

Module 2: Human Trafficking and Healthy Relationships

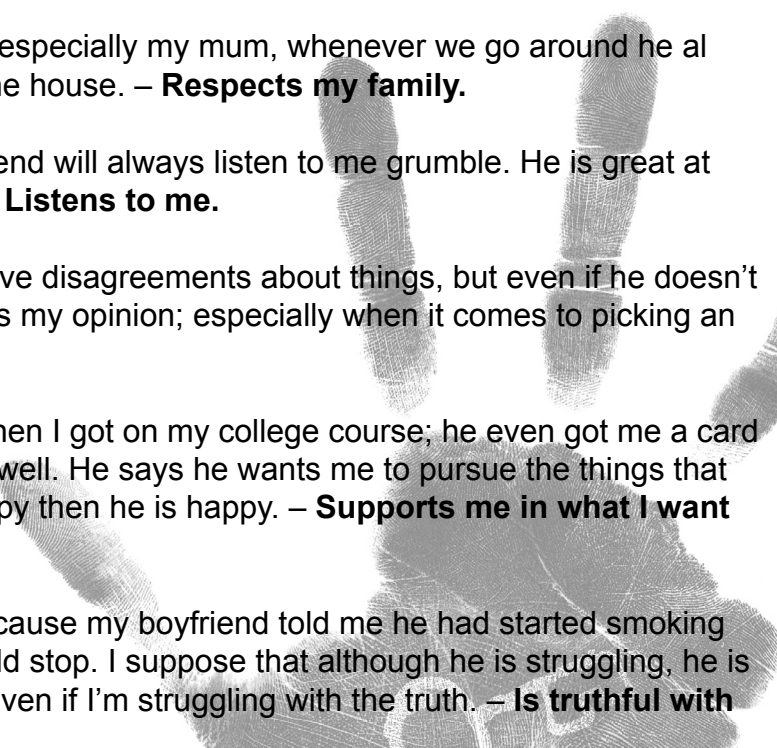
Facilitator Notes: Ditch or Date?

Target Group: Females, aged 14-18

Facilitator instructions: Ask students to read out statements in their pairs/groups and decide whether this would be someone they would continue dating or someone they feel they should stop having a relationship with. Ask each group/ pair to give reasons for their answers during the feedback session.

Each group/pair are given 4 ditch or date statements. Use a variety of statements across the whole group. (NB If you have a large group you will need to photocopy the statements several times – choose which statements you think are appropriate to use with the young people).

Date – Positive Characteristics

1. Whenever we go out, my boyfriend is a real gentleman; he accepts me for who I am and he knows I'm my own person but, on a night out, he always protects me in case we get pushed around in the crowds. – **Makes me feels safe.**
 2. My boyfriend is interested in what I have to say and he likes the fact I'm independent and I know my mind. – **Treats me as an equal.**
 3. He makes me feels very relaxed when I'm around him. I feel like I can be myself even when I'm looking like a scruff bag. – **Makes me feel comfortable.**
 4. He cares a lot about my family especially my mum, whenever we go around he always tries to help out around the house. – **Respects my family.**
 5. If I've had a bad day, my boyfriend will always listen to me grumble. He is great at talking through my problems. – **Listens to me.**
 6. My boyfriend and I will often have disagreements about things, but even if he doesn't agree with me he always values my opinion; especially when it comes to picking an outfit. – **Values my opinion.**
 7. He was really excited for me when I got on my college course; he even got me a card congratulating me on doing so well. He says he wants me to pursue the things that make me happy; that if I'm happy then he is happy. – **Supports me in what I want to do.**
 8. I got annoyed the other day because my boyfriend told me he had started smoking again; he promised me he would stop. I suppose that although he is struggling, he is at least being truthful with me even if I'm struggling with the truth. – **Is truthful with me.**
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9. When I'm angry or upset, he will often try and understand what has made me feel the way I do. I think he often hopes it's not something he has done and most of the time it's not. I'm glad I can be real with him and that my emotions don't scare him. – **Tries to understand how I feel.**
10. Often my boyfriend will tell me to go out with my friends, he says it's because he wants me to enjoy myself with the people who matter to me. I think it's just because he wants to have a night off and play the PlayStation. – **Likes that I have other friends.**
11. The other day we were out at the zoo and I was so embarrassed because he kept doing impressions of the chimpanzees. Everybody was smiling at him; I could have died. He did make me laugh though; in fact, he is always making me laugh. – **Makes me laugh.**
12. What is great about him is that I can go out with my male friends without him and he is fine with that. He says he trusts me and knows I wouldn't cheat on him; it's good that he respects me in that way. – **Trusts me.**

Ditch – Negative Characteristics

1. My boyfriend says I'm naturally beautiful and that he prefers me without makeup on. He says that girls who have to make themselves up do it to try and get attention from guys. – **Tries to control.**
2. He cares so much about me that he hates it when guys look at me in a disrespectful way. He says you have to let these guys know who is boss and get violent with them if they're being rude. – **Being violent.**
3. He tells me he is a very emotional person and feels things very deeply. He says he passionately loves me but he can't help it if that passion means he has a short fuse. He says it's because he feels so much for me. – **Loses temper.**
4. He states that he can't help wanting to have so much sex with me, it's because I'm so attractive. He says real men like to have sex a lot especially when their girlfriends are as sexy as me. – **Sexually demanding.**
5. He says that I'm his entire world and that he is only happy when he is with me. I often end up cancelling on my friends or changing my plans because it makes him so happy for us to be together. – **Isolating from friends and family.**
6. My boyfriend says that as the girl I shouldn't have to worry about things so I should leave it to him to make the plans for when we go out. He says I can trust his decisions and that it's a known fact that men make the best decisions anyway. – **Makes all the decisions.**
7. My boyfriend has quite a sarcastic sense of humour; my friends think he is hilarious. He always gets a laugh when he makes jokes about the silly things I do. – **Teases,**

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Handout: Ditch or Date? **Target Group: Females, 14-18years**

Facilitator instructions: Cut out relevant statements and distribute to groups.

Date – Positive Characteristics

1. Whenever we go out, my boyfriend is a real gentleman; he accepts me for who I am and he knows I'm my own person but, on a night out, he always protects me in case we get pushed around in the crowds. – **DITCH OR DATE**
2. My boyfriend is interested in what I have to say and he likes the fact I'm independent and I know my mind. – **DITCH OR DATE**
3. He makes me feel very relaxed when I'm around him. I feel like I can be myself even when I'm looking like a scruff bag. – **DITCH OR DATE**
4. He cares a lot about my family especially my mum, whenever we go around he always tries to help out around the house. – **DITCH OR DATE**
5. If I've had a bad day, my boyfriend will always listen to me grumble. He is great at talking through my problems. – **DITCH OR DATE**
6. My boyfriend and I will often have disagreements about things, but even if he doesn't agree with me he always values my opinion; especially when it comes to picking an outfit. – **DITCH OR DATE**
7. He was really excited for me when I got on my college course, he even got me a card congratulating me on doing so well. He says he wants me to pursue the things that make me happy; that if I'm happy then he is happy. – **DITCH OR DATE**
8. I got annoyed the other day because my boyfriend told me he had started smoking again; he promised me he would stop. I suppose that, although he is struggling, he is at least being truthful with me even if I'm struggling with the truth. – **DITCH OR DATE**
9. When I'm angry or upset, he will often try and understand what has made me feel the way I do; I think he often hopes it's not something he has done and most of the time it's not. I'm glad I can be real with him and that my emotions don't scare him. – **DITCH OR DATE**
10. Often my boyfriend will tell me to go out with my friends, he says it's because he wants me to enjoy myself with the people who matter to me. I think it's just because he wants to have a night off and play the PlayStation. – **DITCH OR DATE**

11. The other day we were out at the zoo and I was so embarrassed because he kept doing impressions of the chimpanzees. Everybody was smiling at him, I could have died. He did make me laugh though; in fact he is always making me laugh. – **DITCH OR DATE**
12. What is great about him is that I can go out with my male friends without him and he is fine with that. He says he trusts me and knows I wouldn't cheat on him; it's good that he respects me in that way. – **DITCH OR DATE**

Ditch – Negative Characteristics

1. My boyfriend says I'm naturally beautiful and that he prefers me without makeup on. He says that girls who have to make themselves up do it to try and get attention from guys. – **DITCH OR DATE**
2. He cares so much about me that he hates it when guys look at me in a disrespectful way. He says you have to let these guys know who is boss and get violent with them if they're being rude. – **DITCH OR DATE**
3. He tells me he is a very emotional person and feels things very deeply. He says he passionately loves me but he can't help if that passion means he has a short fuse. He says it's because he feels so much for me. – **DITCH OR DATE**
4. He states that he can't help wanting to have so much sex with me, it's because I'm so attractive. He says real men like to have sex a lot, especially when their girlfriends are as sexy as me. – **DITCH OR DATE**
5. He says that I'm his entire world and that he is only happy when he is with me. I often end up cancelling on my friends or changing my plans because it makes him so happy for us to be together. – **DITCH OR DATE**
6. My boyfriend says that as the girl I shouldn't have to worry about things so I should leave it to him to make the plans for when we go out. He says I can trust his decisions and that it's a known fact that men make the best decisions anyway. – **DITCH OR DATE**
7. My boyfriend has quite a sarcastic sense of humour; my friends think he is hilarious. He always gets a laugh when he makes jokes about the silly things I do. – **DITCH OR DATE**
8. He says that as a couple we should share everything and, since I always lose things, that he should look after my money when we go out. He has a motto: "what's mine is mine and what's yours is mine", he says he is only being sarcastic. – **DITCH OR DATE**
9. Sometimes I can get really upset but my boyfriend says it's because I'm a girl. He says it's my hormones that make me cry and not him. He says that when I'm normal and less sensitive things don't bother me so much. – **DITCH OR DATE**

10. Whenever we are apart he sends me loads of texts to tell me he loves me. He asks if I'm OK and wonders what I am doing. He says he wants to make sure I'm OK and that he worries a lot because he cares so much about me. – **DITCH OR DATE**
11. My boyfriend can be really embarrassing. He gets really impatient, especially when waiting in queues, and will often shout at people if they jump the queue to be with their friends. He says he has principles and doesn't care who knows it. I wish the ground could swallow me up at these points. – **DITCH OR DATE**
12. My boyfriend felt bad about pushing me into the wall and hurting me; he said he was really stressed and had been worried about losing me. He said he was just trying to stop me leaving the room. He says he loves me very much and will never do it again. – **DITCH OR DATE**



Module 2: Human Trafficking and Healthy Relationships

How Risky?

Target Group: Mixed Gender, aged 14-18

YOU AND YOUR FRIENDS GET INTO A CAR WITH SOMEONE YOU'VE ONLY MET THAT NIGHT	FLIRTING WITH SOMEONE WHO COULD BE OLDER THAN YOU
YOU GET INTO A CAR ALONE WITH SOMEONE YOU'VE ONLY MET THAT NIGHT	GETTING A TAXI ALONE
MEETING UP FOR DRINKS WITH SOMEONE YOU'VE BEEN MESSAGING FOR AGES ONLINE	GETTING A TAXI WITH FRIENDS
GOING ON A FIRST DATE TO A PLACE YOU'RE NOT FAMILIAR WITH	ACCEPTING EXPENSIVE GIFTS FROM SOMEONE YOU HAVE JUST STARTED DATING
TAKING SOMEONE BACK TO YOUR HOUSE WHEN YOU HAVE ONLY BEEN DATING A FEW MONTHS	GIVING SOMEONE YOU DON'T KNOW YOUR MOBILE PHONE NUMBER
ACCEPTING A DRINK FROM SOMEONE YOU DON'T KNOW	PUTTING YOUR PERSONAL DETAILS ON A SOCIAL NETWORKING SITE E.G FACEBOOK
KISSING SOMEONE YOU DON'T KNOW	GOING TO A PUB / NIGHTCLUB IN YOUR OWN TOWN
ACCEPTING AN INVITATION, FOR YOU AND YOUR FRIENDS, TO A HOUSEPARTY OF SOME PEOPLE YOU HAVE JUST MET THAT EVENING	GOING TO A PUB / NIGHTCLUB IN A DIFFERENT TOWN
GOING ON YOUR OWN TO A PARTY WITH SOME PEOPLE YOU'VE JUST MET THAT EVENING	HAVING UNPROTECTED SEX AFTER A FEW DATES
GOING BACK TO THE HOUSE OF YOUR NEW BOY/GIRLFRIEND WHO YOU HAVE BEEN DATING FOR A FEW WEEKS	ACCEPTING A FRIEND REQUEST FROM SOMEONE YOU DON'T KNOW

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Facilitator Notes, Jasmine's Story – Discussion 14 -18 year olds

Facilitator: Ask the students in pairs/groups to read through the story of Jasmine and discuss each question. Ask students to feedback their answers and explain the reasons behind them. Or if more appropriate for the group – the facilitator can go through the different steps into exploitation and then split the group into pairs/groups to discuss questions and feedback.

Footstep 1

My friend Jasmine and I don't see each other as much as we used to. Now we only meet up for a drink every now and again. We always used to stay over at each other's, but now she's got these new friends, she doesn't really want to hang out much anymore. **Place footprint on floor and step forward.**

Footstep 2

She's got this new boyfriend that she met at a club about a month ago. She's only 19, but he's 36 and she's really into him. She never stops talking about him and how great he is. She does whatever he says. I think he must have loads of money because he bought her a new iPhone last week and he's always buying her new clothes. He keeps messaging and texting her, telling her how beautiful she is and how much he loves her. **Place footprint on floor and step forward.**

Footstep 3

I'm really worried. Last time we met up she was upset because he had shown some of his friends some pictures that she had sent him of herself with hardly any clothes on. I didn't really know what to say to her; she seems to have really changed. She's even started smoking drugs, which he gives her for free.

I bumped into her mum at the shops the other day and she said that Jasmine is hardly ever at home and is always staying over at her boyfriend's, which just isn't like her! When we do go out, she's always getting picked up by different cars, so we don't get the bus together anymore. I asked who all the different people in the cars were and she said they were his friends. She says that all his friends are really easy to talk to and they really get her. Her boyfriend wants to take her away for the weekend and she is always going to parties with people older than her. She never invites me. She seems to get on with them better than she does with me now. **Place footprint on floor and step forward.**

Footstep 4

At the weekend she went away to Leeds with a group of his friends. Her mum called to ask where she was so I lied for her and said she was with me. I asked her about it on Monday but she just seemed really angry and reluctant to talk about it. **Place footprint on floor and step forward.**

Discussion questions

- ☐ Would you be worried if this was your friend?
- ☐ Do you think Jasmine's relationship with this guy is good or bad? Why?
- ☐ Do you think using drugs has influenced her relationship? If so, in what way?
- ☐ Who would you talk to if your friend was in this situation?
- ☐ What would you want to say to your friend in this situation?

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Jasmine - Worksheet 2

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Module 2: Healthy Relationships and Human Trafficking

For Teachers: Follow-Up Activity Suggestions

Below are some suggestions of activities for young people to engage in as follow-up activities.

Target Group: Mixed Gender, 11-18 years

1) Make a Poster

- Students create a poster about the features of a healthy relationship, compared with an unhealthy one. The class could also be split in half with the other half producing a poster about the signs of grooming/unhealthy relationships.

2) Get Creative

- Students produce a creative response to their session by writing a poem/song/rap about healthy and unhealthy relationships and where to go for help.

3) Memory Game

- Students are challenged to memorise as many of the signs of grooming/unhealthy relationships as possible, with a prize for the pair that remembers the largest number.

4) Blog Entry

- Students write a blog entry about their session, recounting what they have learned about healthy vs unhealthy relationships, ways to protect themselves, their friends, and people they can go to for help.

5) See What Help is Available

- Students can visit the Childline website:
<http://www.childline.org.uk/pages/home.aspx> and discuss in class what they thought about the site.

