# 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 3:

You are at a bus stop, and a stranger has sat next to your friend and asked her why she is wearing a short dress?

How would this make her feel?

Why is this harmful?

What’s the right way to respond?

What effect could this have on your friend?

How could this affect you as a bystander?

Do you feel like you can respond?

Is there a right way?

Do you think you could realistically do this?

### Scenario 4:

A peer says jealousy and controlling who you talk to “means they really love you.”

Is that true?

What’s the difference between care and control?

How might you explain this to a friend?

Or

A friend says, "Your partner wanting to know where you are all the time, who you're talking to and making sure you are dressed 'decent', means that the person really loves and care for you.”

Discuss

What else could this mean

What views do you hold that agree/disagree with this statement?

Is this healthy?

How could you challenge your friends' views?

Use this space to write notes for when you feedback:

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