



# Cut the Cameras: Utilizing Media to Talk about Unhealthy Relationships with Young People

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**HEALTHY STUDENTS**  
*make better learners*

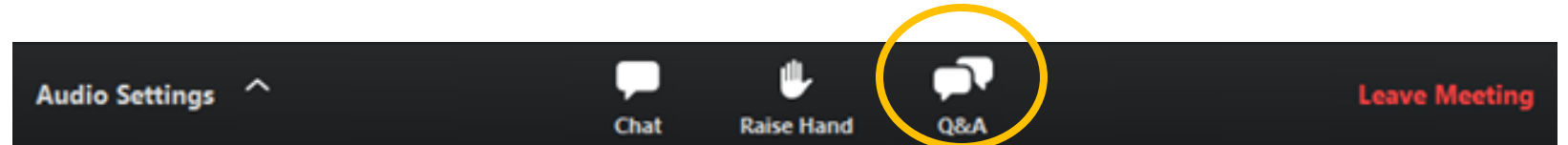




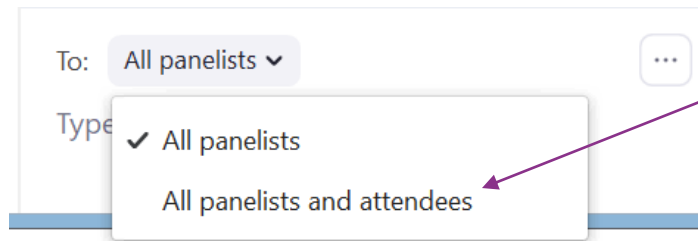
# REMINDERS

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# WEBINAR ARCHIVE



- **Addressing Adolescent Relationship Abuse in School-Based Health Care**
- **Pics, Texts, and Tracking: Understanding and Addressing Digital Dating Abuse**
- **A Conversation on Racial Inequalities and the Youth Perspective**
- **How You(th) Are the Key To Tackling the Stigma on Mental Health**

<http://www.sbh4all.org/webinars>



# OBJECTIVES



Identify examples of adolescent relationship abuse in various popular media examples

Understand different ways providers can utilize media examples when discussing toxic relationship behaviors

Recognize the value of discussing healthy relationships with youth in an effort to empower young people to create culture shifts around safe and supportive relationships





# TODAY'S PRESENTERS



**Baila Salifou**  
She/her  
Youth Advisory Council



**Audrey Gabriel**  
She/her  
Youth Advisory Council



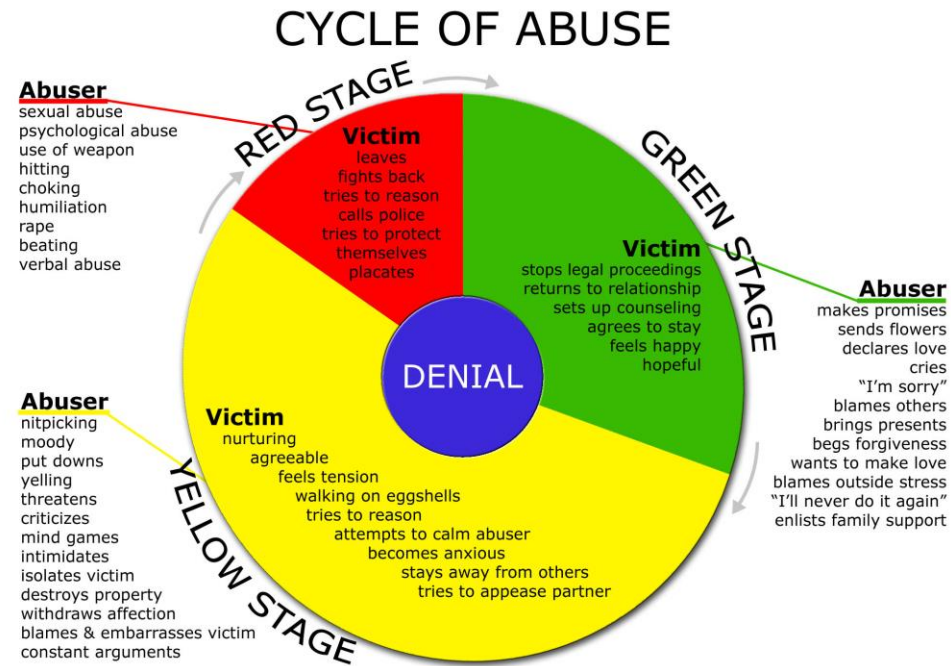
**Anna Casalme**  
She/her  
Novelly



# Relationship Abuse & How It Manifests in Young People

**Relationship abuse (also known as domestic violence, intimate partner violence):** a pattern of behaviors used by one partner to maintain power and control over another partner in an intimate relationship

Oftentimes, adolescent relationship abuse is cyclical and follows a pattern of tension building before an outburst, followed by reconciliation and a period of calm. This often means that young people tend to stay in abusive relationships because of this cycle of abusive/calm behavior.





# Intervention is crucial.

If left undetected and unaddressed, adolescent relationship abuse can have a lifetime of consequences for young people.

- **Adolescent Relationship Abuse is common.** Data from CDC's Youth Risk Behavior Survey and the National Intimate Partner and Sexual Violence Survey indicate that:
  - Nearly 1 in 11 female and approximately 1 in 14 male high school students report having experienced physical dating violence in the last year.
  - **If left unnoticed**, young adults are prone to mental illness, risky sexual behaviors and substance use, and other symptoms psychological distress.



# What do we mean when we say relationship?

Chat your thoughts!



# What do we mean when we say relationship?

"Situationship"

"Talking"

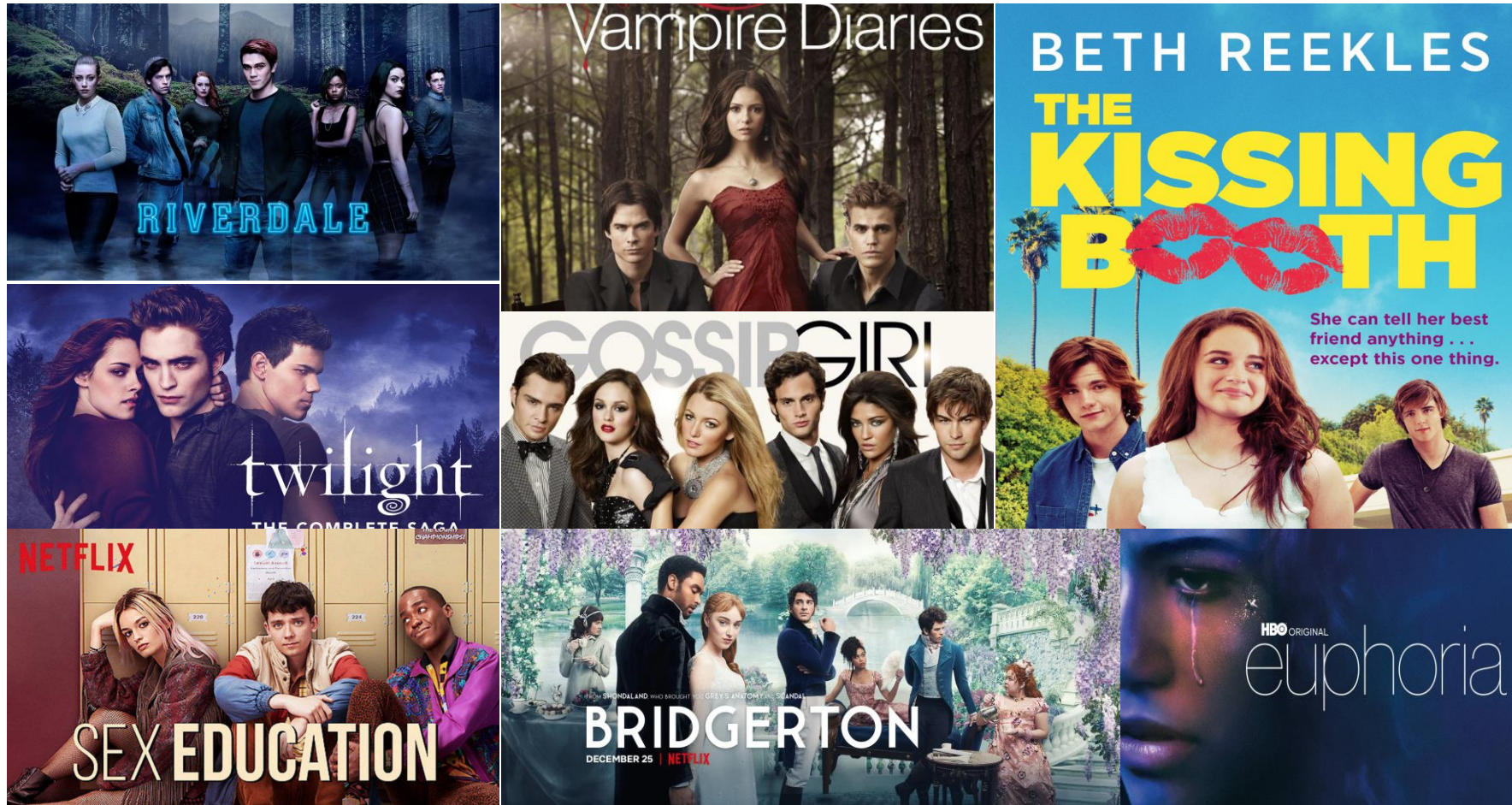
"Dating"

Relationship = the way in which two or more people or groups regard and behave toward each other.

➤ Friendship, family, work, and **romantic relationships**



# Portrayals of Unhealthy Relationships in Popular Youth Media



# Why Look at media?

## Novelly as a Case Study

- ✓ Establish a **common ground** by keeping the discussion centered on characters, plot, and dialogue
- ✓ Establish a **common language** by keeping the discussion rooted in concrete details that everyone understands
- ✓ Offer **safe distance** from difficult topics, emotions, and experiences
- ✓ Build **trust and rapport** by sharing a common interest





# Deconstructing Relationships in the Media: The Kissing Booth



# Noah and Elle [The Kissing Booth]

Let's look to this clip of *The Kissing Booth* for an example of red flags prior to getting into a relationship.

- The following clip comes right after Noah gets into a fight in Elle's defense, since another boy was paying attention to her. In this scene, Elle is asking Noah why he would do such a thing but Noah then goes on to lecture Elle on her inexperience with men and relationships.



## Role Play

- Now we will do a role-playing scenario between a provider (Anna) and her patient (Audrey).
  - In this scenario, Audrey is in for her weekly counseling session with her provider, Anna. Audrey starts telling Anna about a new relationship.





## Role play debrief

It's ideal to know red flags beforehand to instead of fixing an entire unhealthy relationship-preventive

Patterns of abuse: having this information on red flags prior to entering a relationship can prevent entering an unhealth relationship

Relationships that are not always the healthiest at first you have to establish open communication, worth to knowing these things before hand before things escalate

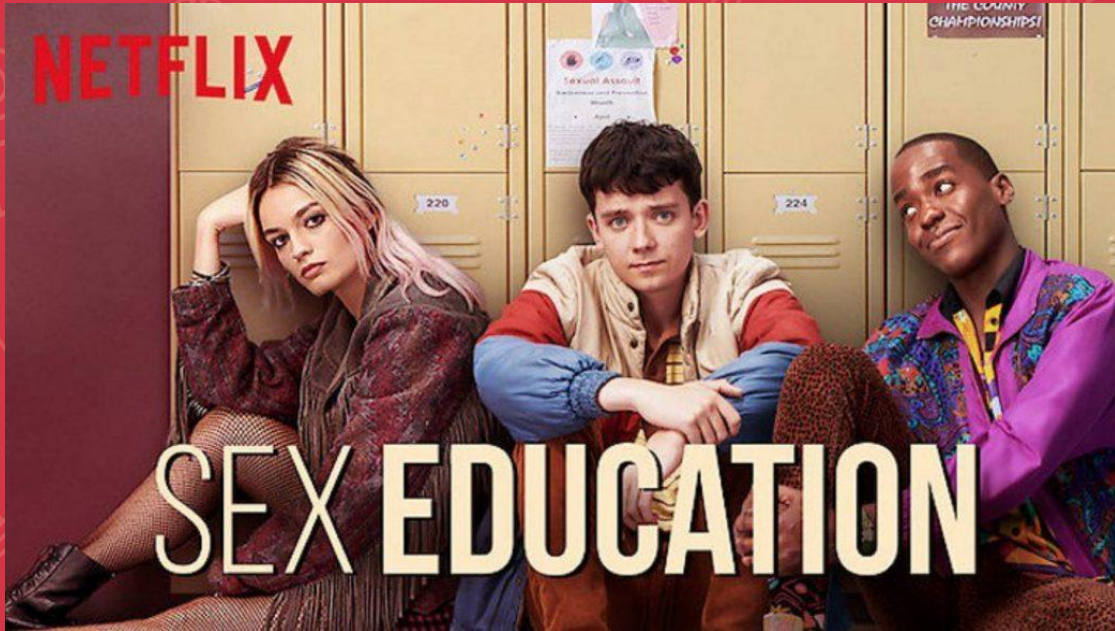


## The Provider POV

"You're so right! A lot of movies depict romance like that. Actually, have you seen the Kissing Booth on Netflix?"

"Exactly! And a lot of times, the attention feels great, but if we were the characters in The Kissing Booth, we have to ask ourselves, "Is this attention coming from a place of respect?"





# Deconstructing Relationships in the Media: Sex Education



# Adam and Eric [ Sex Education ]

## The Breakdown

### Red Flags

- Relationship starts with abuse
  - Adam manipulates Eric, relationship is built off fear and cruelty
- Adam slowly reveals affection for Eric
  - Shame, guilt, and unworthiness on Eric's end as he waits to be validated
- Lack of communication
  - Adam does not like to express emotions, things get swept under the rug
- Relationship is on Adam's terms
  - Hidden relationship since Adam has not come out with his sexuality, waiting game for Eric



## Role Play

- Now we will do a role-playing scenario between a provider (Anna) and her patient (Baila).
- Baila is in an SBHC. She is going in for a regular check-up appointment and Anna, her provider, talks to all of her patients about healthy and unhealthy relationships.
- In particular, she has shared that in a healthy relationship, both people feel comfortable sharing their feelings. Anna asks what Baila thinks of what she just shared.



# Role Play Debrief

- Difference between working on a healthy relationship vs fighting to keep a toxic one
  - Relationships need harmony, balance, and mutual effort
  - By overlooking toxic behaviors and patterns we normalize them

## The Provider POV

- "That makes a lot of sense. I watch a ton of TV and I find it really helpful to talk through shows that I relate to sometimes. Have you read or watched anything lately that feels similar to what you're going through right now?"
  - "I understand what you mean, but there are two people in that relationship and both of those people have needs in this relationship. Both of them deserve to feel respected and cared for by their partner. Do you feel like Eric is getting that from this relationship?"



# In contrast.... Cheryl and Toni [Riverdale]

## The Breakdown

### Green Flags

- Support one another
- Each other's safe space
- Balance one another
- Accept one another



"Healthy Relationships as defined by UNC Chapel Hill Students"



## QUESTIONS?

Please enter your questions into the “Chat” box of the Zoom control window.







# THANK YOU!

Additional Questions? Contact us at: [info@sbh4all.org](mailto:info@sbh4all.org)

Interested in Youth Development? Connect with us at: [youthdevelopment@sbh4all.org](mailto:youthdevelopment@sbh4all.org)

