



Discussion Guide

For Adults Working with Teens

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Lesson: 10 Ways to Know You're Over Your Ex

Learning Objectives: By the end of this lesson, participants will be able to:

- List at least two ways to know if someone is over his or her ex-boyfriend or ex-girlfriend
- Describe at least three difficult situations that teens encounter when dating and describe at least one creative strategy for addressing each of those situations

Materials

- Copies of “10 Ways You Know You’re Over Your Ex”—one per student
- Seven pieces of newsprint—six pre-labeled
- Six markers
- Masking Tape

Preparation

Write one of the following on each piece of newsprint:

- A) 10 Ways to Know If Someone Likes You
- B) 10 Ways to Get Over Someone Who Doesn't Like You Back
- C) 10 Ways to Get Someone to Like You
- D) 10 Ways to Smoothly Ask Someone Out
- E) 10 Ways to Gently Break Up with Someone
- F) 10 Ways to Know If Someone Has Cheated on You

Procedure

1. Introduce the topic of love, dating, and relationships by asking students, “What are some difficult situations that teens deal with regarding love and relationships?” Solicit a few responses and point out the variety of difficult situations that typically include trust, honesty, values, culture, religion, communication, strong emotions, parental rules, being vulnerable, etc.

2. Introduce the concept of a Top 10 List having been a popular part of the *Late Show with David Letterman*. Explain that the following Top 10 List was created by a teen to help other teens figure out if they are over their ex-boyfriend or ex-girlfriend.

3. Distribute copies of “**10 Ways You Know You’re Over Your Ex**” and read together with your students. Ask the following discussion questions:

- What did you think of the story?
- Are there any other ways people might know they are over their ex?
- What other situations could teens use some help with regarding relationships?

4. Explain that during the next activity small groups will brainstorm parts of a Top 10 List on other relationship topics. Each small group will work on more than one Top 10 List and at the end, the entire list will be read to the whole class. Divide participants into six groups. Have students sit together in their small group.

5. Distribute a piece of pre-labeled newsprint and marker to each group and instruct them to write ONLY TWO items for their Top 10 List and then stop. Give groups one or two minutes to complete. (**Facilitator’s Note:** *It is helpful to circulate among groups as students get started to answer questions and keep students on task. Also reminding groups about writing ONLY TWO items might be necessary.*)

6. Call time and rotate the lists in some orderly fashion, such as clockwise or counterclockwise. Instruct the groups to write only the NEXT TWO items for their Top 10 List, noting that they cannot repeat any item that has already been listed. Give groups one or two minutes to complete. (**Facilitator’s Note:** *As the lists become longer, groups might need additional time to complete the task as they will need to be more creative with their ideas.*)

7. Continue rotating newsprint three more times until all Top 10 items have been listed for each topic. Next, instruct groups to select a volunteer to read out the Top 10 List to the entire group.

8. Have the groups read their Top 10 List starting with List A and continuing through List F. Ask for any additional items that might not have been included after each list has been read. Instruct students to return to their original seats

9. Process the activity by asking students the following discussion questions:

- How did it feel to do that activity?
- What did you learn about relationships, love or dating as a result?
- Were there any common themes in the Top 10 Lists? If so, what were they?

Post the remaining blank newsprint on the chalkboard or wall. Instruct group that relationships can be very rewarding and very difficult at any age and that having resources can be incredibly useful. Explain to the group that you will create the last Top 10 List together. Write “Top 10 People or Places Teens Can Go for More Info about Sex” on the remaining newsprint. Brainstorm items together with the group and make sure the list includes local sexual health resources and resource adults in the community. (**Facilitator’s Note:** *If possible,*

it would be ideal for this final list to be typed, copied and distributed to students or posted someplace visible for future reference.)

The Discussion Guide was created by Nora Gelperin, M.Ed., director of training and education at Answer. For additional lessons, go to http://answer.rutgers.edu/page/lesson_plans.

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