ADMYRE

WHAT HAPPENS AFTER THE SIMULATION?

POWER OF PERSPECTIVE

After the simulation participants return to their tables and answer questions about the characters in their story: "How does Henry use social media to control Sasha?" "Who does Rosa rely on for support?" Then each group shares with everyone what was unhealthy in their story. Dating violence can manifest itself in many different ways. Youth learn to better spot instances when they or a friend might need to seek help by learning what's unhealthy in all of the true stories.

POWER & RESPECT WHEELS

Why does someone stay in a relationship that's unhealthy for them? Some of those reasons are explained using the Power and Control Wheel. This wheel shows that the more red flags that are present, the greater the imbalance of power in the relationship. The abuser uses violence or even the threat of violence to keep the victim from leaving. In a healthy relationship, both partners respect one another and have the freedom to pursue other interests, hang out with friends and family, or leave the relationship.

TECHNOLOGY ABUSE

Technology plays a huge role in how we communicate with each other, especially in relationships. Whether it's texting, social media, or using apps, technology can strengthen relationships by helping us stay connected and show support. But, it can also create challenges when it's used in unhealthy ways—like invading someone's privacy, controlling what they do online, or creating pressure to always be available. Participants decide if scenarios are a red or green flag and defend their choices.

RELATIONSHIP SPECTRUM

Relationships fall anywhere on a spectrum from healthy to unhealthy to dangerous. In groups, participants discuss where their story falls on the continuum and place the photo on the spectrum. Then they explain why they chose that placement on the spectrum. This is a helpful tool to use to analyze their own relationships. It's not always easy to know where a relationship is on the spectrum, but remembering how quickly things can turn dangerous will help them spot the warning signs in advance and seek help.

RESOURCES

When navigating relationships, it's not easy to know what to do. Participants are introduced to different resources ranging from crisis hotlines to text lines for anonymous help 24/7. PIAL collaborates with local Iowa Coalition Against Domestic Violence advocates to connect youth to resources they might need. For youth who are interested in learning more and evaluating their relationships, our team recommends sites such as JoinOneLove.org and LoveIsRespect.org.

KNOW YOUR ROLE

75% of teens go to their peers to talk about unhealthy relationships. Participants learn how to support a peer in an unhealthy relationship. They consider if they are too close to the person needing help or too far removed from the situation to know what's really going on or don't have the right resources. Youth are encouraged to seek help from a trusted adult or a local advocate for themselves or for a friend. It's important to access the right resources when supporting a friend.

SAFETY PLANNING

Participants receive a fill-in-the-blank safety plan and go through it step-by-step. The safety plan can be used in dating or other potentially dangerous situations and shows how they need to be prepared with resources and support. They are encouraged to talk to a trusted adult about their plan, develop a code phrase to share with a trusted adult to use in any uncomfortable situations, and think of a safe place to go. They take their personalized plan with them.

WE ALL DESERVE BETTER

Participants explore the positive characteristics we should expect from our relationships as well as what we can offer to others. By understanding what they deserve and what they can give, they can make better choices when it comes to the people they allow into their lives. Knowing what they deserve can help them choose healthy relationships. Whether it's a friendship, family relationship, coworker, or romantic relationship, every person deserves to be valued, supported, and respected.

ADMYRE Advocating for My Relationships