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CALM

Learning Activity

Finley & Blake: A case study

Learning Outcomes

General Outcome 1: Personal Choices

Students will apply an understanding of the emotional/psychological, intellectual, social, spiritual and physical dimensions of health — and the dynamic interplay of these factors — in managing personal well-being.

Specific Outcome P11:

Examine the relationship between commitment and intimacy in all its levels.



Finley & Blake

Read the story and follow the instructions below.

Finley and Blake met in Art class. Working on projects, they got to know each other better. As they became friends, they realized they were attracted to each other. They started to go on dates and spend more and more time together.

Several months later, their friends noticed that the relationship was changing. Blake criticized Finley's appearance, made jokes at their expense and wanted Finley to stop hanging out with other friends. The friends also noticed that Finley and Blake were rarely apart. On the other hand, Finley sometimes flirted with other people. When Finley was away from Blake, Blake would constantly call or text Finley. Finley seemed anxious around Blake, and often worried about making them angry.

After talking to concerned friends, Finley told Blake how they felt. Blake said that they were sorry and said they could not imagine life without Finley. Blake said they didn't mean to hurt Finley and promised to change their behaviour.

Things did not change; in fact, friends worried that Blake was becoming more controlling. Blake was also pressuring Finley to have sex.

Finley spent less time with friends and often cancelled plans last minute.

Their friends are very worried about the situation. They have decided that it's time to talk to Finley and Blake about the relationship again.





Discussion & Role Play

1

Choose a role to play in the conversation between:

Circle one

Finley and their friends OR Blake and their friends

2

Consider These Questions

Discuss these questions to prepare for your role play:

- What are the main concerns about the relationship?
- What needs to change in the relationship?
- Should the relationship continue?
- Blake is pressuring Finley to have sex. What decision do you think Finley should make? How would this decision affect the relationship?

3

Plan a short skit

Using your answers above, plan a short skit that demonstrates healthy and realistic examples of how the friends could support either Finley or Blake.





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