

# My Goals, My Life

## DISCUSSION GUIDE

Drive a discussion about healthy dating with middle and high school students — and motivate them to keep it going.





## CAMPAIGN SUMMARY

*My Goals My Life* is a video campaign for all teens in Georgia. It aims to empower middle and high school students to:

- Make safe and positive decisions that protect themselves and others when dating
- Model those behaviors for peers

Georgia Division of Family and Children Services developed the campaign PSA with young people from across the state.

## START THE CONVERSATION

Facilitating student discussions about healthy and safe relationships can help support their decision-making and improve their well-being.

These discussions and exposure to health messages can also help prevent adolescent pregnancy and teen dating violence.

This discussion guide aims to support you in:

- Screening the *My Goals My Life* PSA with students
- Facilitating a conversation about healthy relationships
- Motivating and helping students create their own video

Program facilitators can use this guide for conducting a unique activity that reinforces Adolescent Pregnancy Prevention Program, PREP, and Sexual Risk Avoidance Education Program curricula.

Educators can use it as a tool to start and deepen the conversation about dating skills that are safe and respectful for all teen students.



## SCREENING & TALK BACK

### 1. Introduce the topic and activity.

- We're going to watch a video made by students in Georgia — for teens like you.
- It's called *My Goals, My Life*. It's about what healthy and unhealthy relationships look like — now and in the future.
- It's three minutes long. Ready?

### 2. Play [My Goals, My Life PSA](#).

### 3. What are some immediate reactions?

- What did you feel when listening to them talk about dating?

### Facilitation Tips

- Use the added questions given to probe for additional insights, if needed
- If a response is unclear or the student may have additional insight to share, ask "Could you say more about that?"

4. One of the guys in the video defined dating for him as, **“Me and another partner committing to our future.”** What do you think of that definition?
  - Do you agree? What would you add? What else does dating mean to you?
5. Several of them talked about boundaries in healthy relationships — **“Someone who respects my boundaries, and I respect theirs”, “You have to know your boundaries and use self-respect.”** What do boundaries mean?
  - What are boundaries to you? How do you set a boundary?
6. What do you think young people need to know to build healthy relationships?
  - What kinds of things do young people need to learn to be in a healthy relationship?
7. How do you build a healthy relationship with someone during the time of COVID?
  - How is a relationship during the COVID-19 pandemic different than before COVID?
  - What is different about being in a relationship now? What aspects of being in a healthy relationship are the same?

## CONTINUE THE CONVERSATION

Now it's your students' turn! After the discussion, invite them to:

- Create their own video with their mobile devices
- Answer the question, “What does a future healthy relationship look like to you?”
- Post it to social media using #MyGoalsMyLifeGA

Keep the activity casual and participation optional. Consider giving an incentive that will resonate with your students to motivate participation. And most importantly, have fun!

### Recording Tips

**REC** ●

- **Record videos on phones vertically, not horizontally.**
- **Make selfies or assist one another in recording video.**
  - Hold the phone for someone.
  - You or another student can ask the question — “What does a healthy relationship look like to you?” — then the student being recorded replies.
- **When finishing and posting to social media, remind them to use #MyGoalsMyLifeGA.**