

# Relationship Check: Personal Reflections

**Directions:** After you read the pamphlet in your group, answer these questions on your own. Your answers are private. You will not be asked to share them.

**1. Are you in a relationship now, or have you been in the past?**

**Yes**     **No**

If *Yes*, answer the rest of the questions about a current or past relationship.

If *No*, answer the rest of the questions about a relationship of a friend, sibling, or even a character you've seen in a movie or on TV.

**2. How did you do? Was your relationship:**

**Mostly As**

**Mostly Bs**

**Mostly Cs**

**A mix of all three**

**3. Based on your answers, how healthy do you think your relationship is?**

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**4. Name a friend, an adult, and a professional (such as a teacher, doctor or counselor) whom you could talk to if you had questions or concerns about your relationship.**

**Friend:** \_\_\_\_\_

**Adult:** \_\_\_\_\_

**Professional:** \_\_\_\_\_

**5. If you were in a troubled relationship, what is the most important thing you could tell yourself?**

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Names: \_\_\_\_\_

# Relationship Check: Healthy or Un?

**Directions:** After you've read the pamphlet, answer the questions as a group.

**1. Name 3 things commonly found in healthy relationships.**

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**2. Name 3 things commonly found in unhealthy relationships.**

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**3. What are 3 signs that someone in a relationship should seek help?**

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**4. List 3 steps someone in an unhealthy relationship could take to get help.**

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**Names:** \_\_\_\_\_

**Character:** \_\_\_\_\_

# Video: A Wake-up Call

**Directions:** After watching the video, answer the questions as a group about your assigned character.

**1. What is this character feeling during these events?**

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**2. What does this character do that either contributes to the violence or helps reduce it?**

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**3. What do you think is going to happen to this character after the story ends? What will the next day be like? The next week? The next month?**

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**4. Imagine this character is in a similar situation again in the future. Will he or she act differently? Why or why not? In what ways?**

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**5. If you were friends with Thomas, what would you say to him?**

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**6. If you were friends with Rebecca, what would you say to her?**

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# Homework Video: A Wake-up Call

**Directions:** Go to the video *A Wake-up Call*, at [www.etr.org/pub/wakeupcall](http://www.etr.org/pub/wakeupcall). Watch the video 2 times.

- The first time, notice what you're thinking and feeling as you watch the video. Then answer the first question.
- The second time, choose one of the characters to focus on as you watch the video. Then answer the rest of the questions.

Bring your completed activity sheet back to class on \_\_\_\_\_ **[due date]**.

**1. What were some of your thoughts and feelings as you watched the video?**

(For example, did it seem realistic? How did you react to each of the characters? Did it remind you of anything that's happened to you or to one of your friends?)

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**2. Which character did you focus on the second time you watched the video?**

- Thomas (abusive boyfriend)
- Rebecca (abused girlfriend)
- Charlie (supportive friend)
- Jennifer (supportive friend)

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**3. What is this character feeling during these events?**

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**4. What does this character do that either contributes to the violence or helps reduce it?**

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# Homework Video: A Wake-up Call

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5. What do you think is going to happen to this character after the story ends? What will the next day be like? The next week? The next month?

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6. Imagine this character is in a similar situation again in the future. Will he or she act differently? Why or why not? In what ways?

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7. If you were friends with Thomas, what would you say to him?

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8. If you were friends with Rebecca, what would you say to her?

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