

Introduction (5 minutes)

Read the introduction and answer the following questions:

1. What is the purpose of this worksheet?

2. What are the learning objectives of this worksheet?

Section 1: Multiple Choice Questions (15 minutes)

Choose the correct answer for each question:

1. What is the definition of consent?
- a) When someone says yes to a request
 - b) When someone says no to a request
 - c) When someone is forced to do something
 - d) When someone is unsure about a request

2. Which of the following is a sign of coercion?
- a) Someone asking for permission
 - b) Someone respecting boundaries
 - c) Someone using guilt or pressure to get what they want
 - d) Someone being honest and open

3. What is a characteristic of a healthy relationship?
- a) One person has all the power
 - b) Both people respect each other's boundaries
 - c) One person is always right
 - d) Both people are always in agreement

Section 2: Short Answer Questions (20 minutes)

Answer the following questions in complete sentences:

1. What is the difference between consent and coercion? Provide an example of each.

2. Describe a situation where someone might feel pressured or coerced into doing something they don't want to do. How can they handle the situation?

3. What are some signs of an unhealthy relationship? How can someone recognize these signs and seek help?

Section 3: Scenario-Based Discussion (25 minutes)

Read the following scenario and discuss the questions that follow:

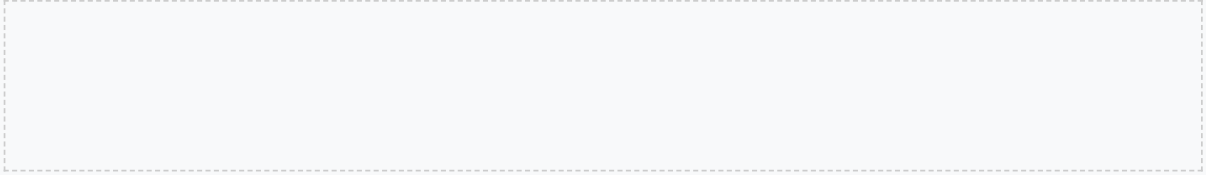
Sarah and her boyfriend, Alex, have been dating for a few months. One night, Alex wants to take their relationship to the next level, but Sarah is unsure. Alex tells Sarah that if she really loves him, she will do what he wants. Sarah feels pressured and unsure of what to do.

1. Is this an example of consent or coercion? Why or why not?

2. How can Sarah handle the situation? What are some options she has?

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3. What are some signs of an unhealthy relationship in this scenario? How can Sarah recognize these signs and seek help?



Section 4: Case Study Analysis (25 minutes)

Read the following case study and answer the questions that follow:

Emily and her friend, Matt, have been friends for a few years. Recently, Matt has been acting strangely, always wanting to spend time with Emily and getting angry when she says no. Emily feels uncomfortable and unsure of what to do.

1. What are some signs of coercion in this case study?

2. How can Emily handle the situation? What are some options she has?

3. What are some characteristics of a healthy relationship that are missing in this case study? How can Emily recognize these signs and seek help?

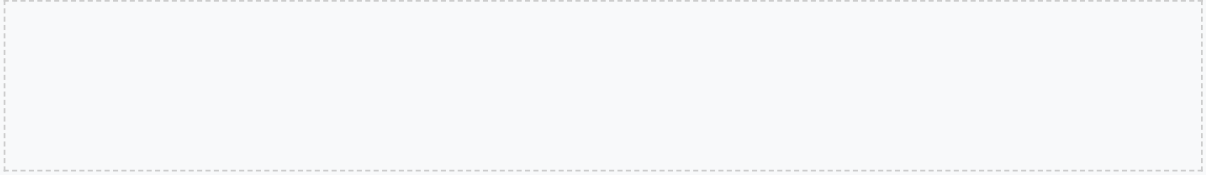
Section 5: Reflection and Self-Assessment (15 minutes)

Answer the following questions in complete sentences:

1. What did you learn about consent and healthy relationships from this worksheet?

2. How can you apply what you learned to your own life and relationships?

3. What are some challenges you might face in recognizing and addressing coercion or unhealthy relationships? How can you overcome these challenges?



Conclusion (5 minutes)

Summarize what you learned from this worksheet: