# Challenging Harms

Discussion is an important part of learning. In this activity, you will explore different scenarios around harmful behaviours. Remember: it is healthy to share your thoughts and even disagree, as long as it’s done respectfully. Listen carefully to each other, challenge ideas in a safe and supportive way, and keep an open mind so everyone can learn and grow together.

* **Listen first** – Make sure you understand before you respond
* **Challenge ideas, not people** – Disagree with the opinion, not the person
* **Be open-minded** – Try to see things from another person’s perspective

### Scenario 1:

An online influencer says women should be “controlled” by men.

Why might some people agree with this?

Why is it harmful?

How could you challenge this belief if a friend repeated it?

How could this affect others? Are there any consequences?

### Scenario 2:

Someone in class says, “Porn is just entertainment — it doesn’t affect real relationships.”

Do you agree? Why or why not?

What impact can pornography have on how people see sex, consent, or relationships?

Should you challenge this belief? If yes, how? If no, why?

Use this space to write notes for when you feedback:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_