

FACEBOOK PROFILE ANALYSIS

What are the first three things that come to your mind when you view this profile?

1.

2.

3.

Describe what you think this person's life is like?

Compare with a classmate:

Plus (same as partner):

Minus (different than partner):

Interesting:

HEALTHY DIGITAL RELATIONSHIPS

Looks Like, Sounds Like, Feels Like

LOOKS LIKE...

HEALTHY

UNHEALTHY

SOUNDS LIKE...

HEALTHY

UNHEALTHY

FEELS LIKE...

HEALTHY

UNHEALTHY

HEALTHY DIGITAL RELATIONSHIPS – REFERENCE

LOOKS LIKE...

HEALTHY <ul style="list-style-type: none">positive messageshappy emoticonssmilingenjoy using the phone/computerpeople getting alongreciprocated conversationslaughing	UNHEALTHY <ul style="list-style-type: none">cryingangry emoticonsinappropriate languagemean messagesfighting
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SOUNDS LIKE...

HEALTHY <ul style="list-style-type: none">laughterappropriate languagepositive messagespleasant conversationstwo-sided conversationsexcitementjoy	UNHEALTHY <ul style="list-style-type: none">yellingcryingarguingnegative messagesdisrespectful languageone-sided conversations
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FEELS LIKE...

HEALTHY <ul style="list-style-type: none">willing to respondhappy to get messagesexcited to share newshappinessrespect	UNHEALTHY <ul style="list-style-type: none">sadnessdisrespectscaredembarrassedworrieddisappointedhurt
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CARING OR CONTROLLING

Jasmine started dating Malcolm a few months ago. Jasmine is always telling her best friend Kiara that she thinks it is sweet how much Malcolm texts her and keeps in touch. The other day, Kiara and Jasmine were eating lunch together in the cafeteria when Malcolm stormed up and demanded to see Jasmine's phone. Startled, Jasmine asked why. Malcolm said that he'd been texting her for the past fifteen minutes and she hadn't bothered to respond.

Caring?

Controlling?

Is Malcolm's behaviour caring or is Malcolm's behaviour controlling? Take the following quiz below to review some examples of caring and controlling behaviour in a dating relationship.

Read each scenario and indicate whether you think it is *caring* or *controlling*.

Your boyfriend / girlfriend...	Caring	Controlling
Wants to know your password to your email account.		
Calls at least once to see how your day is going.		
Sends multiple text messages while you're in class.		
Calls you and if you don't answer, sends a text asking you to call when you're free.		
Asks you to send semi-naked or nude pictures of yourself.		
Might go a whole day without texting/talking to you.		
Texts often to get updates on what you're doing and who you're with.		
Gets frustrated when you don't respond to text messages right away.		

CARING OR CONTROLLING – REFERENCE

Malcolm's behavior is controlling.

Malcolm should respect that Jasmine is independent and has the right to decide when to respond to his messages. He also assumed that she was ignoring him rather than considering that she might have other things going on and is unable to respond. His demand to see her phone shows his lack of respect of her boundaries and privacy.

Your boyfriend / girlfriend...	Caring	Controlling
Wants to know your password to your email account. Sharing your password to private accounts gives the person access not only to information you send other people, but also information they share with you. This puts your privacy, as well as the privacy of your friends and family that communicate with you online, at risk.		Yes
Calls at least once to see how your day is going. It is important to keep in touch with someone you're in a relationship with, but it is also important to give that person space to have their own life. This shows that your partner values your independence in the relationship, respects that you have other things going on, but also cares enough to find out how you are doing.	Yes	
Sends multiple text messages while you're in class. When your partner knows you're busy or learning, but sends you multiple text messages, they are not letting you have your independence or do things that are important to you. They should be respectful of your needs and time.		Yes
Calls you and if you don't answer, sends a text asking you to call when you're free. This shows that your partner is respectful of your time and knows that you might be doing something and can be patient to talk to you later.	Yes	
Asks you to send semi-naked or nude pictures of yourself. Take a minute to think about what may happen down the line and how much control that person will have by owning private pictures of you. There is a lack of respect in the relationship if your partner is pressuring you for these types of pictures.		Yes
Might go a whole day without texting/talking to you. People in healthy relationships often have other commitments and obligations, so it is normal that they may not talk or text all day. It shows that the relationship is strong enough that both people can do their own thing but still feel secure in what they have as a couple.	Yes	
Texts often to get updates on what you're doing and who you're with. It is important to share with your partner things that go on in your life, but on your own terms. You shouldn't feel like someone is checking up on you or that you have to share everything with your partner.		Yes
Gets frustrated when you don't respond to text messages right away. You have a right to your own life and space. Independence is an important part of a relationship and someone who is frustrated with you for not responding to them right away isn't respecting that boundary.		Yes

THINKING CRITICALLY – EXIT CARD

Identify THREE things you learned about gender roles and stereotypes in media.

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List TWO ways you can have a healthy digital relationship.

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Name ONE way you can apply the lessons you've learned about media.

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