



Cut the Cameras: Utilizing Media to Talk About Unhealthy Relationships with Young People Role Playing Script

Baila is in a SBHC. She is going in for a regular appointment and Anna, her provider, talks to all of her patients about healthy and unhealthy relationships. In particular, she has shared that in a healthy relationship, both people feel comfortable sharing their feelings. Anna asks Baila what she thinks of what she just shared.

- **Baila:** partner doesn't feel comfortable coming out yet. Their family doesn't know that they're queer- and I don't want to them to be uncomfortable but it also makes me feel uncomfortable because it makes me feel like it's a burden because we have to hide it. At the same time it feels exciting to have to hide it
- **Anna:** That sounds like a lot to deal with. Have you talked to your partner about how you're feeling?
- **Baila:** I don't want to make them mad, don't want to make them feel more like a burden
- **Anna:** hmm. What might happen if they got mad?
- **Baila:** They would completely blow up and bring up issues from a while ago that we never talked about. I don't know how to deal with the fighting so I've just been doing the things I like to do, like watch tv while they cool down.
- **Anna:** That makes a lot of sense. I watch a ton of TV and I find it really helpful to talk through shows that I relate to sometimes. Have you read or watched anything lately that feels similar to what you're going through right now?
- **Baila:** yeah actually I watched sex ed and I saw Adam and Eric's relationship and its similar to my own and they're making it work out so I feel like I can too
- **Anna:** Oh! I watch that, too. I love that show. I hear you, but do you think though that their relationship is healthy?
- **Baila:** I think so. Isn't it normal for a relationship to have challenges that you have to fight for? Adam is going through a lot and if Eric loves him enough, he would be there no matter what.
- **Anna:** I understand what you mean, but there are two people in that relationship and both of those people have needs in this relationship. Both of them deserve to feel respected and cared for by their partner. Do you feel like Eric is getting that from this relationship?
- **Baila:** No, except they made it work.... and in the end they were together. And I think it would work out for me too, I just have to be patient. Thank you though, I have to get to class now.
- **Anna:** Okay! Would you want to chat about this again? I'm here for you.
- **Baila:** Sure, it was nice to talk to someone about it! Thank you for listening.

Audrey is in for her weekly counseling session with her provider, Anna. Audrey starts telling Anna about a new relationship.

- **Audrey:** So, I've been seeing this new person lately and I'm really into him! Things have been.. Interesting though. Sometimes he can be a little hard to read but I think he likes me too!
- **Anna:** New relationships can be exciting! Tell me more about what you mean that "things have been interesting"
- **Audrey:** Well, we went on this date and my guy friend (name) bumped into us while we were hanging out and (date's name) got like super jealous. He started acting a little different than usual.