

Harmful Behaviors in Relationships

Children will be introduced to various harmful behaviors through their relationships with others. While this can not always be avoided, you can teach them to recognize the behaviors, protect themselves and cope with the effects in healthy ways. Review three types of harmful behaviors below and complete the scenario practice examples below with your child. Circle which harmful behavior is being displayed. More than one behavior may apply to each example.

SHAME (S)

occurs when your or someone else expresses that who YOU are is bad or wrong.

BLAME (S)

occurs when you or someone else tells you that WHAT YOU DID OR SAID was bad or wrong.

CONSENT (C)

is a decision you make about anything that belongs to you, such as your body, in which you give permission or agree to what another person wants from you.

These harmful behaviors can occur in any relationship dynamic including with peers or authoritative figures (i.e teachers, officers, or parents). Look at the examples below and circle which harmful behavior is being displayed. More than one behavior may apply to each example.

Your sports coach says to you "You throw like a girl! Do better!"

(S) (B) (C)

Tyler sometimes has trouble pronouncing his words and he stutters when he is nervous. Tyler's teacher called on him to answer a question and Tyler nervously stammered over his words. "We-we-we-well, I-I-I-I thhhhhiii-" Before he could finish, his classmates burst out laughing and pointing at him.

(S) (B) (C)

A father screams at his son "Stop crying! Boys don't cry!"

(S) (B) (C)

Jerry was taught to describe their body parts using the correct words that their parents taught them. During class, Jerry felt a sharp pain and raised their hand to approach the teacher's desk. "Mrs. Tucker, my penis is hurting really bad. May I go to the nurse's office?" Mrs. Tucker was surprised and said to Jerry "Please don't use that language. That is not appropriate. Next time, say 'private parts' or 'wee wee'."

(S) (B) (C)

During the Christmas holiday, Tobias and his parents travel to visit many family members. Tobias loves his uncles, aunts, cousins, and grandparents but sometimes he does not want to be touched, hugged, and kissed. The adults in his family squeeze his cheeks, leave red lipstick all over his face and sometimes force him to sit on their laps. He knows they love him but this year he will talk to his parents and tell them that he will not allow his relatives to do this unless he gives them permission.

(S) (B) (C)

"Why would you say that? That is not a nice thing to say. I'm very disappointed in what you said."

(S) (B) (C)

Jaden and Jordan were playing with the toys they brought in from their homes for 'Show & Tell'. Jordan decided he was finished playing with his race cars and that he would now play with Jaden's barbie dolls. He said to Jaden "Here!", shoving his cars toward her for a switch. "Now, I'll play with your dolls and you can play with my cars." Jaden wasn't interested in Jordan's cars and did not want to switch.

(S) (B) (C)

Think About It

The next time some one tries to greet you with an unwanted hug or kiss, what will you say? Would you offer another option? A high-five?

How might Jerry respond to Mrs. Tucker's request? What would Jerry say if he chose to respectfully decline to follow Mrs. Tucker's rule?