



HEALTHY LGBTQ RELATIONSHIPS

A targeted primary prevention training outline for LGBTQ IPV

Tuesday, June 6th 2017 | 10:30am | Pine Room, Kansas Union

As a result of this training, participants will be able to:

1. Recognize the characteristics of healthy LGBTQ relationships
2. Compare and contrast healthy, unhealthy, and abusive behaviors in intimate partnerships
3. Recognize warning signs of abuse
4. Identify personal values and boundaries for intimate relationships

TIME	OBJECTIVE	METHOD
10:30am	<p>WELCOME, INTRODUCTION, COMMUNITY AGREEMENTS</p> <ol style="list-style-type: none"> 1. Welcome & Logistics <ul style="list-style-type: none"> ▪ Introduction ▪ Agenda review ▪ Self-care 2. Establish Community Agreements [flipchart responses] 3. Group introductions: <ul style="list-style-type: none"> ▪ Name ▪ Preferred gender pronoun ▪ Famous/Fictional couples relationship goals: identify & name a famous or fictional couple who epitomizes an example of a healthy, loving relationship [flipchart responses] 	<p>Mini-lecture</p> <p>Facilitated large group discussion</p>
10:45am	<p>IDENTIFY CHARACTERISTICS OF HEALTHY RELATIONSHIPS</p> <ol style="list-style-type: none"> 1. Ask participants to name qualities or attributes of their “relationship goals” couple that they admire (from introduction). Draw large heart on flipchart and write responses inside heart. <ul style="list-style-type: none"> ▪ The following themes should emerge: mutual support, equity, honesty, trust, respect, healthy communication. Ask questions to illicit responses about themes that have not yet emerged. ▪ Circle common responses and identify the main characteristics of healthy relationships: mutual support, equity, honesty, trust, respect, healthy communication. ▪ Ask participants to provide 1-2 examples of specific actions or behavior for each characteristic to help contextualize general themes. ▪ Summarize content & ask for questions. 	<p>Facilitated large group discussion</p>

	<ol style="list-style-type: none"> 2. Discuss the impact of cissexism & heterosexism <ul style="list-style-type: none"> ▪ Ask: Where can we find ourselves and representations of relationships that look more like ours? ▪ Highlight lack of cultural context for healthy LGBTQ relationships. ▪ Review the impact of the lack of representation – unawareness/misunderstanding of “normal” LGBTQ relationships & greater vulnerability 	Facilitated large group discussion
11:00am	<p>HEALTHY, UNHEALTHY, & ABUSIVE RELATIONSHIPS</p> <ol style="list-style-type: none"> 1. Summarize the differences between healthy, unhealthy, & abusive relationships, and ask participants for examples for each. <ul style="list-style-type: none"> ▪ Healthy relationships – equality and respect ▪ Unhealthy relationships – unhealthy communication & conflict ▪ Abusive relationships – power & control 2. Discuss types of abuse, asking for examples of each: emotional/verbal, physical, sexual, financial, digital, stalking. Highlight homophobia/transphobia as abuse. 3. Relationship Spectrum activity: <ul style="list-style-type: none"> ▪ Read a series of examples of healthy, unhealthy, and abusive behaviors in an intimate partnership. ▪ Instruct participants to decide where on the spectrum the behavior falls. ▪ Debrief 	<p>Mini-lecture</p> <p>Activity</p>
11:20am	<p>RED FLAGS OF ABUSE</p> <ol style="list-style-type: none"> 1. Show “the Signs” PSA 2. Discuss red flags of abuse. Highlight the following red flags, and ask for an example of each: belittling, excessive jealousy, name calling, controlling or possessive, coercive, violent 3. Discuss impact of heterosexism on understanding healthy/unhealthy/abusive LGBTQ relationships 	Video / Facilitated large group discussion
11:30am	<p>IDENTIFY PERSONAL VALUES & BOUNDARIES FOR INTIMATE RELATIONSHIPS</p> <ol style="list-style-type: none"> 1. Distribute values & boundaries worksheet. Instruct participants to think about what their core relationship values and how they would most like to be treated by their partner, and write their responses on the worksheet. Ask for a few examples in each of the two categories: <ul style="list-style-type: none"> ▪ Core values for relationships (mutual respect, honesty, support, equity) ▪ Expectations for how you will be treated (kindness, compassion, consistency, etc.) ▪ Also helpful to think about what kind of relationship structure they are comfortable with (monogamous, polyamorous, friendship, casual, etc.) 2. After writing core values, participants should write responses to the following questions on their worksheet: 	Individual Activity w/ Worksheet



HEALTHY LGBTQ RELATIONSHIPS - TRAINING EVALUATION

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*Please check the best answer on a scale from 1-5, with 1 being **strongly disagree** and 5 being **strongly agree***

AS A RESULT OF THIS TRAINING...	1 <small>Strongly Disagree</small>	2 <small>Disagree</small>	3 <small>Neutral</small>	4 <small>Agree</small>	5 <small>Strongly Agree</small>
1. I am able to recognize the characteristics of healthy LGBTQ relationships					
2. I am able to identify my personal relationship values and boundaries					
3. I can compare and contrast healthy, unhealthy, and abusive behaviors					
4. I am able to recognize the warning signs of abuse					

RATE THE TRAINING & TRAINER	1 <small>Strongly Disagree</small>	2 <small>Disagree</small>	3 <small>Neutral</small>	4 <small>Agree</small>	5 <small>Strongly Agree</small>
1. The trainer was knowledgeable about the subject matter					
2. The trainer was well prepared					
3. The trainer was engaging and made the training interesting					
4. The content was relevant for the audience					
5. I would recommend this training to others					

1. What was the main take-away for you from this training?

2. How will you apply the information you learned?

3. What suggestions do you have for improving the training?

4. Other comments, observations, suggestions: