

Myth or Fact?

Scenarios and Answer Key

1. A good friend keeps all your secrets. (Myth)

If a friend tells you they are hurting themselves or are being hurt by someone else, this is not a secret to be kept. Yes, your friend may be angry that you told an adult in order to get help. It is more important that your friend is safe.

2. People who are abusive towards others do so because they are unable to control their anger. (Myth)

People who are abusive are not abusive to everyone and therefore can control their anger. They are making a choice. Help is available if they want to change their behaviour. They are responsible for their actions. You did not do anything to cause them to become angry.

3. Healthy relationships have conflict and arguments. (Fact)

All relationships have conflicts. It is how you choose to resolve the conflict that makes it healthy/unhealthy. In a healthy relationship, people listen to each other, speak respectfully, and try to figure out a solution together.

4. Jealousy is a sign of true love and caring. (Myth)

Jealousy and possessiveness come from feeling insecure and are signs of an unhealthy relationship. It shows a lack of trust, which is so important in healthy relationships.

5. Emotional abuse is not really abuse. (Myth)

Emotional abuse can have a huge impact on one's self confidence and well-being often resulting in anxiety, low self-esteem, and overall distress. Emotional abuse leaves scars on the inside.

Myth or Fact?

Scenarios and Answer Key

6. If a girl dresses in a certain way, she is “asking for it”. (Myth)

NO ONE asks to be harassed or assaulted. Too often the victim is blamed for the actions of the aggressor, who is totally responsible for their behaviour.

7. People who harm themselves do it for attention. (Myth)

There are many reasons people self-harm. It is a coping skill, perhaps a request for help. For most it is a way to relieve their intense distress. Most often it is a very private act, and if shared at all, only with one or two selected friends. If you know somehow that someone is self-harming, it is important for you to encourage them to get help. If they refuse, it is important for you to talk to a trusted adult to get help for

8. Add in anything else that may be an issue in the class.