

## **BREAKING-UP ROLE PLAYS**

### ***Role Play 1: Kyle and Jo***

*Kyle:* You and Jo have been together for three months. Your relationship has been very serious and heavy from the very beginning. You had sex with each other right away, and you vowed to be faithful to each other. Although things have happened really fast, it has all felt right to you. You've had more fun with Jo than you've ever had with anyone, and the sex has been fun, too. Jo is fairly experienced and knows a lot of sexual things. You have been very intimate and have trusted Jo a great deal.

Since last weekend, however, you have been hearing rumors that Jo went out with someone else while you were visiting your grandmother. In fact, someone has told you Jo was making out with someone at a party and later they drove off together in Jo's car. You cannot believe it. You feel angry and betrayed and completely vulnerable. You can't trust Jo anymore and feel the need to break things off altogether.

*Jo:* It's been really great between you and Kyle. You have a lot of fun together, and Kyle is willing to do the sexual experimenting that you like. You promised not to see other people, and until last week, you managed to keep that promise. Last weekend you kind of slipped up, and you're afraid Kyle will find out and freak out. The other person you fooled around with was just a fling, nothing serious. You like Kyle a lot and you really want to keep being together. You hope Kyle will understand that being faithful has never been one of your strong points.

### ***Role Play 2: Jesse and Dale***

*Jesse:* You and Dale have been sweethearts since junior high. You have been through a lot together and have a very solid relationship. You love Dale's family, and they love you. You feel as though you and Dale are destined to be together. The two of you waited three years before starting a sexual relationship, and you have been faithful and very careful and safe. You see yourself growing old with Dale. It all feels very secure and planned, and it makes you feel really good. Knowing that you have Dale gives you the confidence you need to try new things and work hard at school.

*Dale:* You have always loved Jesse. Even before you became a couple, Jesse was your best friend. What you share together is truly special, but you can't help wondering what it would be like to be with another person. You have never even dated anyone else, and it scares you to think that if you and Jesse make a formal commitment, you will never find out. You love Jesse with all your heart, but it seems scary to make a decision that will affect the rest of your lives when you're both only 17. You feel the need to see other people, just to have that experience and to know for sure that you won't end up hating Jesse for preventing you from learning about yourself. You don't really want to break up, and you realize that Jesse may not be thrilled with your wanting to see other people, but you need to say something.

### **Role Play 3: Chris and Terry**

*Chris:* You are very much in love with Terry and wish that you could spend every waking (and sleeping) moment together. You wish that you could find jobs together this summer so that you could spend all day together. You've arranged all of your classes so that you and Terry are together in class and for study hall and lunch. You love to kiss Terry in the halls between classes, so that everyone knows you are a couple. After school, it's fun to call Terry on the phone and talk until bedtime. Sometimes, however, Terry seems a little distant. Terry doesn't always want to meet after school or talk on the phone for hours. You have no idea what you've done wrong, but you're sure that you can fix it by just being with Terry and expressing your love and passion in every way possible. As far as you are concerned, the only way to have a relationship is all the way. Cutting back your time with Terry would be devastating.

*Terry:* In the beginning, it was great to be with Chris. No one had ever been so devoted to you before. Chris would send little notes in class and make a big deal about seeing you in the hall after class. It was really flattering. Now it's beginning to feel like too much. Chris seems to think it's necessary for the two of you to be together all the time. You sometimes want to be alone or go out with your friends. Your grades are slipping because Chris insists on talking on the phone every night and you can't get your homework done. You are feeling really suffocated and need to get out. You really don't want to hurt Chris, but you are being smothered and it's making you crazy.

### **Role Play 4: Robin and Pat**

*Robin:* You have been going out with Pat for almost six months. Both of you are seniors, and you love each other a lot. You have taken this relationship slowly and have not pushed anything because you really want things to go well this time. From the beginning, Pat has said that sexual intercourse would not be a part of the relationship. At first, you accepted this because you figured if the relationship became serious, sex would become a part of it naturally and Pat would be okay with that. Now, you really want to express your love for Pat in a sexual way; you get so worked up when you are together that you can hardly stand it. It's hard for you to understand how Pat can keep saying "stop." You feel you are both old enough to be having serious sexual relationships and you don't see why Pat isn't ready. You're in love with Pat and will increase the pressure until Pat agrees to have sex.

*Pat:* From the beginning, you have told Robin that sex would not be part of your relationship. You feel very strongly that sex is not appropriate for people who are young and inexperienced. From what you've seen of your friends, sex makes people do foolish things. You're not a goody-two-shoes, but you are really committed to your stance to stay abstinent, at least for now. You really love Robin, and you really want the relationship to continue, but you are not happy about all the pressure Robin is putting on you to have sex. You just don't see why it is so important. Because you have been so honest and direct about your feelings, when Robin tries to push the sex issue, you feel betrayed and angry. You just don't understand why Robin would think that you would all of a sudden change your views about something so personal and important. If the pressure to have sex keeps up, you're going to have to break up with Robin.

### **Role Play 5: JP and Corey**

*Corey:* Ever since you and JP have started dating, you have felt on top of the world. JP is very popular and being together has made you part of a very exclusive group at school. For the most part, JP is affectionate and loving with you and seems to take pride in your relationship. Other people call you the “golden couple.” Sometimes, however, JP seems to want to tell you what to do a little too much. JP wants to talk about what you wear and how you cut your hair and has been pretty controlling about the things you do together. Last week, when you suggested that the two of you go out alone instead of going to a party, JP slapped you across the face and called you selfish. Afterward, JP was really sorry and swore it would never happen again. But yesterday, when you wanted to talk with some friends, JP grabbed your arm so hard that it left fingernail marks. This is beginning to scare you, and you think maybe you should break things off before you get really hurt.

*JP:* You love being called the “golden couple” at school. Corey is so attractive and being together has made you both feel wonderful. Sometimes Corey tries to do things that don’t really fit the image you have worked to create, and that’s a big problem. It has taken years to feel like you mattered at school, and now you want to stay on top; you won’t let Corey’s lack of experience ruin things for you.

Lately, it’s been pretty stressful trying to hold everything together, and Corey keeps making little mistakes about the things you do together and people you associate with. Although you never intended to hurt anyone, you’ve been a little forceful with Corey and that’s bad. You have sworn not to do it again, and you mean it, but sometimes you get so pissed off. You know you need to be more careful; breaking up would not look good at all.