

Introduction and Icebreaker (10 minutes)

What does a healthy relationship mean to you? Share your thoughts and ideas with a partner or in a small group.

Defining Domestic Violence (15 minutes)

Domestic violence is a pattern of behavior used by one person to control or dominate another person in a relationship.

Forms of Domestic Violence: Emotional, physical, financial, and psychological abuse.

Activity:

Match the following forms of abuse with their definitions:

Form of Abuse	Definition
Emotional Abuse	
Physical Abuse	
Financial Abuse	
Psychological Abuse	

Warning Signs (15 minutes)

Warning Signs: Controlling behavior, emotional manipulation, physical aggression, and isolation.

Activity:

Identify the warning signs in the following scenarios:

1. Scenario 1: A partner is constantly checking their partner's phone and social media.

2. Scenario 2: A partner is controlling their partner's finances and not allowing them to make any decisions.

3. Scenario 3: A partner is emotionally manipulating their partner, making them feel guilty or ashamed.

Effects of Domestic Violence (20 minutes)

Domestic violence can have serious effects on individuals, families, and communities.

Activity:

Discuss the following questions in small groups:

1. How can domestic violence affect a person's physical and mental health?

2. How can domestic violence affect a person's relationships with family and friends?

3. How can domestic violence affect a community's social and economic well-being?

Support and Resources (15 minutes)

There are many resources available to support individuals and families affected by domestic violence.

Activity:

Research and list local resources that provide support for domestic violence survivors:

Prevention and Awareness (20 minutes)

Prevention and awareness are key to reducing domestic violence.

Activity:

Discuss the following questions in small groups:

1. What can individuals do to prevent domestic violence?

2. How can communities raise awareness about domestic violence?

3. What role can social media play in preventing domestic violence?

Conclusion and Reflection (10 minutes)

Individual Reflection:

1. What did you learn about domestic violence today?

2. How will you apply what you learned to your own life?

3. What questions do you still have about domestic violence?

Assessment and Evaluation (15 minutes)

Assess your understanding of domestic violence by completing the following quiz:

Quiz:

1. What is domestic violence?

2. What are the forms of domestic violence?

3. What are the warning signs of domestic violence?

Additional Resources (10 minutes)

Additional resources for further learning:

Resources:

- National Domestic Violence Hotline: 1-800-799-7233
- National Coalition Against Domestic Violence: <https://www.ncadv.org/>
- Local domestic violence shelters and support groups

