



Introduction

Coercive behaviors and manipulation tactics are actions or strategies used to influence or control another person's thoughts, feelings, or behaviors. As 14-year-old students navigate their social lives, they may encounter peers or adults who use coercive behaviors to influence their thoughts, feelings, or actions. This worksheet aims to empower students with the knowledge and skills necessary to recognize and resist such behaviors, promoting healthy relationships and positive well-being.

Activity 1: Identifying Coercive Behaviors

Read the following scenarios and identify the coercive behavior being used:

1. A friend is trying to convince you to skip school to go to the mall. They say, "If you don't come with me, I'll tell everyone you're a nerd."
2. A family member is trying to get you to do a chore by saying, "If you don't do this, you're not a good person."
3. A classmate is trying to get you to give them your lunch money by saying, "I'll be your friend if you give me your lunch money."

Questions:

1. What type of coercive behavior is being used in each scenario?
2. How do you think the person being coerced might feel in each scenario?
3. What could the person being coerced do to resist the coercive behavior?

Activity 2: Recognizing Manipulation Tactics

Read the following statements and identify the manipulation tactic being used:

1. "You're so smart, you can do this for me."
2. "If you really loved me, you would do this for me."
3. "Everyone else is doing it, so you should too."

Questions:

1. What type of manipulation tactic is being used in each statement?
2. How do you think the person being manipulated might feel in each scenario?
3. What could the person being manipulated do to resist the manipulation tactic?

Activity 3: Practicing Assertiveness

Role-play the following scenarios with a partner:

1. A friend is trying to convince you to do something you don't want to do.
2. A family member is trying to get you to do a chore by being bossy.
3. A classmate is trying to get you to give them your lunch money.

Questions:

1. How did you feel during the role-play?
2. What assertive statements could you use to resist the coercive behavior?
3. What are some non-verbal cues you could use to show assertiveness?

Quiz: Coercive Behaviors and Manipulation Tactics

Answer the following questions:

1. What is the definition of coercive behavior?
2. What are some common manipulation tactics used by individuals?
3. What are some warning signs of coercive behavior in a relationship?

Answer Key:

1. Coercive behavior refers to the use of force, threats, or intimidation to influence or control another person's behavior.
2. Common manipulation tactics include guilt-tripping, gaslighting, and emotional blackmail.
3. Warning signs of coercive behavior in a relationship may include controlling behavior, emotional abuse, and isolation from friends and family.

Conclusion

Understanding coercive behaviors and manipulation tactics is crucial for maintaining healthy relationships and making informed decisions. By recognizing the warning signs of coercive behavior and practicing assertiveness, you can resist manipulation and promote positive well-being. Remember to always prioritize your safety and well-being, and seek help and support when needed.

Additional Resources

If you or someone you know is experiencing coercive behavior or manipulation, there are resources available to help:

- National Domestic Violence Hotline: 1-800-799-7233
- National Teen Dating Abuse Helpline: 1-866-331-9474
- Online resources: [insert online resources]

Reflection and Next Steps

Take a few minutes to reflect on what you have learned about coercive behaviors and manipulation tactics. Think about how you can apply this knowledge in your own life and relationships.

