

## PB&J CLUB : SESSION (17/2/24)

This is to bring to your kind notice that the PB&J club conducted its session on 17th February 2023. This session was in an online format and the topic was on Toxic ties: Breaking chains, building boundaries. The students were briefed about the case through the poster and notice and were then shown a video before starting the discussion to gain more insight and knowledge regarding teen dating violence. The session was attended by 20 students of the department. Interesting inputs were produced throughout the discussion. Several point of views were exchanged and everyone readily participated and engaged with one another.

The following aspects were talked about:

- Teen dating violence, Sexual Violence
- Emotionally Dependency in a Relationship- how one partner relies excessively on the other for emotional support and validation.
- Manipulation in a Relationship- Types: Gaslighting ( invalidating the partner's feelings or reality), guilt-tripping, passive-aggressive behaviour, withholding affection or resources, and exploiting vulnerabilities.
- Age Dynamics and how they work
- Mainstream Media Influence on Relationships: Portrayals - Often idealised or glamorised representations of romance and relationships, which may not reflect reality.
- Digital Violence - involved using technology to harass, intimidate, or control a partner, such as through constant texting, monitoring social media, or spreading rumours online.

### ☆ Solutions Discussed

- Maintaining Healthy Boundaries- involved setting limits and expectations in a relationship to ensure mutual respect, safety, and emotional well-being.
- Being Rational in a Relationship, Knowing What is Right or Wrong:  
Encouraging rational thinking involved evaluating situations objectively, considering consequences, and making decisions based on logic and reason rather than emotions or impulse.
- Providing Sex Education: Involved discussion about providing sex education, and how it can promote informed decision-making, sexual health, and respectful relationships, reducing the risk of sexual violence.

The session acted as a great platform for interesting thoughts and exchanges. Moreover, most of the participants had a lot to add on to each sub topic. It was an intriguing and insightful discussion.