



Loves-Me-NOT

Student Workbook 2018



NEW ZEALAND
POLICE
Ngā Pirihimana o Aotearoa



Loves-Me-Not student workbook 2018

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Key messages from workshop . . .

- Abuse is never ok.
- I can do things to prevent abuse.
- I can make things better for healthy relationships.
- I am lovable and capable and deserve respect.
- It's ok to ask for help.
- I know about consent for sex – only 'yes' means 'yes'.

1.3 A healthy relationship

1. What does it feel like to be in this healthy relationship?

-
-
-
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-
-

2. What does your partner do that makes your life better?

-
-
-
-
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-
-

1.4 Features of a healthy relationship

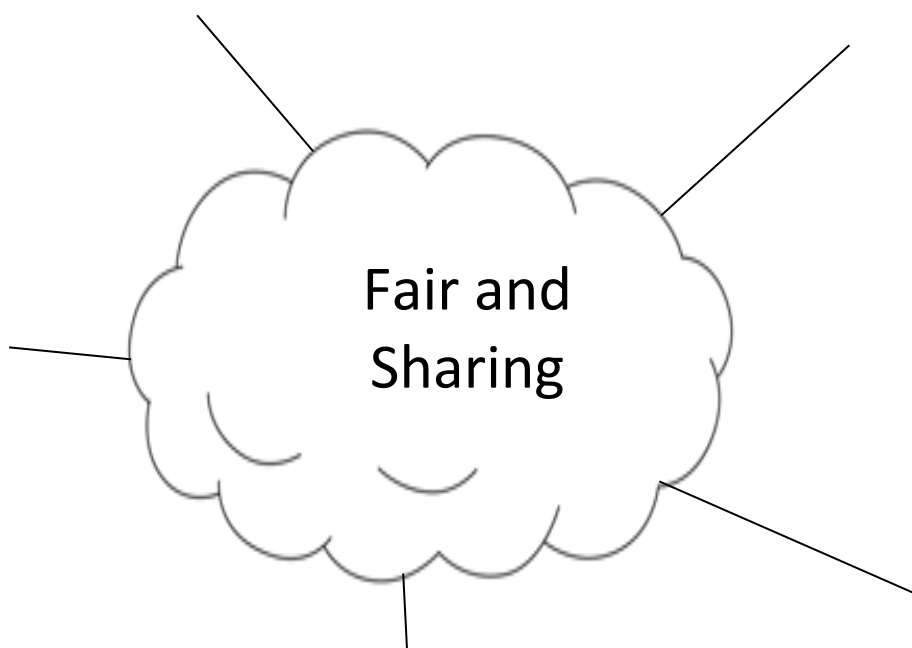
Qualities:



Eroded by:

1.4 Features of a healthy relationship

Qualities:



Eroded by:

1.4 Features of a healthy relationship

Qualities:



Eroded by:

1.4 Features of a healthy relationship

Qualities:



Eroded by:

1.6 Personal Experience

POSITIVE RELATIONSHIP QUIZ

THE PERSON I AM WITH . . .

	YES	NO
1. Supports my choices	<input type="checkbox"/> 0	<input type="checkbox"/> 1
2. Listens to my opinions	<input type="checkbox"/> 0	<input type="checkbox"/> 1
3. Is positive and encourages me	<input type="checkbox"/> 0	<input type="checkbox"/> 1
4. Accepts when I say I don't want to have sex	<input type="checkbox"/> 0	<input type="checkbox"/> 1
5. Accepts what I wear and how I look	<input type="checkbox"/> 0	<input type="checkbox"/> 1
6. Is not liked by my friends and family	<input type="checkbox"/> 1	<input type="checkbox"/> 0
7. Makes me feel like I can't do anything right	<input type="checkbox"/> 1	<input type="checkbox"/> 0
8. Makes fun of me or calls me names	<input type="checkbox"/> 1	<input type="checkbox"/> 0
9. Sulks or gets angry when he/she doesn't get what they want	<input type="checkbox"/> 1	<input type="checkbox"/> 0
10. Blames me for his/her problems	<input type="checkbox"/> 1	<input type="checkbox"/> 0
11. Texts or calls me all the time to check up on me	<input type="checkbox"/> 5	<input type="checkbox"/> 0
12. Makes it hard for me to see my friends and family and gets jealous when I do	<input type="checkbox"/> 5	<input type="checkbox"/> 0
13. Pressures me to have sex or do things I don't want to	<input type="checkbox"/> 5	<input type="checkbox"/> 0
14. Threatens to hurt himself/herself, me or others	<input type="checkbox"/> 5	<input type="checkbox"/> 0
15. Does things that scare me (breaking things, yelling, driving fast)	<input type="checkbox"/> 5	<input type="checkbox"/> 0

TOTAL

SCORING

For questions 1-5

Score 1 point for every NO

For questions 6-10

Score 1 point for every YES

For questions 11-15

Score 5 points for every YES

SCORE : 0 POINTS

Your relationship seems to be healthy and respectful.

SCORE : 1-2 POINTS

There may be a few unhealthy aspects to your relationship. This can be a warning sign that it will become more abusive. It's a good idea to address these early.

SCORE : 3-4 POINTS

There may be some warning signs that your relationship is abusive. It's important to take warning signs seriously as abuse can get worse over time.

SCORE : 5 POINTS OR MORE

There are definitely warning signs in your relationship. Abuse and controlling behaviours can get worse over time and it's sometimes hard to see how bad things have become.

POSITIVE RELATIONSHIP QUIZ

IN A RELATIONSHIP, I . . .

	YES	NO
1. Support my partner's decisions	<input type="checkbox"/> 0	<input type="checkbox"/> 1
2. Get on OK with her/his friends and family	<input type="checkbox"/> 0	<input type="checkbox"/> 1
3. Listen to her/his opinion	<input type="checkbox"/> 0	<input type="checkbox"/> 1
4. Spend time by myself	<input type="checkbox"/> 0	<input type="checkbox"/> 1
5. Trust my partner	<input type="checkbox"/> 0	<input type="checkbox"/> 1
6. Criticise or make fun of her/him in front of others	<input type="checkbox"/> 1	<input type="checkbox"/> 0
7. Get annoyed if I want sex but she/he doesn't	<input type="checkbox"/> 1	<input type="checkbox"/> 0
8. Get jealous when she/he talks to others	<input type="checkbox"/> 1	<input type="checkbox"/> 0
9. Constantly worry she/he is cheating on me	<input type="checkbox"/> 1	<input type="checkbox"/> 0
10. Text or call all the time to check up on them	<input type="checkbox"/> 1	<input type="checkbox"/> 0
11. Follow or check up on them (read their texts or emails)	<input type="checkbox"/> 5	<input type="checkbox"/> 0
12. Often get upset about what she/he does	<input type="checkbox"/> 5	<input type="checkbox"/> 0
13. Expect her/him to tell me where they are all the time	<input type="checkbox"/> 5	<input type="checkbox"/> 0
14. Think it's OK to be rough sometimes	<input type="checkbox"/> 5	<input type="checkbox"/> 0
15. Take out my frustration on her/him	<input type="checkbox"/> 5	<input type="checkbox"/> 0

TOTAL _____

SCORING

For questions 1-5

Score 1 point for every NO

For questions 6-10

Score 1 point for every YES

For questions 11-15

Score 5 points for every YES

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<http://areyouok.org.nz/i-need-help/positive-relationship-quiz/>

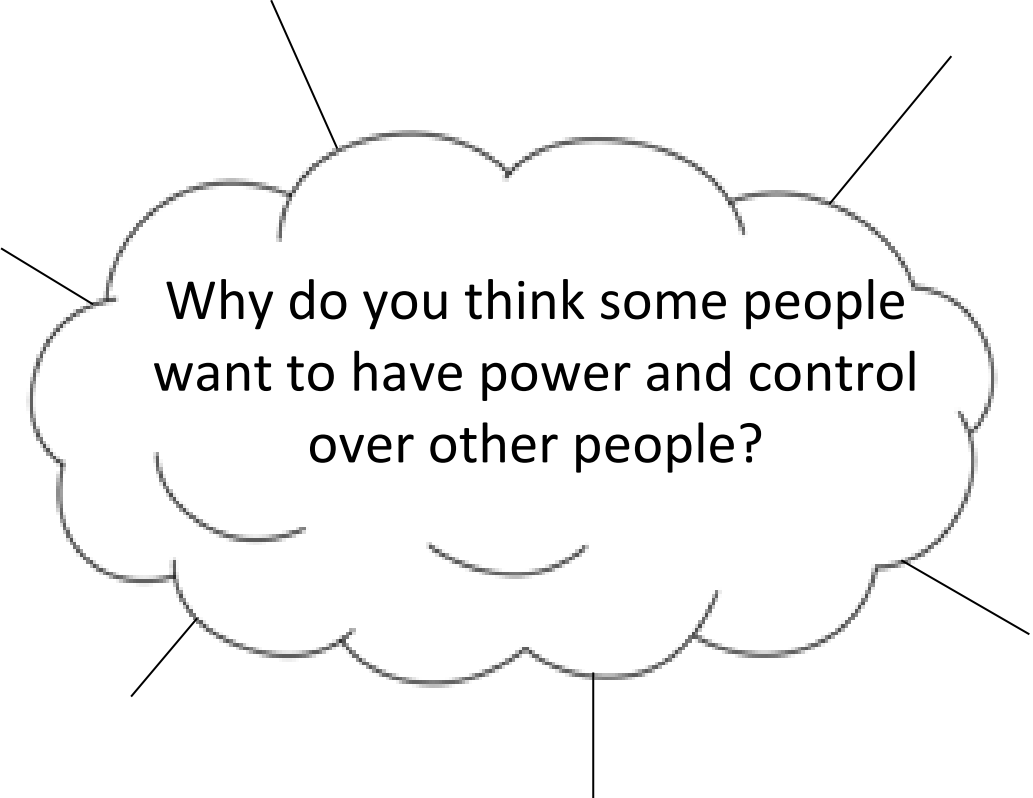
2.1 Grouping behaviour

*Negative behaviours erode
healthy relationships.*

What are types of abuse that can erode the qualities of a healthy relationship?

(Write your answers to the above question on pages 5-8 under 'Eroded by')

2.2 Is that right?



Why do you think some people
want to have power and control
over other people?

3.1 What is consent?

What is sex?

-
-
-
-

What is consent?

-
-
-
-

What are some long-term effects on a person abused by rape or sexual violation?

-
-
-
-

You may have sexually assaulted a person if you had a sexual encounter with them.....

- even though they didn't say no
- even though they didn't resist
- If they agreed to have sex because they feared the use of force on them or another person
- If you used threats
- If you used force
- If they were under 16
- If you did more than they wanted to
- If they were drunk
- If they were on drugs
- If they were unconscious
- If they were sleeping
- If they thought you were someone else
- If they have intellectual, mental or physical condition or impairment of such nature and degree they can't consent

Sex
without consent
=
RAPE

If you
don't get
a yes

THE ANSWER IS
NO

No consent = No touching
No consent = No sex

www.police.govt.nz/advice/victims

4.3 Stepping in

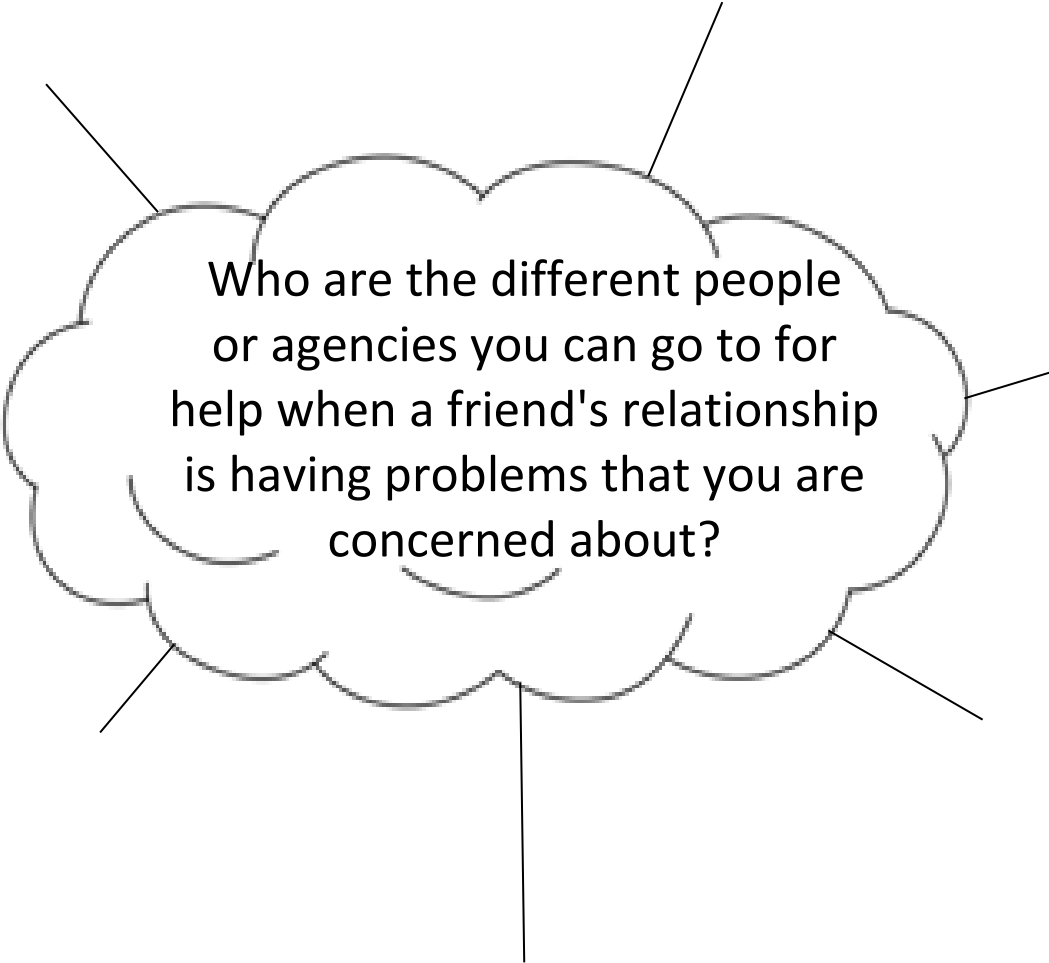
Why do you think some people don't step in?

-
-
-
-
-
-
-

What actions could you take when you have concerns about the way a friend is treating someone else?

-
-
-
-
-
-
-

4.4 Who can help?



Who are the different people
or agencies you can go to for
help when a friend's relationship
is having problems that you are
concerned about?

Negative behaviour groups

Which behaviour groups occurred in Sophie's story?

Sexual
abuse

Stalking
Intimidation

Cultural
abuse

Verbal
abuse

Emotional
abuse


Physical
abuse

Financial
abuse

Isolation
Possessiveness

Cyber
abuse

6.1 Be the change! – Taking action



Practical actions to promote
healthy relationships in our
community

Planning to take action

In groups complete a planning template below.

Use this planning sheet once you have decided what action your group will take to make it safer to have healthy relationships, and to reduce the likelihood of relationship abuse.

The action our group is going to take is: _____

Members of our group are:

1. _____ 2. _____ 3. _____
 4. _____ 5. _____

To complete this task, there will be a number of sub-actions that you will need to take.

Before taking action			After taking action		
What are the sub-actions to be completed?	When will this sub-action be completed?	Who is going to do this sub-action?	What happened when we did this sub-action?	How well did it go?	Who or what helped?

Agencies that help (adapt for your own community)



Get help
Call 0800 victim (0800 842 846)



Problems with alcohol and drugs
Call 0800 787 797



www.youthline.co.nz
Call 0800 376 633 | Free TXT us 234



www.netsafe.org.nz
0508 NETSAFE (0508 638 723)



Lifeline - 24/7
Call 0800 543 354



Need to talk? Contact the lowdown team
FREE TXT 5626



Report crimes anonymously
Call 0800 555 111



Stopping Violence Services
Call 0800 478 778



Rape Crisis www.rapecrisisnz.org.nz/
Call 0800 88 33 00



Rape Prevention Education
<http://rpe.co.nz>



