



## **STAND AGAINST GENDER BASED VIOLENCE**

Project n°2022-3-BE04-KA210-YOU-000093759

### **Learning Activity Plan- CASE STUDY**

**Topic:** *Recognizing and Addressing Toxic and Abusive Behaviors in Relationships*

#### **Objectives**

1. To analyze real-life-inspired case studies to identify toxic and abusive behaviors.
2. To understand the emotional and psychological impact of such behaviors on individuals.
3. To promote strategies for healthy communication and boundaries in relationships.
4. To empower participants to recognize red flags and support those in unhealthy relationships.

#### **Activity Structure (90-120 minutes)**

##### **1. Introduction – Icebreaker and Framing the Topic (10-15 minutes)**

- **Icebreaker:** *“Red Flag or Green Flag?”*
  - Present participants with scenarios (e.g., *“Your partner constantly checks your phone”* or *“Your partner encourages you to spend time with friends”*).
  - Ask them to decide: *“Is this a red flag or a green flag?”*
  - Use this activity to introduce the concept of toxic and abusive behaviors in relationships.
- **Brief Overview:**
  - Explain the session’s goal: *“To analyze real-life-inspired situations, recognize toxic behaviors, and learn how to address them.”*
  - Highlight key behaviors to look for: control, jealousy, manipulation, and gaslighting.

##### **2. Case Study Analysis – Group Work (25-30 minutes)**

- **Activity:** *“What’s Happening Here?”*
  1. Divide participants into 3 groups. Assign each group one of the case studies (Diego & Clara, Louis & Mary, or Luisa & Pablo).



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2. Groups analyze their assigned case study and answer:

- *“What toxic or abusive behaviors can you identify?”*
- *“How do these behaviors affect the person experiencing them?”*
- *“What could the person do to address the situation?”*

3. Each group presents their findings to the larger group.

- **Facilitator Input:**

1. Emphasize common themes in the case studies: control disguised as care, jealousy, manipulation, and emotional abuse.

### **3. Empathy Building – Understanding the Impact (20-25 minutes)**

- **Activity:** *“Walk in Their Shoes”*

1. Ask participants to step into the shoes of the individuals in the case studies (Clara, Mary, or Luisa).
2. In small groups, participants discuss:
  - *“How do you think this person feels in this situation?”*
  - *“What barriers might they face in recognizing or leaving the toxic relationship?”*
  - *“What support would help them the most?”*
3. Groups share their reflections.

### **4. Building Healthy Relationships – Strategies and Solutions (20-25 minutes)**

- **Activity:** *“Healthy vs. Toxic Behaviors”*

1. Provide participants with a list of relationship behaviors (e.g., *“Checking your partner’s phone,” “Respecting your partner’s boundaries”*).
2. In pairs or small groups, participants categorize the behaviors as healthy or toxic.
3. Groups discuss:
  - *“How can we promote healthy communication and boundaries in relationships?”*
  - *“What are the warning signs of a toxic relationship?”*



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- **Facilitator Input:**

1. Share tips for fostering healthy relationships, such as open communication, mutual respect, and trust.

### **5. Reflection and Call to Action (10-15 minutes)**

- **Reflection Activity:**

- Ask participants to reflect on:
  - *“What did I learn today about toxic and abusive behaviors?”*
  - *“What can I do to support someone in a toxic relationship?”*
- Each participant writes down one action they will take to promote healthy relationships or support a friend in need.

### **Materials Needed**

- Printed copies of the 3 case studies.
- Flipchart or whiteboard for group presentations.
- Markers and paper for group work.
- Handouts with examples of healthy vs. toxic behaviors.

### **Expected Outcomes**

By the end of the session, participants will:

1. Recognize toxic and abusive behaviors in relationships.
2. Understand the emotional and psychological impact of these behaviors.
3. Learn strategies to promote healthy communication and boundaries.
4. Feel empowered to support themselves and others in building healthier relationships.