

Smart Relationships Education



YEAR II: BUILDING MEANINGFUL CONNECTIONS

Name: **TEACHER BOOKLET**

ABOUT SMART RELATIONSHIPS EDUCATION

For more than thirty years Peter Janetzki has been reading, researching and presenting on the topic of Human Sexuality and Relationships. This combined with thousands of hours of face to face counselling has resulted in a through understanding of the complexities of human relationships and sexuality.

From this vast experience Peter has developed a team who have been interacting with teens and young adults to help them receive accurate information so that they can navigate the confusing world of relationships.

In spite of our society being perceived as sexually progressive there are still high levels of ignorance in regards to many important issues to healthy relationships especially amongst teenagers. Hence 'Smart Relationship Education' provides comprehensive education programs based on research and accurate information, to assist young people in avoiding the dangers of unhealthy relationships that are often modelled and promoted by our popular culture.

Smart Relationships core program has been the 'Why Not Just Wait' which is a comprehensive sexuality education program for High Schools that is broad based going beyond the 'safe sex' mantra of most sex education programs. The standard program is outlined below, however programs can be modified to suit the individual needs of any school.

Our Philosophy

Young people will do what young people want to do. Consequently we are up front about our values so as to not impose them on students but rather challenge them to examine what we have to offer and to make informed and wise choices.

Our Values

We believe...

- Sexuality is not a separate part of our experience in fact it is part of every aspect of life, therefore we approach it holistically and in the context of relationships.
- Young people have the right to be given accurate information from sound and reliable research, free from hidden agendas.
- Every choice has a consequence and that young people are able to make healthy, life giving choices given accurate and relevant information.
- The best place for sexuality education is in a loving and supportive family and what we do is a compliment to this.

We are Pro-abstinence for two reasons. Firstly, evidence world wide supports that this is the safe and healthy choice, and secondly our presenters hold to a Christian worldview.

(07) 3822 8336

PO BOX 3099 Birkdale Q 4159

smartrelationshipseducation.com

admin@smartrelationshipseducation.com

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WORDS, WORDS & MORE WORDS

1. **AFFECTIVE ISSUES** - Relationship issues that relate to moods, feelings and attitudes. These issues often refer to mistrust, infidelity, loss of connection and communication problems.
2. **AUTONOMY** - Having the freedom and independence to make your own decisions.
3. **COHABITATING** - A couple living together in an intimate relationship as if married, without being legally married.
4. **COMMUNICATION** - The exchanging or sharing of ideas, feelings or information through verbal and non-verbal means.
5. **CONSENT** - Giving someone permission or approval for something to happen.
6. **DOUBLE VISION** - The two images of marriage that couples hold in their minds: that of images from the past and the realities of the present.
7. **EMOTIONAL NURTURANCE** - Providing care, support, love and attention to ensure one's emotional (feeling) needs are being met.
8. **EMOTIONALLY TRIGGERED** - Having an intense or excessive emotional reaction to a situation, opinion, words and/or person.
9. **FAMILY HISTORY** - Past experiences and occurrences with our family of origin that shape our rules, roles, expectations, traditions, beliefs and values.
10. **GENDER** - The term for one's sex. i.e. male or female.
11. **"I" MESSAGES** - Statements that require one to talk about themselves and their feelings to help solve problems and conflict without suggesting blame.
12. **INFIDELITY** - Being unfaithful and disloyal to one's spouse/partner by sharing or doing something intimate (sexual and/or emotional) that is usually reserved for an exclusive relationship.
13. **INTIMACY** - Having a close, personal and loving relationship that is based upon mutual vulnerability, openness and sharing. Often sexual, however, the relationship does not have to be sexual to be considered intimate.
14. **INTIMATE PARTNER VIOLENCE** - Any behaviour within an intimate relationship that causes physical, psychological or sexual harm to those in the relationship, including acts of physical aggression, sexual coercion, psychological abuse and controlling behaviours, commonly referred to as 'DV'.
15. **MEANINGFUL CONNECTION** - A serious, authentic and worthwhile relationship that focuses on support, honesty, compassion and respect.
16. **ORGANIC** - The term for something that is living, growing and developing every day without anything artificial.
17. **PORNOGRAPHY** - Any material (videos, pictures, audio and written) that is intended to cause sexual excitement and arousal.
18. **RELATIONAL GROWTH** - Growing together within a relationship where all those involved feel their needs are met, they are understood and cared for.
19. **ROBUST LISTENING** - To make a strong and vigorous effort to hear and understand what someone is communicating, especially one or both are emotionally triggered.
20. **TOGETHERNESS** - Being intimate and close to your spouse/partner and working together as one unit.

RELATIONSHIPS ARE ORGANIC

#1 What makes all of our relationships “ORGANIC”?

DEFINITION: THE TERM FOR SOMETHING THAT IS LIVING, GROWING AND DEVELOPING EVERY DAY WITHOUT ANYTHING ARTIFICIAL.

#2 What enables and hinders relational growth?

ENABLES	HINDERS
HONESTLY INTIMACY OPEN COMMUNICATION TOGETHERNESS	ABUSE ADDICTIONS INFIDELITY MISTRUST

#3 Understanding “US”

Why Marriages Last: A Discussion Of The Literature
by Robyn Parker, Australian Institute of Family Studies,
Research Paper No.28 - July 2004

Task 1: Separating from the **FAMILY OF ORIGIN**

Task 2: Building **TOGETHERNESS** and creating **AUTONOMY**

Task 3: Becoming **PARENTS**

Task 4: Coping with **CRISES**

Task 5: Making a **SAFE** place for **CONFLICT**

Task 6: Exploring sexual **LOVE** and **INTIMACY**

Task 7: Sharing **LAUGHTER** and keeping **INTERESTS** alive

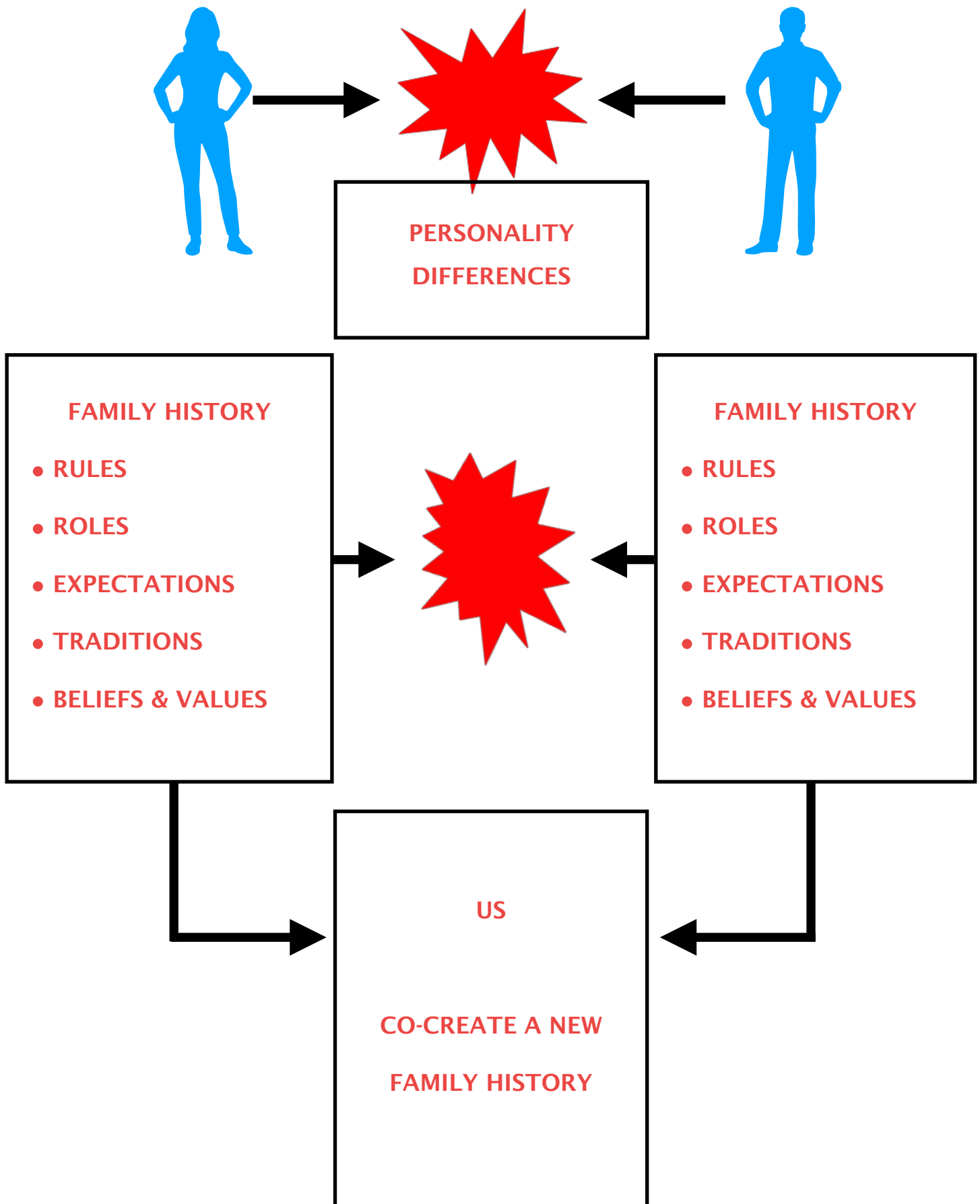
Task 8: Providing emotional **NURTURANCE**

Task 9: Preserving **DOUBLE** vision

“Double vision” refers to the two images of the marriage the couples held in their minds: that of images from the past and of the realities of the present.

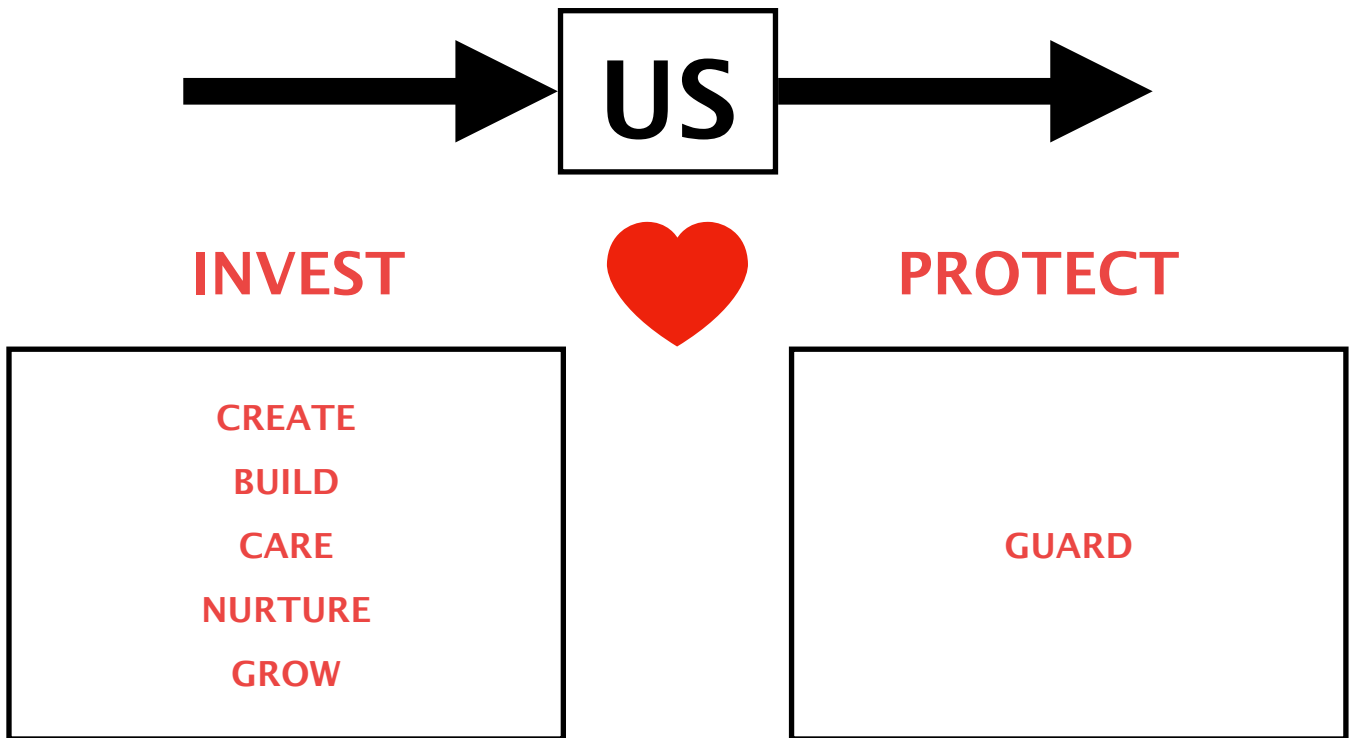
THE CONCEPT OF US

Building togetherness and creating autonomy



THE TASKS OF US

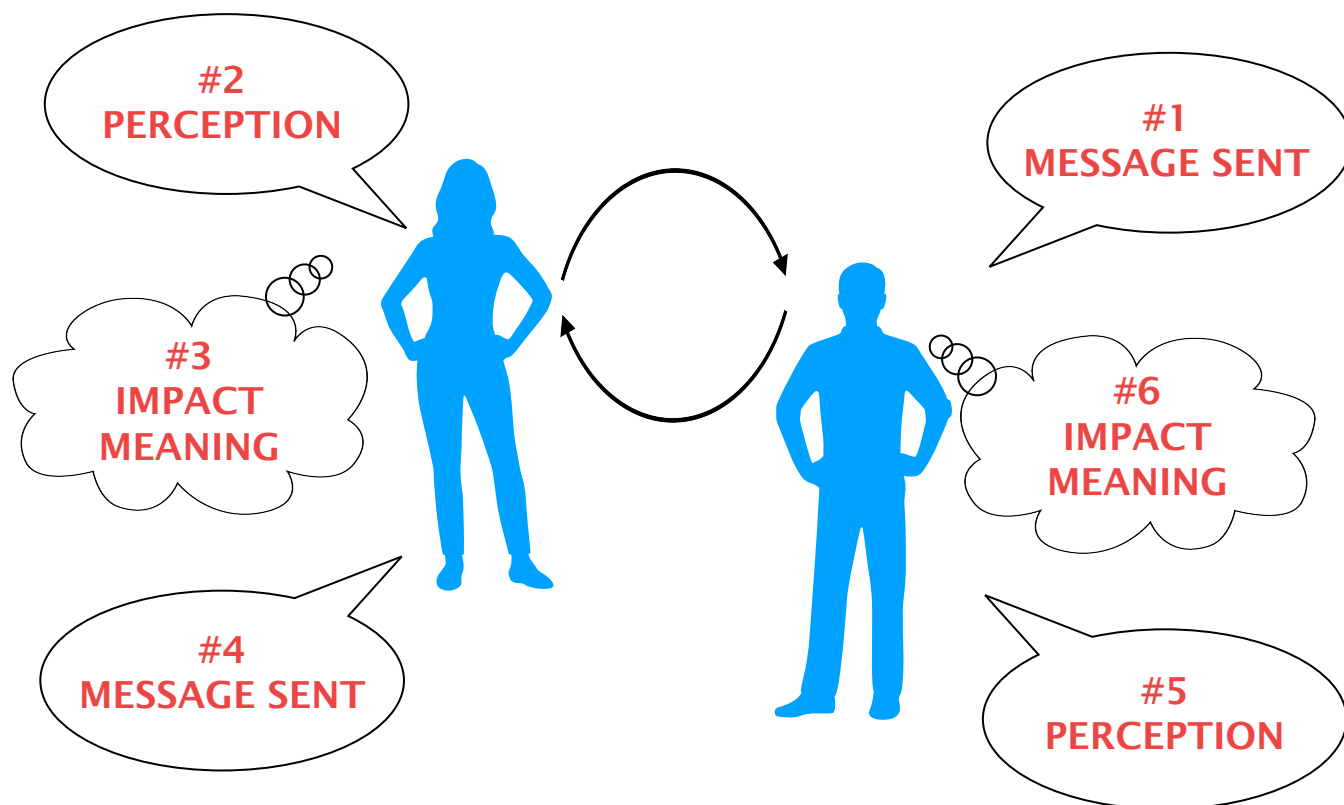
#1 The Two Critical Tasks of “US”



#2 The Marriage Killers

- 71% of divorcees blame “affective issues”
- 27% communication problems
- 21% loss of connection
- 20% infidelity/trust issues
- 7.4% physical or emotional abuse
- 7.4% alcohol and/or drug abuse
- 4.7% financial problems
- 2.7% work/time pressures
- 4.7% physical health or mental health issues
- 0.6% family interference

BUILDING MEANING CONNECTION



THE MAKE UP OF COMMUNICATION

Nonverbal VISUAL 55%	Tone & Inflection VOCAL (HOW WE SAY IT) 38%	Content VOCABULARY (THE ACTUAL WORDS) 7%
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3 KEYS TO BUILDING MEANINGFUL CONNECTION

Key #1 Attending Skills

- Eye Contact
- Personal Space
- Body Language

Key #2 Listening Skills

- Getting my picture to match theirs by “Active Listening”

Key #3 Talking Skills

- Asking open questions
- Avoid asking why
- Using “I” messages



MEANINGFUL CONNECTION: KEY #1 ATTENDING SKILLS

From the activities what did you learn about Eye Contact, Personal Space & Body Language?

INDIVIDUAL STUDENT RESPONSE

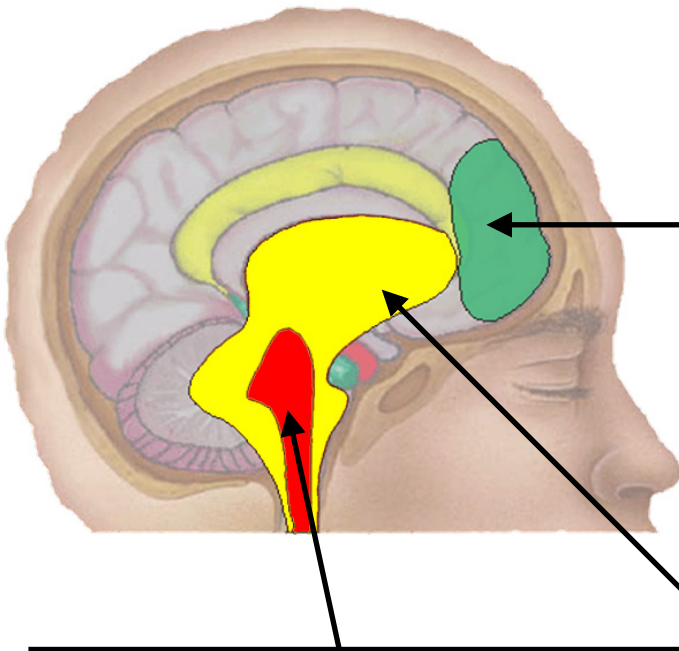
MEANING CONNECTION: KEY #2 LISTENING SKILLS

Robust conversation is NOT as easy as it first appears. Because of the meaning that we have learned to associate with specific nonverbal cues as well as tonal aspects of speech. These meanings are imbedded in our brain and can only be triggered not recalled. Added to this is the most important people to us are the ones who also trigger us the most.

THINK of a time that you have been recently emotionally triggered and discuss what was it that triggered you?

INDIVIDUAL STUDENT RESPONSE

THE BRAIN SCIENCE OF MEANINGFUL CONNECTION



SURVIVAL Brain (AUTOMATIC)

- THE FIRST PART OF THE BRAIN TO DEVELOP
- FASTEST PART OF THE BRAIN
- RUNS AUTOMATIC FUNCTIONS THAT KEEP US ALIVE (I.E. BREATHING, HEARTBEAT, ETC.)
- AT BIRTH, IT IS FULLY DEVELOPED & FUNCTIONING
- ITS #1 JOB IS OUR SURVIVAL & PROTECTION

SMART Brain (THINKING & THRIVING)

- THE LAST PART OF THE BRAIN TO DEVELOP & MATURE
- SLOWEST PART OF THE BRAIN
- HELPS US TO THINK THROUGH DECISIONS
- THE FIRST TO SWITCH OFF WHEN UNDER STRESS
- HAS THE POWER TO OVERRIDE THE EMOTIONAL BRAIN
- AT BIRTH, IT IS PARTIALLY DEVELOPED & FUNCTIONING
- ITS #1 JOB IS TO THINK & THRIVE

EMOTIONAL Brain (IMPULSIVE & EXPERIENTIAL)

- SECOND FASTEST PART OF THE BRAIN
- RUNS ON PAST EXPERIENCES & EMOTIONS
- FEAR IS ITS FASTEST TRIGGER
- FIRES UP OUR DEFENCES
- LEARNS BY REPETITION
- AT BIRTH, IT IS FULL DEVELOPED & PARTIALLY FUNCTIONING
- ITS #1 JOB IS SENSING DANGER & REGULATING OUR BRAIN

When my **EMOTIONAL** Brain FIRES UP
then my **SMART** Brain SWITCHES OFF.

'ABCD' OF ANGER

Acknowledge

that you are angry

Breathe

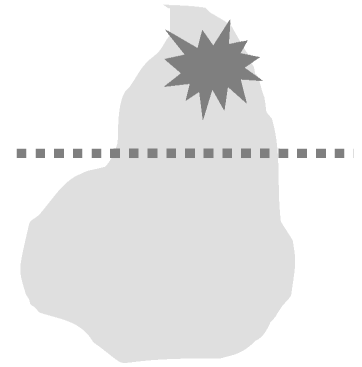
slow down and take control of yourself

Clarify

what is happening below the
water line (remember the iceberg - hurt, frustration, insecurity)

Decide

what options you have and choose
what you want to do about it



MEANINGFUL CONNECTION: KEY #2 LISTENING SKILLS

From the active listening exercise what did you learn about Robust Listening?

INDIVIDUAL STUDENT RESPONSE

MEANINGFUL CONNECTION: KEY #3 TALKING SKILLS

- Active listening is a learned skill that required practice. Like all new skills they can feel awkward and strange until they become part of our normal life.
- It doesn't matter if you agree or disagree with what is being said it is about understanding what the other person is saying.
- Once our Impulsive Brain is triggered we have to work hard to calming ourselves down because we stop listening and start reacting.
- Once our heart rate hits 100 beats/min., our emotional system is dysregulated and will take 20-30 minutes to calm down.
- The quickest way to calm ourself down is to slow down our breathing.
- Old habits die hard, so practice.

#1 "I" Messages

"I" Messages are statements that require one to talk about themselves and their feelings that help to solve problem without suggesting blame

Some Tips to “I” Messages

What am I observing?

What impact is it having on me?

What do I want to happen?

What are the consequences of it not happening?

Short and sharp is usually better

Situation	“You” Messages	“I” Messages Eg. I feel (feeling) when (behaviour).
One of your siblings borrows your favourite jacket. When it is returned you noticed it had been torn.	You torn my jacket! It’s ruined. Why can’t you value my belongings.	I AM UPSET BECAUSE MY JACKET HAS BEEN TORN AND I FEEL AS THOUGH YOU DON’T VALUE MY BELONGINGS.
Your parents have asked you several times since getting home how your assignments are going.	CAN YOU STOP ASKING ME, I’M NOT A BABY. I’M WORKING ON THEM.	I FEEL AS THOUGH YOU DON’T TRUST ME WHEN I AM ASKED MULTIPLE TIMES IN ONE EVENING HOW MY ASSIGNMENTS ARE GOING.
You’re meeting a friend at the cinemas. The movie starts at 12:15, so you told them to meet you at 12:00 inside the cinemas. It is 12:10 and your friend has just arrive and is waiting outside the cinema	WE WERE MEETING AT 12:00 INSIDE THE CINEMAS. THE MOVIE IS STARTING IN 5 MINUTES. WHY CAN’T YOU EVER GET THE TIME RIGHT.	IT WAS MY UNDERSTANDING THAT WE WERE MEETING AT 12:00 INSIDE THE CINEMAS, AS THE MOVIE STARTS AT 12:15.
INDIVIDUAL STUDENT RESPONSE	INDIVIDUAL STUDENT RESPONSE	INDIVIDUAL STUDENT RESPONSE

PORNOGRAPHY AND ITS IMPACT ON RELATIONSHIPS

56% of divorce cases involved one party having an obsessive interest in pornographic websites.

List the reasons why you think pornography has such a negative impact on marriage?

INDIVIDUAL STUDENT RESPONSE

THE GREAT PORN EXPERIMENT

By Gary Wilson @ TEDxGlasgow

#1 What was new information to you?

INDIVIDUAL STUDENT RESPONSE

#2 What surprised you?

INDIVIDUAL STUDENT RESPONSE

#3 What impacted you the most?

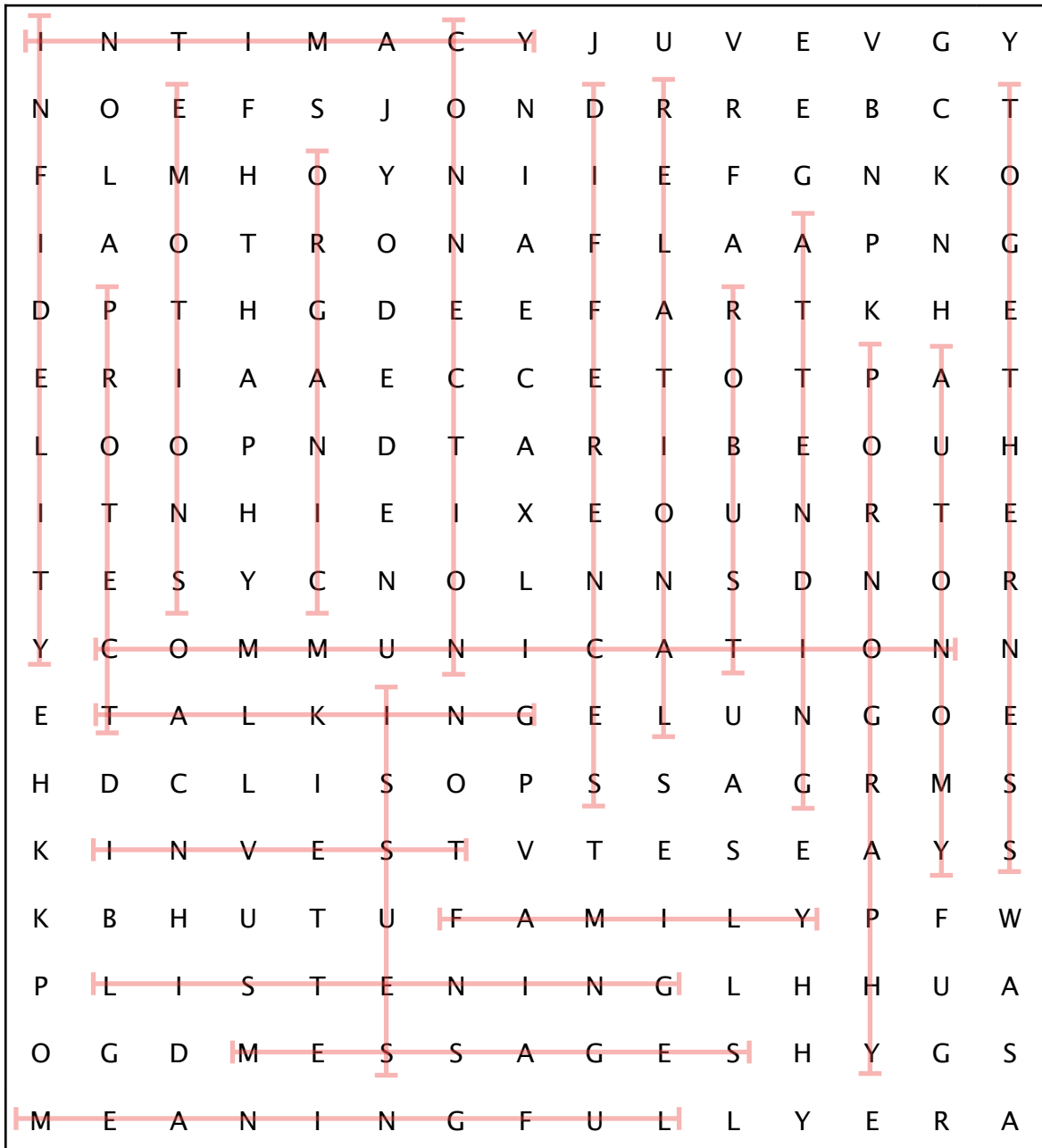
INDIVIDUAL STUDENT RESPONSE

#4 What questions has this raised for you?

INDIVIDUAL STUDENT RESPONSE

PUZZLE PAGES

Find a Word



ATTENDING

INFIDELITY

ORGANIC

AUTONOMY

INTIMACY

PORNOGRAPHY

COMMUNICATION

INVEST

PROTECT

CONNECTION

ISSUES

RELATIONAL

DIFFERENCES

LISTENING

ROBUST

EMOTIONS

MEANINGFUL

TALKING

FAMILY

MESSAGES

TOGETHERNESS

Find a Word created by: Smart Relationships Education

Sudoku

6	8	1	5	4	2	3	7	9
5	2	9	8	7	3	1	4	6
3	7	4	1	6	9	2	8	5
1	6	7	2	8	5	4	9	3
9	4	3	7	1	6	8	5	2
8	5	2	9	3	4	7	6	1
4	9	5	3	2	8	6	1	7
7	3	6	4	5	1	9	2	8
2	1	8	6	9	7	5	3	4

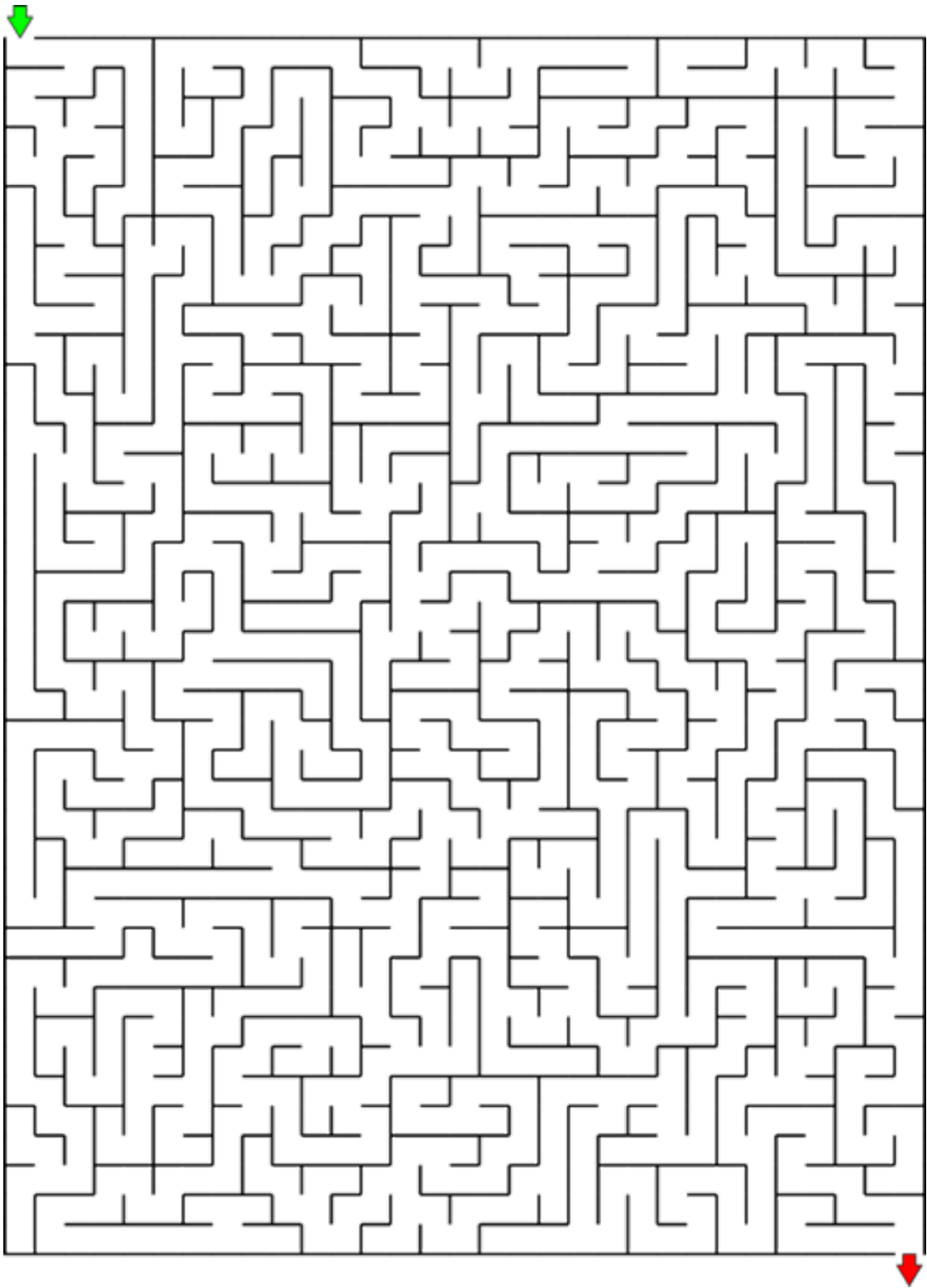
Easy

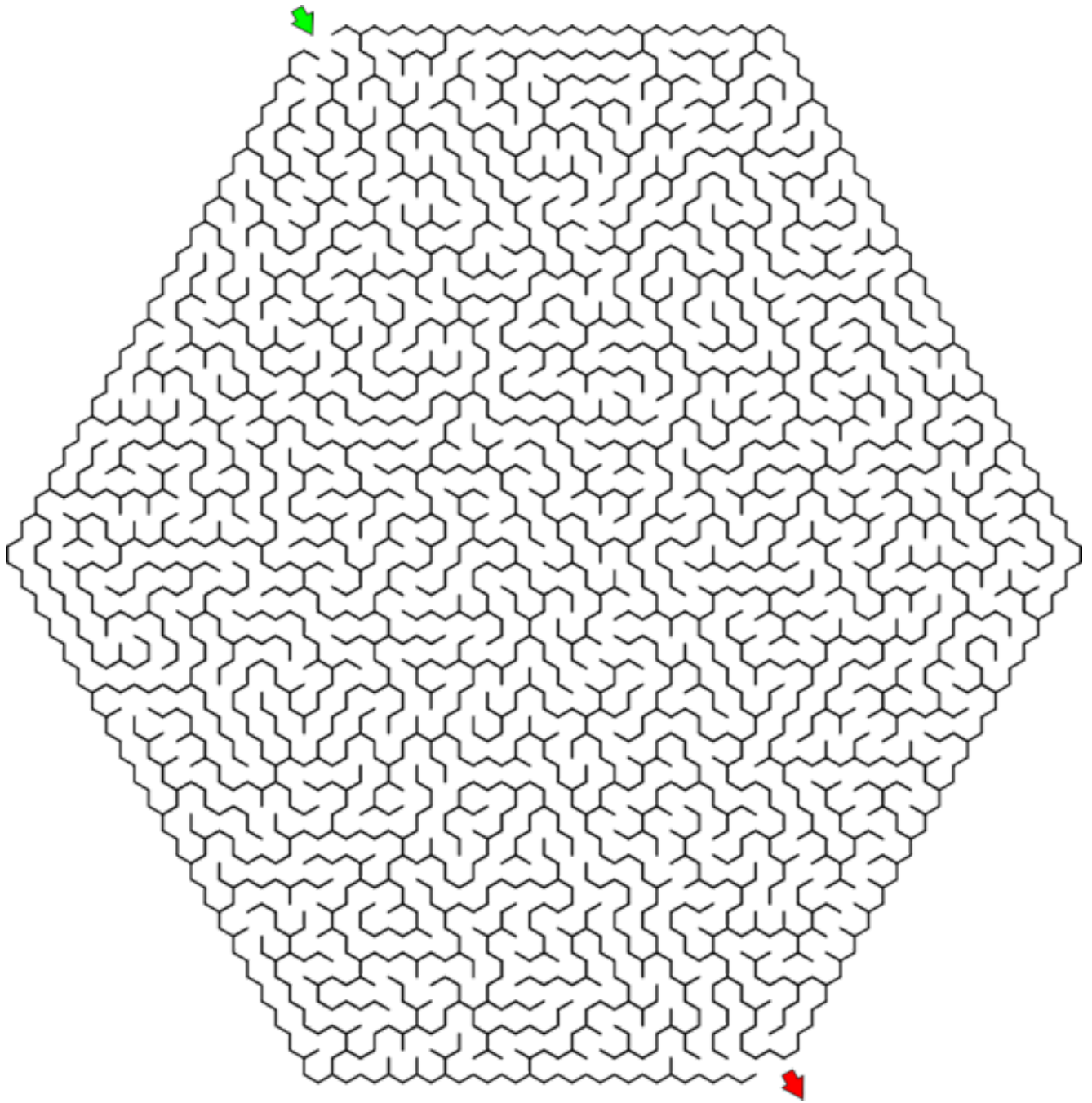
9	8	4	2	7	3	5	6	1
5	2	1	8	9	6	7	3	4
3	6	7	5	1	4	9	8	2
6	1	9	3	2	5	4	7	8
4	5	3	7	8	9	1	2	6
8	7	2	6	4	1	3	5	9
2	4	8	1	3	7	6	9	5
1	3	6	9	5	2	8	4	7
7	9	5	4	6	8	2	1	3

Medium

Sudoku Puzzles from: www.printable-puzzles.com

Mazes





Mazes from: www.krazydad.com/mazes