



Partnership Against Domestic Violence presents... ...a microlesson on **CONTROL**

OBJECTIVES

- Learn about controlling behaviors in relationships.
- Explore different scenarios and reflect on what healthy relationships look like to you.
- Understand boundary setting and understand what boundaries look like to you.

BOUNDARIES

Setting boundaries is the best way to respect and honor each other's individuality! Boundaries keep relationships healthy because you are able to clearly communicate what you need in the relationship.

WHAT IS CONTROL?

Exercising authority or dominating influence over others.

Controlling behavior is often a warning sign of an unhealthy relationship.

Does your partner...

- Not let you spend time with your friends alone?
- Check your messages and texts?
- Need to know where you are at all times?
- Need to know who you are with at all times?
- Track your location with geo-fencing?
- Make you feel as if you have to always do what they want?

SCENARIOS

Read the following scenarios. Is this partner exhibiting controlling or healthy behavior?

SCENARIO 1

You join a new after-school club and tell your partner about it. Your partner mentions their distrust of the people in the club and demands for you to not attend alone. When you try to calm them down, they demand you quit so that you can be together.

SCENARIO 2

Your partner tracks your location to make sure you are where you tell them you are.

SCENARIO 3

Your partner asks if sometimes at lunch you eat separately to spend time with your friends.

SCENARIO 4

Your partner wants to check your texts messages regularly to make sure you "are not cheating on them."

REFLECT & CREATE A PLAN

How can you set boundaries to make sure your relationship remains healthy?

How can you address behavior that you feel is controlling?

What other behaviors feel unhealthy and controlling to you?