers to a healthy relationship

Relationships under pressure

Note: This PDF is just a preview of the Loves-Me-Not workshop slideshow, and so the embedded links to the YouTube videos do not work.

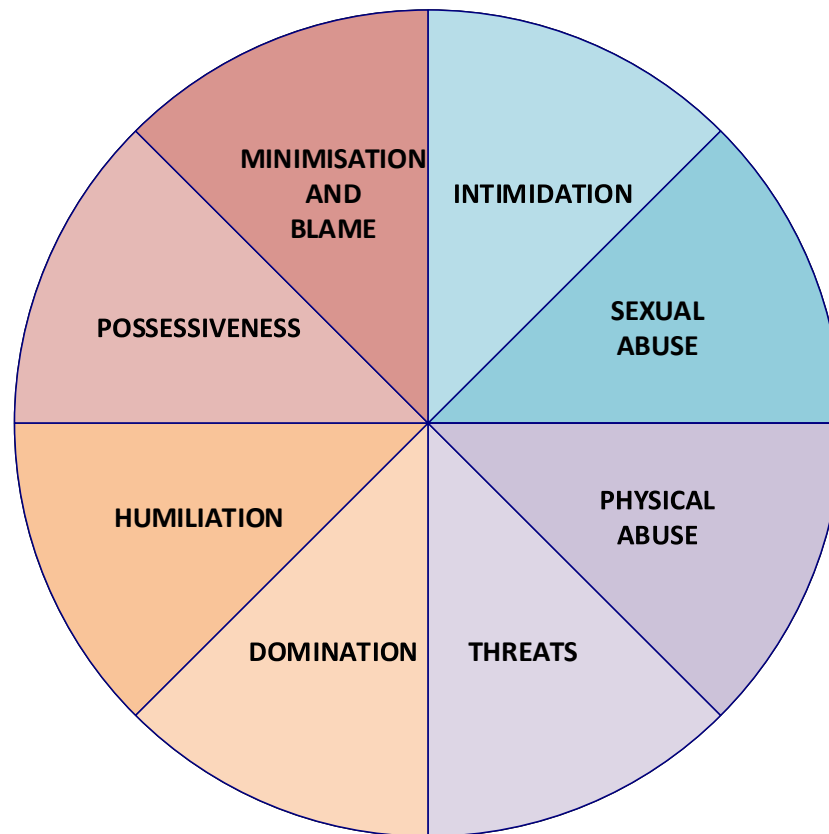


Relationships under pressure

Note: This PDF is just a preview of the Loves-Me-Not workshop slideshow, and so the embedded links to the YouTube videos do not work.



Power and Control Wheel

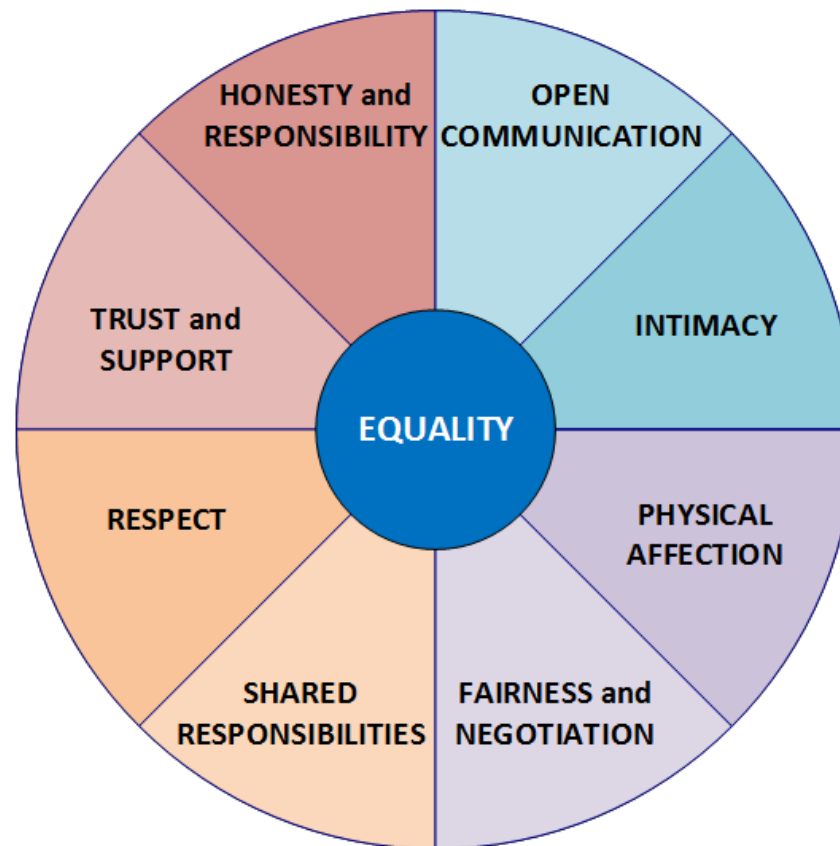


Relationships under pressure

Note: This PDF is just a preview of the Loves-Me-Not workshop slideshow, and so the embedded links to the YouTube videos do not work.



The Equality Wheel



Cycle of abuse

Do people choose to get into a relationship with someone that is going to abusive them?

Cycle of abuse

Honeymoon



Cycle of abuse

Honeymoon



Tension
building

Cycle of abuse

Explosion

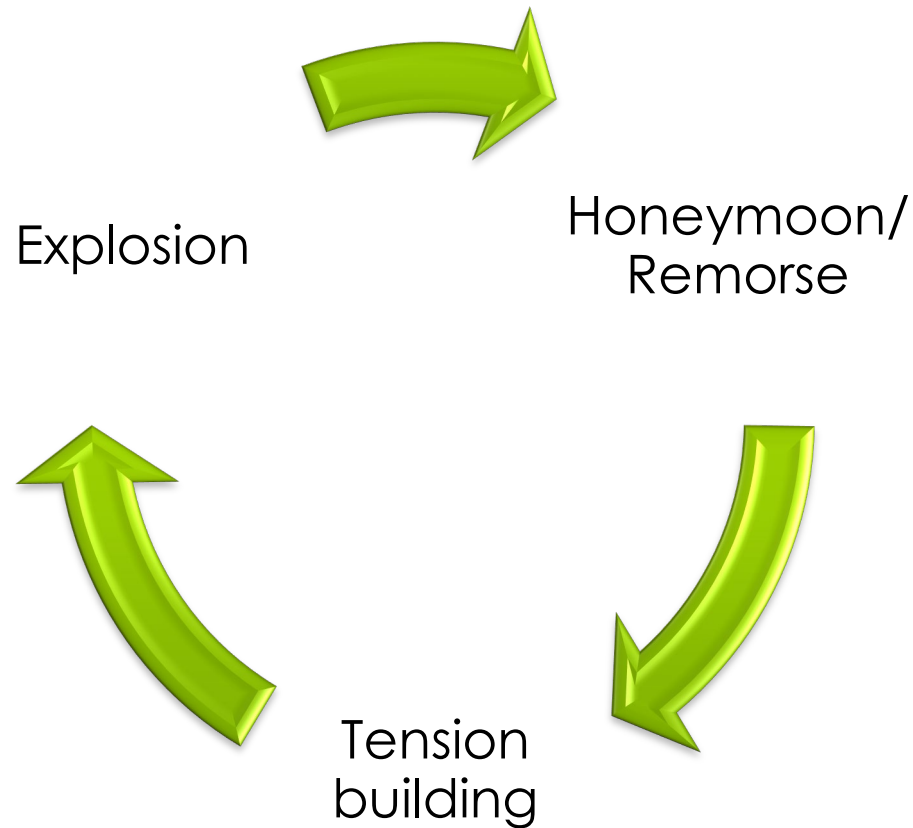
Honeymoon



Tension
building



Cycle of abuse



Crossing

Positive
behaviour

Healthy
behaviour



the line

Negative
behaviour

Unhealthy
behaviour

Abusive
behaviour

Is it right?

Agree

Disagree





Focus Area 3

**Only 'yes'
means 'yes'**

Consent – what is consent?

- **Did I ask for consent?**
- **Did I get consent?**
- **Did I give consent?**
- **What happens if I didn't get consent?**
- **What happens if I didn't give consent?**



Consent and tea



<https://youtu.be/fGoWLWS4-kU>

Sex, consent and the law



Note: This PDF is just a preview of the Loves-Me-Not workshop slideshow, and so the embedded links to the YouTube videos do not work.



The REAL Sex Talk (Episode 2: Consent)



<https://www.villainesse.com/real-sex-talk/episode-2-consent>



Consent scenarios

Was consent given?

If consent wasn't given, what is:

- the potential consequence for the offender?
- the potential long-term impact for the victim?



Focus Area 4

Stepping up

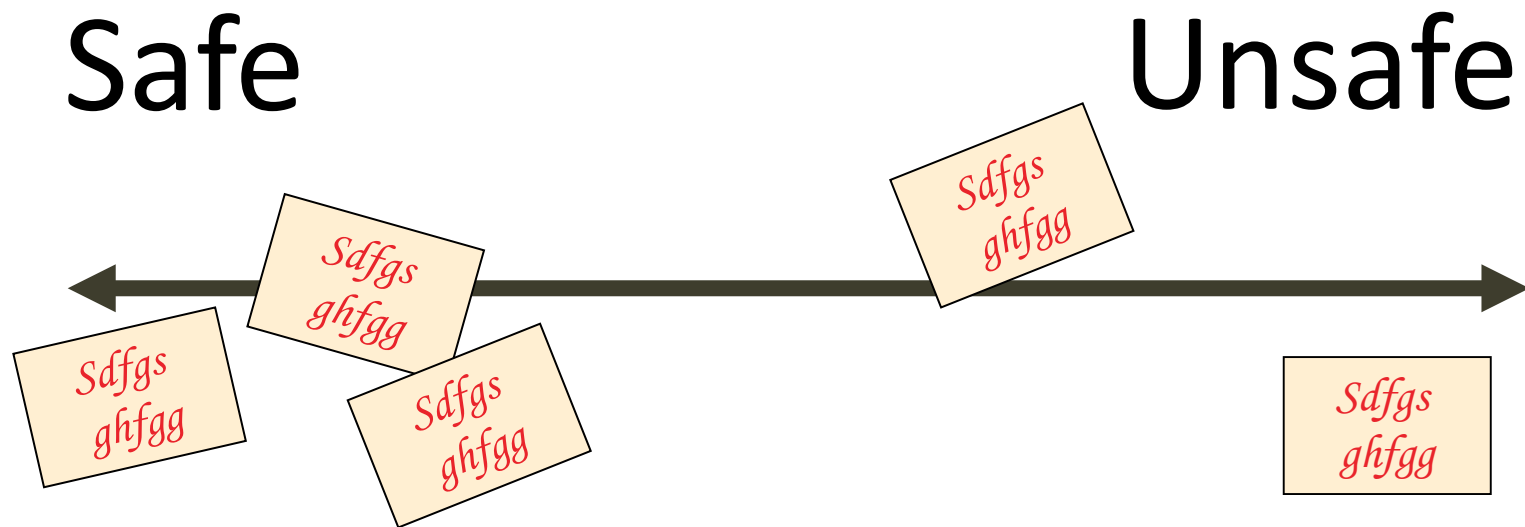
Stepping in



Note: This PDF is just a preview of the Loves-Me-Not workshop slideshow, and so the embedded links to the YouTube videos do not work.



Stepping in – a continuum



Who can help?





Focus Area 5

Lashing out

Some statistics

- 15-19 year olds have the highest rates of intimate partner violence.
- 29% of 15-19 year olds reported being hit or harmed by another person in the previous year.
- 15% of 12-18 year olds (20% of females, 9% of males) reported having experienced unwanted sexual behaviour in the past year.
- The majority of incidents reported were perpetrated by a boyfriend, girlfriend or friend.
- 21% of women who stayed in Women's Refuges were aged 15 to 19.

Source: Beres, M. (2017). *Preventing adolescent relationship abuse and promoting healthy relationships*. Auckland, New Zealand: New Zealand Family Violence Clearinghouse, University of Auckland.

Sophie's story

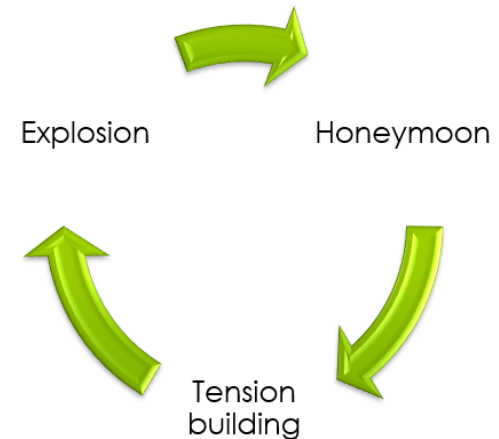
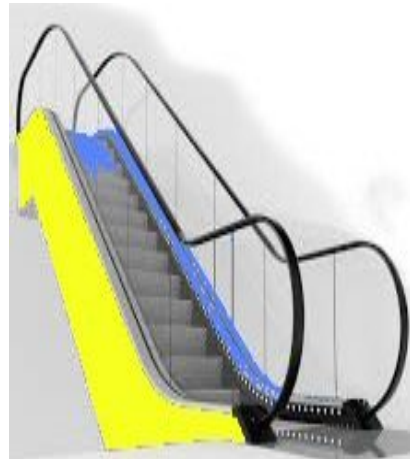
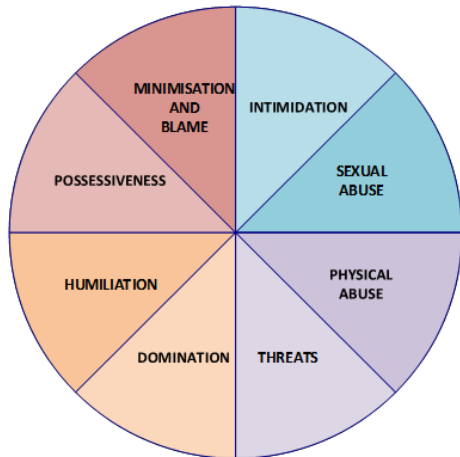


Note: This PDF is just a preview of the Loves-Me-Not workshop slideshow, and so the embedded links to the YouTube videos do not work.



Escalation in Sophie's story

- Identify the power and control behaviours in Sophie's story.
- Describe how the escalation of these behaviours fits within the cycle of abuse?



Loves-Me-NOT



Bystanders in Sophie's story



What could you have safely done to try to prevent what happened to Sophie?

The Trial

- ✿ Clayton admitted killing Sophie.
- ✿ He said it was provocation ('she made me do it').
- ✿ He was found guilty of murder.
- ✿ He received 18 years imprisonment.





Focus Area 6

Be the change!

Real life examples



Note: This PDF is just a preview of the Loves-Me-Not workshop slideshow, and so the embedded links to the YouTube videos do not work.

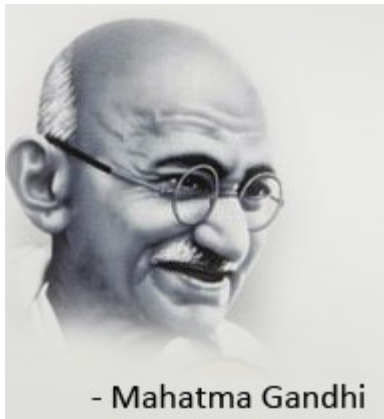


Plan to 'be the change'

What can be done to promote healthy relationships?

Choose one thing that you will do.

Make a concrete plan now to take the first step ...

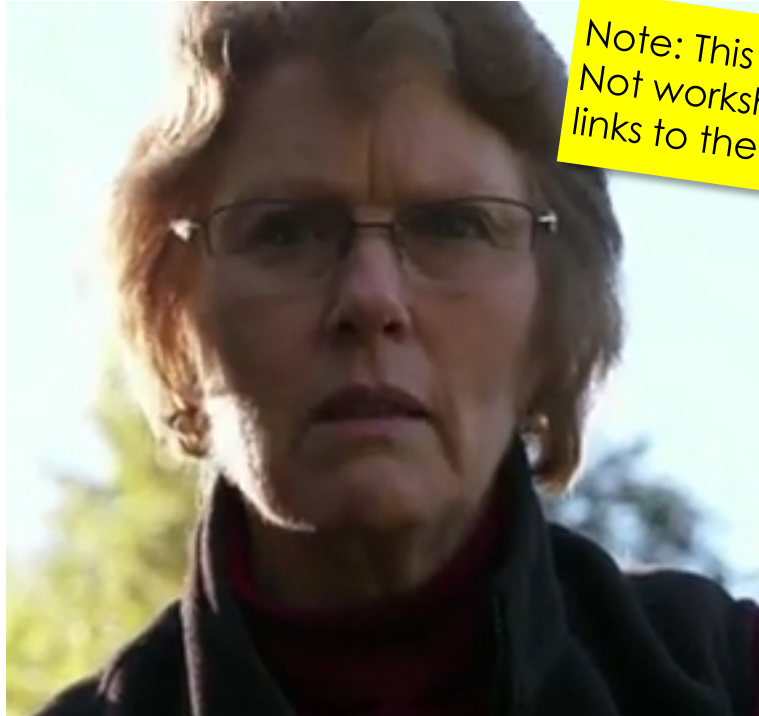


- Mahatma Gandhi

Summary



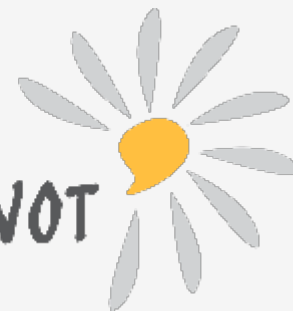
Lesley's farewell video



Note: This PDF is just a preview of the Loves-Me-Not workshop slideshow, and so the embedded links to the YouTube videos do not work.



Loves-Me-NOT



NEW ZEALAND

POLICE

Ngā Pirihimana o Aotearoa