

WITHIN
*My Reach*TM

Activity Cards

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WITHIN MY REACH

Activity Cards

In the following pages are the cards that you will use for several activities throughout the curriculum. Please print or copy them onto heavy paper and cut them on the dashed lines.

Unit	Activity Cards
Unit 2	<i>Is it Safe? An Essential Question</i>
Unit 3	<i>High Cost Slides</i>
Unit 3	<i>Smart Love</i>
Unit 5	<i>Is it Realistic?</i>

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- This relationship is based almost exclusively on physical attraction and sexual involvement.
 - While you know that passion and satisfying sexuality is a part of a good relationship/marriage, your hunch is that without the sex there wouldn't be much interest or much there.
 - You feel like practically the only time your partner really treats you nicely is when you're having or about to have sex.
 - You know deep down inside that this relationship continues primarily because of the money or material things it provides you or your partner.
 - You are not sure you really like who your partner is, but it's a fun relationship for now.

Is it Safe? An Essential Question Card 1

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- You can tell that it's much more than your looks or body that your partner likes. You admire one another's character.
 - You feel like your needs are important and feel open expressing your wants and desires when making love versus feeling degraded, violated or unimportant.
 - You sense that your partner admires and cherishes your qualities.
 - You know your partner cares about your needs and happiness as much as his/her own. You do likewise.
 - You both engage in healthy giving to each other. The relationship feels reciprocal most of the time.
 - Your partner treats your children the way you would expect a parent to and models behaviors you'd be proud to see your children imitate.
 - You appreciate each other and have similar values regarding work and play, or at least you respect the differences.

Is it Safe? An Essential Question Card 2

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- You worry about not being good enough.
 - Your partner makes you feel insecure about your looks, your body, or your intelligence.
 - You feel you need to act, talk, look, or dress a certain way to get his or her love.
 - You fear that your partner might leave if you don't meet these standards or expectations.
 - He or she criticizes your clothing, the way you parent, your work ethic, or how smart you are.
 - You feel small and inadequate.

Is it Safe? An Essential Question Card 3

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- You are free to be yourself around your partner.
 - You feel your partner appreciates your true “essence,” who you really are, despite your imperfections.
 - You feel secure in your partner’s love. You are sure he or she will be there for you even when it’s not easy or convenient.
 - You feel known and accepted.
 - Your partner does not judge, ridicule or make you feel inadequate for decisions or experiences you’ve had prior to being in the relationship, but rather values these as things that make you unique!
 - Your partner shows you he or she cherishes you.

Is it Safe? An Essential Question Card 4

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- Your feelings and words are disregarded, or put down. Your partner shows little to no interest in your feelings or concerns, and calls you stupid a lot.
 - You have little to no say in what happens within the relationship. It's always your partner's way or the highway.
 - You seem to get blamed for everything.
 - He or she seems hyper-jealous. Your partner questions your intentions, whereabouts and motivations. He or she demands to see your phone bills and e-mails or monitors your activities despite having little reason for suspicion.
 - Your partner sees your gains as his or her losses. This person is very defensive or negative about your accomplishments and doesn't seem to want you to better yourself.
 - You seem to spend a lot of time making or doing things for your partner.
 - You avoid saying or doing things that are important to you. You sometimes feel like you are walking on eggshells.

Is it Safe? An Essential Question Card 5

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- You both enjoy taking care of each others needs and do so out of love and not necessity.
 - You feel your ideas, needs and concerns are important to your partner. He or she shows interest in hearing them.
 - You feel respected.
 - You feel encouraged to develop and better yourself (with school, employment, exercise).
 - You support each other in making positive changes and bettering yourselves.
 - You feel as though you are part of a team.
 - You take pride in each other's accomplishments.

Is it Safe? An Essential Question Card 6

I expect my partner to feel obligated to provide for his children and to work full time—even if it's a job he doesn't like.

I don't want my partner talking to his ex. I don't care if they have kids together. He now has kids with me.

We're not getting married until we can have a big wedding, like on TV. It might cost \$20,000, but it's worth it.

It hurts us financially, but I know he has to take care of the kids he had before we met.

I expect my kids to treat my new partner with respect.

I expect my kids to listen and obey my new partner as they would my ex. She's moved in with us and now she is the other parent. My kids better obey her.

I expect my kids to love my new partner. After all, I married her and now we're a family.

I expect my partner to back me up when it comes to disciplining my kids, not take over.

We'd like to get married some day, but before we can, we want certain things in place like owning our own home.

Even though it's hard for my partner to find a good job, I expect him to take whatever work he can find. I expect him to feel the need to support the family.

My partner likes to go out to the bars without me. He says he needs his freedom. I expect him not to do this. It's okay to go out with his friends now and then for a drink, but what would he be doing at the club late Saturday without me?

She sees her ex occasionally and tells me it's no big deal. They're just good friends and nothing more. I guess I should accept that.

I expect my partner to end his friendships. He doesn't need them. He has me and the kids now.

I expect my partner to have and keep a job.

I expect not to have to work and to be taken care of.

I expect my partner to be faithful. If he thinks I'll tolerate him stepping out on me like some people do, he's crazy.

I know my partner sees other people, but these days everyone seems to do it. I guess that's just the way it is. At least I know I'm his "main squeeze."

I expect my little boy to be man of the house and help me.

I expect my partner to live within her means, to be financially responsible and not run up a big credit card bill.

I expect my partner to give me expensive stuff and a nice standard of living to show me he loves me.

If my partner disagrees with how I raise my kids, I expect him to discuss it with me privately so we can figure out what to do, not to openly go against my judgment in front of the kids.

I expect some people to have temper problems. A lot of people can't control their tempers. That's just how they are. My partner is no different, and I know what to expect if I make him mad.

I expect not to be called stupid or hear other nasty put-downs. I expect to be treated with respect.

None of my exes would talk about their feelings. I shouldn't expect it from my partner.

I expect my partner to share his thoughts with me. I expect no secrets between us.

I expect for us to spend all holidays with my side of the family.

I expect my partner to come home by a certain time either after work or after going out.

I expect to share the household chores with my partner.

I expect my partner to consult me before making a big purchase.

I expect to do all the parenting alone.

I expect honesty from my partner.

I expect to spend time doing things together, going places together.

I expect to get married after we're together two years.

I expect to have more children.

I shouldn't expect too much in the way of financial support from my partner. As long as he comes around and helps now and then, it's okay.

I expect my partner to work the program (AA) and to stay out of jail.

I expect daily physical affection.

I can't expect my partner to be responsive to my sexual needs.

I expect my partner to convert to my religion.

I don't expect my partner to spend much time with her family, especially her mother.

I expect that we won't have pornography in our home.

I expect him not to cuss in front of the children.

I expect both of us to nurture and take care of our baby—walk, feed, play.

We like to relax together in the evenings, renting movies or watching TV together.

We like to take the kids to the park together. We sit and talk while they play.

I like to get involved in my community, especially in my children's school. My partner doesn't think this is important—says I'm wasting my time.

I'm really active and on the go. I've got drive to better myself. My partner just likes to sit. I like to try new things and he never seems to want to. But, we have great sex, so I think we're a good match.

My partner treats me like I'm stupid. I feel stupid around him, so I let him make all the decisions.

These days with kids it's hard to get out much. We've made a New Year's resolution to get out more and dance—something we both enjoy a lot.

I value responsibility, but my partner seems to live moment-to-moment without thinking about how her actions hurt and affect others.

We both look on the bright side of life and try to see the good in people.

I don't do drugs, and I drink only occasionally—I've seen it mess up too many people in my family. But my new partner keeps telling me I'm uptight. Maybe that's true, I should loosen up. I don't want to lose this relationship.

My religious beliefs are very important to me. My partner isn't very religious, but respects me and it's okay that I take the kids to church.

I am a practicing Christian but have been dating someone who is Muslim. I really like him but it really bothers me when he says that Jesus is simply a prophet. He says that if I really love him, I'll convert.

For me I've got to have honesty. If I had a partner who lied about drugs or stepped out on me, then there's no trust. What's the point of continuing a relationship? You've got to know when to walk away.

When my partner gets angry and explodes, I always ask myself what I did wrong or what I could have done differently. I keep trying to make things right for him. I really love him.

There are things I want to improve about myself, but I know my partner loves me for who I am. He supports me in making changes, like going to AA meetings with me.

I know he'd like me to hang out his friends, but I just don't feel comfortable. I have to pretend I'm someone I'm not when I'm around them. It doesn't feel right. I don't think this relationship is going to work.

Every time she cheats and I find out, she swears it's the last time. I'm tired of it, but I'd rather be with her than be alone.

In the first couple months of our relationship, he was always tearing other people down and was always so negative about everything. I thought I could change him but finally realized his attitude toward life was just too different from mine. I realized it would never work. So even though it was hard, I broke up with him.

My top priority is being a good parent and providing for my children. My boyfriend used to go out late and sleep until noon. He wouldn't even look for a job even though I kept finding him applications. Now, it's over—I've ended it because he's not going to change and I'm tired of doing all the work.

He used to say he couldn't find a job, and sold dope instead. I finally addressed it and told him, "You're a parent now, and my child doesn't need a parent who is dead or in jail." It worked! Together we found him a job he likes.

He had a rough background. The only reason he drinks too much and hits me is because it's all he knew as a kid. I think I'm the only one who understands him and can change him. I'm all he has.

We practically disagree about everything, but I think with time and love, everything will be alright. I just try to change the subject a lot and avoid certain topics.

He's always right and I'm always wrong. I think it's just better to keep my mouth shut, especially when he starts shouting and raising his fist. If I don't say anything, it will blow over. I just hope things will get better with time.

I know I can make my partner jealous and I know I'm better than that ho he's been hanging with. If that ho thinks she can get my partner, she's got another thing coming. I'll whoop both of their asses.

She told me I had no business saying she couldn't go out to the club. She tells me there are plenty of other men out there and to stop bugging her about it or she'll leave. I guess I have to put up with it if I want to keep her.

When we're around his friends, he treats me like I'm nothing. The only time he is really kind and considerate is when we're having sex. I deserve better. I'm going to break-up with him.

He keeps pressuring me to move in together. He says that if I love him I would do it. No way am I going to provide housekeeping for him without a marriage date.

He makes good money and pays my bills, but I don't love him and I can't even stand him touching me in bed. I pretend because I like the things he provides.

She has lied too many times about whether she's been out with other people. I don't think I can trust her to stay faithful. I'm planning on breaking up this week.

My partner told me to shut up in front of my kids and then shoved me. I was mad, but later in private she said she was sorry. She has a rough background that causes her to act that way. I know she really loves me.

He always referred to me and my friends as *hos* and *bitches*. I told him to stop talking that way and that I felt disrespected. Besides, I didn't want my kids hearing that. Now he doesn't talk that way around us anymore.

He asked to move in when he got evicted. They had been dating about a month at that point. She thought it would take some of the stress and burden off her to have someone else there. He would help her with bills, living expenses. Life might be easier. That's what she was thinking when he moved in.

fold here

After 3 months he lost his job. He had an argument with his boss and cussed him out and got fired. Now, he only makes a half-hearted attempt to look for work. He sleeps until noon and often goes out late at night. Meanwhile she's working hard, taking a class and scrounging to make ends meet. It feels to her like she has another child to mind.

She has a child from a previous relationship. That relationship ended when she met Eddy. He seems like a nice, smooth talking guy. He seemed sensitive to her needs and really good with kids. When he heard how hard up she was to find affordable childcare, he said he'd watch the baby while she took her classes. They had been on and off for about 3 months. She scheduled classes around his plans.

fold here

But then he starts jerking her around, says he'll be there, shows up late or doesn't show up. She's lost so much school, gotten so far behind, she has to drop out.

She and her boyfriend have been living together for about two months. She has a baby from a previous relationship. Their arrangement is that she works (she has a good job) and he watches the baby during the day. He has a night job. She has some concerns about him because she knows that social services has called before about his other children and their safety, but he keeps saying that he's taken care of babies before. It's easier for her if he watches her son during the day and much cheaper than childcare.

fold here

One day she gets a call from the hospital and finds out her baby is in critical condition. In frustration, he shook the baby. He's sorry and said he was really tired and just got so frustrated with the crying.

This couple has been together on and off for three years. She has moved in and out of his place a few times over the past six months, but says she's really moving back to stay. She can't seem to find work, so she asks her boyfriend for money fairly often. He figures that because they are living together, he can't really say no.

fold here

Come to find out, she's been taking the money for drugs. She can't pay him back and he can't cover the rent. He gets evicted.

It seems to her that there's chemistry between them. She thinks this time it's "the real thing." To her, sex means something beautiful now. She's shared her body and soul. They haven't talked about whether they are seeing other people, but she's pretty sure that their sex is just as special to him as it is to her.

fold here

She finds out he's got other woman...and always had. She's furious and feels utterly betrayed.

Her boyfriend said, "I want you to have my baby." He's tender and good to her. She thinks he loves her. She dreams of a family together. To her, what he says means he's ready to commit, ready for a family, ready to be a father. She decides birth control isn't important any more.

fold here

Three years later, she has two kids. He's been in and out and had a child with another woman.

He says he doesn't want to use condoms because it's a sign of mistrust. He says, "If you love me and we got something special, you shouldn't be afraid of anything." She's hesitant at first, but then she starts thinking it's okay. She gets tired of asking him to use a condom and it just sort of happens that they have sex without one.

fold here

A year later she finds out she's HIV positive.

She's been pulling her life together on her own, for her and her child, for years now. She has been holding down a job and has developed good credit at long last. In fact, she's gotten a checking account and has been keeping it very carefully. Her life has been getting steadily better. She meets a man who she really falls for. In fact, they both become so deeply attracted so fast, and she feels like "he's really the one for me." One thing leads to another, and within a few months, he's moved into her place. She's so happy about what seemed to her to be a step of commitment for him.

fold here

One day, she gets a call from the bank and finds out he's written many hot checks using her account. She goes home, he's gone.

She stood by him when he was in prison. Those were 4 long hard years. He said he had changed in the mountain of letters he wrote to her while in prison. Instead of waiting to see if he had really changed, she let him move in to her place as soon as he got out. She was a bit anxious about taking him back, but he told her to trust him, that he wasn't going back to those ways.

fold here

When he got out, she took him right into her home. She got pregnant pretty quickly. He started hanging out with some of the same guys he got in trouble with. Then he got nabbed for a parole violation; next it was a dirty UI, then he got picked up for _____. He ended up back in prison—this time for a 10 year sentence.

He's hit her up pretty badly. She's kicked him out several times, but each time, he's come back crying, with roses, promising to change. She believes his promises and never insists that he get help.

fold here

This time, she's told him it's over and she means it. He's threatened to kill the kids and her if she leaves. He says "no one is going to have you if I can't." She knows he's capable of anything and doubts any restraining order will work.

This is her first marriage. She has two daughters, 8 and 11, from a previous relationship. Her new husband has children who live far away with their mothers. She knew he was court ordered not to see his kids, but she never decided to find out much about his past. He said his ex was just a "bitch," and was keeping his kids from knowing him.

fold here

She comes to find out when Marie, her daughter, is 15, that he has been sexually molesting both girls since 8 months after the marriage.
