



SHALOM TASK FORCE PRESENTS: HOW TO SPEAK TO YOUR CHILDREN

ABOUT HEALTHY AND UNHEALTHY RELATIONSHIPS

Examples In Media

- Examples
 - Songs
 - TV Shows
 - Movies
 - Real Life

Examples in Music

Shalom Task Force does not endorse any person on this list. We only recommend using these examples if your child has prior knowledge of these songs

Song	Lyrics
Love the Way You Lie- Eminem ft Rihanna	<ul style="list-style-type: none">• Just gonna stand there and hear me cry- Well, that's alright because I love the way you lie• I can't breathe but I still fight while I can fight- As long as the wrong feels right it's like I'm in flight• Sound like broken records playing over but you promised her- Next time you'd show restraint- You don't get another chance- Life is no Nintendo game• Now I know we said things, did things that we didn't mean- And we fall back into the same patterns, same routines
The Heart Wants What It Wants- Selena Gomez	<ul style="list-style-type: none">• The future that we hold is so unclear- But I'm not alive until you call• Save your advice, 'cause I won't hear- You might be right, but I don't care• This is a modern fairytale- No happy endings- No wind in our sails• There's a million reasons why I should give you up- But the heart wants what it wants
Lose You To Love Me- Selena Gomez	<ul style="list-style-type: none">• You promised the world and I fell for it- I put you first and you adored it• Sang off-key in my chorus- 'Cause it wasn't yours• Rose-colored glasses all distorted• We'd always go into it blindly- I needed to lose you to find me• I gave my all and they all know it- You tore me down and now it's showing
Graveyard- Halsey	<ul style="list-style-type: none">• It's crazy when- The thing you love the most is the detriment- Let that sink in• You can think again- When the hand you wanna hold is a weapon and- You're nothin' but skin• They say I may be making a mistake- I woulda followed all the way, no matter how far• Oh, it's funny how- The warning signs can feel like they're butterflies
Rock Bottom- Hailee Steinfeld	<ul style="list-style-type: none">• What are we fighting for?- Seems like we do it just for fun- In this, this stupid war- We play hard with our plastic guns• That you hate me now and I feel the same way- You love me now and I feel the same way• We're on the right side of rock bottom- And to you, I just keep crawling-• You're the best kind of bad something- 'Cause we keep on coming back for more

Song

Lyrics

Better Man- Little Big Town

- And I see the permanent damage you did to me- Never again, I just wish I could forget when it was magic
- And I know why we had to say goodbye- Like the back of my hand- And I just miss you, and I just wish you were a better man- A better man
- I know I'm probably better off all alone- Than needing a man who could change his mind- At any given minute
- And it's always on your terms- I'm hanging on every careless word- Hoping it might turn sweet again- Like it was in the beginning
- I hold onto this pride because these days it's all I have- And I gave you my best and we both know you can't say that- You can't say that
- I wonder what we would've become- If you were a better man- We might still be in love- If you were a better man

The Story Never Ends- Lauv

- Stick, stick to your stones 'cause that's all you know- I was caught in the middle
- But go ahead give me all the blame- Twist my words and set them to flame, woah
- How, how could I stay when you lit a match to all my intentions?
- That's who you are- Crash the car- And blame the road

Miss Me More- Kelsea Ballerini

- I retired my red lipstick 'cause you said you didn't like it- I didn't wear my high heel shoes- 'Cause I couldn't be taller than you
- I didn't wanna lose my friends, but now it's hard to even find them- It's what you wanted, ain't it?
- I thought I'd miss you (When it ended)- I thought it hurt me (But it didn't)- I thought I'd miss you- I thought I'd miss you- But I miss me more
- I forgot I had dreams, I forgot I had wings- Forgot who I was before
- I found my independence- Can't believe I ever lost it- What you wanted, ain't it?

July- Noah Cyrus

- You know I, I'm afraid of change- Guess that's why we stay the same
- 'Cause you remind me every day- I'm not enough, but I still stay
- I've done a lot of things wrong- Loving you being one- But I can't move on

Examples in Film

Shalom Task Force does not endorse any film on this list. We only recommend using these examples if your child has prior knowledge of these films

Film	Plot
Safe Haven (2013)	<p>Safe Haven tells the story of Katie, a woman who was in a violent relationship with her alcoholic husband. Katie once had the courage to call the police after a violent incident, but because her husband was a detective and employee at the police station, no charges were filed. Realizing that her situation would be more difficult to escape from that she anticipated, she began creating a long-term plan. Finally, with the help of neighbors, she was able to escape. Having also read the book this movie was based on, I found that the film does not include enough of story of Katie's abuse. Katie experienced symptoms of Post Traumatic Stress Disorder including nightmares and flashbacks in the film, but little of her life prior to the escape is shown. Most of the movie focuses on the subsequent love story she has with a man she meets in her new town.</p>
Kissing Booth 1 & 2	<p>The film series follows the relationship between Elle and her best friends brother, Noah. Although the relationship is romanticized, there are many instances of unhealthy and abusive relationships, including:</p> <ul style="list-style-type: none">• After Elle get sexually harassed for wearing a short skirt, Noah tells her she "has zero experience with guys" and informs her that "wearing a skirt is like that is asking for it."• When a guy shows up late to his date with Elle, he explains it's because Noah threatened him and has been warning all the other guys not to ask her out. Elle is understandably horrified after learning this and tells Noah, "It is not your job to monitor my dating life. The days of you controlling my life are over." Noah smirks and tells her, "We'll see about that."• Elle and Noah decide to give a relationship a try, but they decide to keep it secret from everyone. We see Noah's anger problem flare-up in quick succession when he tries to once again rescue Elle by pummeling yet another guy, and then screams at her when she won't get in his car. Noah's actions should be big red-flags, but he manages to convince Elle he'll change for her.• Noah gets increasingly angry at Elle, shouting 'Elle come back', before slamming his hand on the car bonnet and forcing her to get in the car.

Examples in Real-Life

Shalom Task Force does not endorse any show on this list. We only recommend using these examples if your child has prior knowledge of these shows.

Show	Plot	Characters
Euphoria (HBO) Season 1, Episode 5 (plot continues through other episodes)	Storyline involves abusive relationships between high school students Maddy and Nate. After being physically assaulted, Maddy continues to see Nate in secret.	<ul style="list-style-type: none">• Maddy (Victim)• Nate (Abuser)
Greys Anatomy (ABC, Netflix) Season 14, Episode 9	Storyline follows Jo coming face to face with her abusive ex-husband and his fiancé, Jenny, for the first time since fleeing her abusive marriage	<ul style="list-style-type: none">• Jo (Victim)• Dr. Stadler (Jo's Ex Husband, Abuser)• Jenny (Dr. Stadler's Fiance)
Pretty Little Liars (Freeform, Netflix) Series- spanning Storyline	Aria engages in a series spanning relationships with her high school English teacher Ezra. The relationship is romanticized throughout the series.	<ul style="list-style-type: none">• Aria Montgomery (Victim)• Ezra Fitz (Abuser)
Riverdale (CW, Netflix) Season 1, Episode 1	Ms. Grundy engages a romantic relationship with her high school student Archie	<ul style="list-style-type: none">• Archie (Victim)• Ms. Grundy (Abuser)
Friday Night Lights (NBC, Netflix) Season 1 Episode 12	Tyra confronts her mother's abusive boyfriend and her mother for staying with him	<ul style="list-style-type: none">• Tyra (Bystander)• Tyra's Mother (Victim)• Mother's Boyfriend (Abuser)
The Office (NBC, Peacock) Season 4, Episode 9	The characters go to Michael's house for a dinner party and get a glimpse into his dysfunctional relationship with his girlfriend Jan. The police are called for a domestic disturbance and they suggest to Michael to not stay at home that night	<ul style="list-style-type: none">• Michael (Victim)• Jan (Abuser)
Bling Empire (Netflix) (Reality)	Relationship between Kelly Mi Li and Andrew Gray. After not waking him up on vacation and leaving him at the hotel, Andrew verbally assaults Kelly in front of their friends. Abusive behavior is displayed throughout.	<ul style="list-style-type: none">• Kelly (Victim)• Andrew (Abuser)
This is Us (NBC) Season 4 Storyline, particularly episodes 13 & 14	Using flashbacks to explore Kate's abusive relationship with her first boyfriend, Marc. In present day, Kate confronts Marc about the abuse	<ul style="list-style-type: none">• Kate (Victim)• Marc (Abuser)

Show	Plot	Characters
You (Netflix) Plot of Show	Follows Joe, a stalker, as he forms relationships with his victims	<ul style="list-style-type: none"> • Joe (Abuser)
A Teacher (Hulu) Plot of Show	Follows the relationship between a high school english teacher and her student	<ul style="list-style-type: none"> • Claire Wilson (Abuser) • Eric Walker (Victim)
13 Reason Why (Netflix) Season 1 Plot	Jessica and Justin are dating. Jessica was raped by Justin's friend Bryce at a party – and though Justin first tried to intervene, he later gave up and waited for the assault to be over without telling anyone or getting help. And as Jessica began to remember details of the assault, Justin lied to her repeatedly in an attempt to convince her that her memories were false	<ul style="list-style-type: none"> • Jessica (Victim) • Justin (Abuser) • Bryce (Abuser)
Stranger Things (Netflix) Season 3 Plot	Hopper displays abusive behaviors towards his adopted daughter Eleven and his girlfriend Joyce	<ul style="list-style-type: none"> • Hopper (Abuser) • Joyce (victim)

Examples in Real-Life

Shalom Task Force does not endorse any person on this list. We only recommend using these examples if your child has prior knowledge of these public figures

Abuser

Victim

Colton Underwood (The Bachelor)

Cassie Randolph

In June 2020, Colton Underwood broke up with the winner of his season, Cassie Randolph, which is also when the abuse began. He abused Cassie by creating fake accounts and decoy numbers to harass her, her family, even sending texts to himself to try to show they all have the same stalker, later admitting he was behind the texts. He also put a tracker on the bottom of her car to monitor her location.

Torey Lanz

Megan the Stallion

After initially stating she had injured her foot on broken glass three days prior to the incident, Megan the Stallion, the top female rapper of 2020, admitted to being shot in the foot by her boyfriend, popular rapper Torey Lanz.

Chris Brown

Rihanna

In 2009, Chris Brown, a popular musician, physically assaulted his then-girlfriend Rihanna on their way to performing at the Grammy Awards. Chris Brown still has an extremely successful career.

Shia Labouf

FKA Twigs and Sia

In 2020, Shia Labouf was sued by musician FKA Twigs, whom he dated for 2 years, for assault, and infliction of emotional distress. In his response, LaBeouf stated that he had been "abusive" to himself and those around him and that he was "ashamed" and "sorry to those [he] hurt." Musician Sia has also come forward with allegations against Labouf.

Blake Jenner

Melissa Benoist

In November 2019, in an Instagram video, Melissa Benoist revealed that an injury to her iris was due to an iPhone being thrown at her during a domestic dispute with Blake Jenner. Previously, the injury had been said to have been caused when she tripped down stairs and fell into a potted plant. Benoist also stated in her video that she had experienced being slapped, punched, shoved into a wall, dragged by her hair, and choked during the relationship.

Tony and Ondreaz Lopez

Under-Aged Followers

Tony, 21, and Ondreaz, 23, Lopez, popular Tik-Tokers with over 50 Million combines followers, have been accused of attempting to coerce underage girls (14-15) into sexual encounters and solicited explicit photos from them, despite knowing they were underage.

Ray Rice

Janay Palmer

In 2014, Super Bowl Champion Ray Rice physically assaulted his fiancée (now wife) Janay Palmer in a hotel elevator, knocking her unconscious, and dragging her to their room. The video was released, The NFL suspended him for 2 games, but his team terminated his contract, resulting in Rice being awarded \$3.5 million.

Chad Wheller

Alleah

Chad Wheeler, an NFL Offensive Lineman, physically abused his girlfriend until she was unconscious after she refused to bow to the NFL player. Wheeler was also accused of domestic abuse while playing in college.