

CHANGE FOR THE BETTER

Community Based Curriculum

FACILITATOR'S GUIDE

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Introduction

CHANGE for the BETTER: COMMUNITY BASE CURRICULUM

Change for the Better: Community Base Curriculum, (CBCBC) works with educational institutions, government, nongovernmental organizations, and other partners to strengthen emotional and self awareness skills to improve public health in communities.

Program Strategy

CBCBC strengthens emotional and self awareness skills through:

- Integration with community public health priorities
- Strategic partnerships
- Assistance and training
- Advocacy and education
- Reflection

For more information, visit <http://www.wakerfamilyservices.com>

About this Curriculum

This curriculum was designed for members of society under-represented *wanting to improve their ability to obtain their desires, to fulfill their purpose, to develop a connection with others, to raise their consciousness, or to manifest what they want in their lives. Anyone looking for a way to better themselves, move farther along in life, or improve their current conditions will find this book useful.*

Target Audience

This book is for youth and young adults in urban cities that are exposed to the many hardships that seem impossible to overcome. We all have personal struggles in life but quitting is not an option. Together, we can pull through and beat the odds set before us.

Learning Objectives

When participants complete this program they will be able to:

- To become aware of one's emotional responses
- Explain how emotional awareness can improve decisions making
- Identify methods for coping with situations
- Apply effective interventions to modify personal behavior
- Accept positive and/or negative reactions
- Understand the importance of building positive relationships
- Identify and formulate a devised plan to accomplish goals

Instructor's Note

CHANGE for the BETTER: COMMUNITY BASE CURRICULUM

Introduction

- Workbooks closed
- Explain the workbook and how they will use it to complete exercises and take notes.

Process Flow

- Discussion
- Vocabulary
- Activity
- Key points
- Reflection

Ex: Think about the many decisions that you make in a day.

Possible response: Some of them are simple and straightforward, and some of them are not as simple as they may appear!

Reminder: Instruct the participants to really think about their answers.

- Whole class, ask the participants to share their answers. (Write response on flip chart)



LESSON 7

TOXIC RELATIONSHIP

Message from the authors ...

Toxic relationships can be a significant deterrent in one's ability to change for the better. Some people are unaware of the negative impact that they have on others and some derive satisfaction from creating chaos and dysfunction.

It is important to identify and categorize relationships as toxic or healthy. It's equally as important to take the necessary steps to remove or improve a toxic relationship. Easier said than done, right! Let's look at strategies that we can use to reframe from toxic relationships.

Coretta Ross and Frederick Walker Jr.

Toxic Relationship Lesson 7: Workbook (pgs. 58–66)

Duration	<ul style="list-style-type: none"> ● Open discussion (45 min.) ● Worksheet Part I & 2 (pgs. 61–66) (30 min.) ● Closing discussion (15 min.)
Objective(s)	Participants will be able to identify relationships that are bad or good for them.
Materials	<ul style="list-style-type: none"> ● Workbook ● Flip chart
Essentials Questions	<ul style="list-style-type: none"> ● Why learn about toxic relationships? ● What is a toxic relationship? ● What skills do I need to know to avoid toxic relationship?
Vocabulary	<ul style="list-style-type: none"> ◆ Manipulating ◆ Distinguish ◆ Control
Procedure	<p>Participants will ...</p> <ul style="list-style-type: none"> ● Ask the question (What is a toxic relationship?) <ul style="list-style-type: none"> – Write answers on flip chart ● Part I. (Fill in the blank, multiple choice questions) ● Read aloud bold sections. (pgs. 59–60) ● Review questions & answers ● Part II - Reflection <ul style="list-style-type: none"> – Fill in the blank to allow participants to understand how to avoid past mistakes. ● Closing Discussion: How to achieve goals with new skills?
Take-Away	Revisit your values to ensure your relationships align with who you are and when addressing toxic relationships with key actions.
Documentation & Reflections	What information will you gather to determine what participants learn?

TOXIC RELATIONSHIPS

To You,

I grew up in a rough neighborhood. Unfortunately, this area was full of *toxic relationships*. I am not going to act as if I knew everything then, and that is why I will offer you this experience. One day, my friend and I were walking up the street. We had just finished getting a frozen cup from the candy lady. We ran into another guy from the neighborhood that dared us to throw rocks at a van. I knew that this was wrong but didn't want to look like I was afraid to participate, bad idea. We threw the rocks at the van and broke the window. Immediately, the owner ran outside and saw us running. He told our parents, and we were all punished and nearly went jail. Now, think about it. Did I have to participate in this? Could I have simply said no thanks? Of course, I could have, and this is why I want you to start identifying negative relationships and discontinuing them.

Frederick Walker, Jr., LCSW

Toxic Relationships

Why learn about toxic relationships?

The things or people we surround ourselves with have the potential to enhance or destroy our lives. Distinguishing between toxic and healthy relationships is important. A key component in identifying toxic relationships is to have values, know the signs of toxic relationships, and learn how to avoid them.

Identifying your values

Values are qualities that we hold in high esteem. Values help us to identify ourselves, become aware of what motivates us, and refrain from toxic relationships. Some values are critical to have when avoiding toxic relationships. Here are a few examples that we should highly value.

- Confidence
- Fairness
- Honesty
- Respect
- Discipline
- Growth
- Happiness
- Stability
- Love
- Safety
- Health

Importance of healthy relationships

Knowing how to avoid toxic relationships is important, but it is key to know how to identify and keep healthy relationships. Healthy relationships allow us to have a higher quality of life and become better. Always remember to value relationships that allow you to become the best YOU!

Results of a toxic relationship

- Decreased self-esteem
- Feeling scared/fear
- Mistrust
- Dishonesty
- Un-forgiveness
- Stress
- Poor health

How to avoid toxic relationships

- Don't tolerate people that lie to you.
- Don't make relationship choices when you are going through a hard time.
- Identify what you value most.
- Learn to say NO!

Signs of a toxic relationship

- Manipulating (trying to influence someone to do something using lies)
- Someone/Something controlling your actions
- Undermining your own feelings
- Showing jealousy

Lesson 7: Toxic Relationships

Name _____

Learning Objective(s): To learn how to avoid toxic relationships; to learn how to identify toxic relationships

PART 1:

1. In your own words, briefly describe what a toxic relationship is.

2. Identify which of the following is a sign of a toxic relationship.

a. Respect	b. Control
c. Trust	d. Friendship

3. Select all of the choices you think are examples of toxic relationships.
- A. **A classmate who makes fun of you everyday to make you upset**
 - B. **A gang leader pressuring you into participating in illegal activities**
 - C. Your grandmother helping you fill out job applications
 - D. **Your best friend trying to convince you to smoke weed**
 - E. **Your basketball coach beating you after a practice.**
 - F. Your pastor taking you on volunteer projects with him
 - G. **Your older cousin beating you up and taking your nice clothes**
 - H. Your uncle taking you out to the park to play baseball
 - I. **Your older sibling bullying you into doing all of his/her chores**
 - J. **Your English teacher telling you that you're not smart enough to pass the class**

4. Choose which of the following can be a result of a toxic relationship.

a. Fear	b. Warmth
c. Love	d. Success

5. What is the best way to avoid toxic relationship?
- A. Choose relationships when you are having emotional distress.
 - B. Accept when people lie to you. We are all human.
 - C. **When someone lies to you, break off the friendship.**
 - D. All of the above

6. In the space provided, write what could be the results of the given relationships.

Relationship	Possible result of relationship
You have a friend who calls you mean names everyday at school.	
You have a close relative that you trust and he asks you to drink alcohol with him. Both of you are under-age and could possibly go to jail if caught.	
Your friend asks you if she could copy your homework assignment because she didn't feel like doing it.	

