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Building Bridges: Helping Your Student Navigate Healthy Relationships



Presenters



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Guidelines for Healthy Communication

- ▶ Honest, kind, respectful, encouraging, non-threatening or hurtful
- ▶ Listening without judgment
- ▶ Trying to understand each other's perspectives, can agree to disagree
- ▶ Boundaries are respected
- ▶ Safety in a relationship means you can say "no" and you feel comfortable declining
- ▶ Support during difficult times
- ▶ Celebrating each other's successes
- ▶ Rupture/Repair

Relationship red flags are any form of physical, verbal or emotional abuse, isolation from others, manipulation, coercion, repeated boundary violations, and an inability or refusal to be accountable for actions.

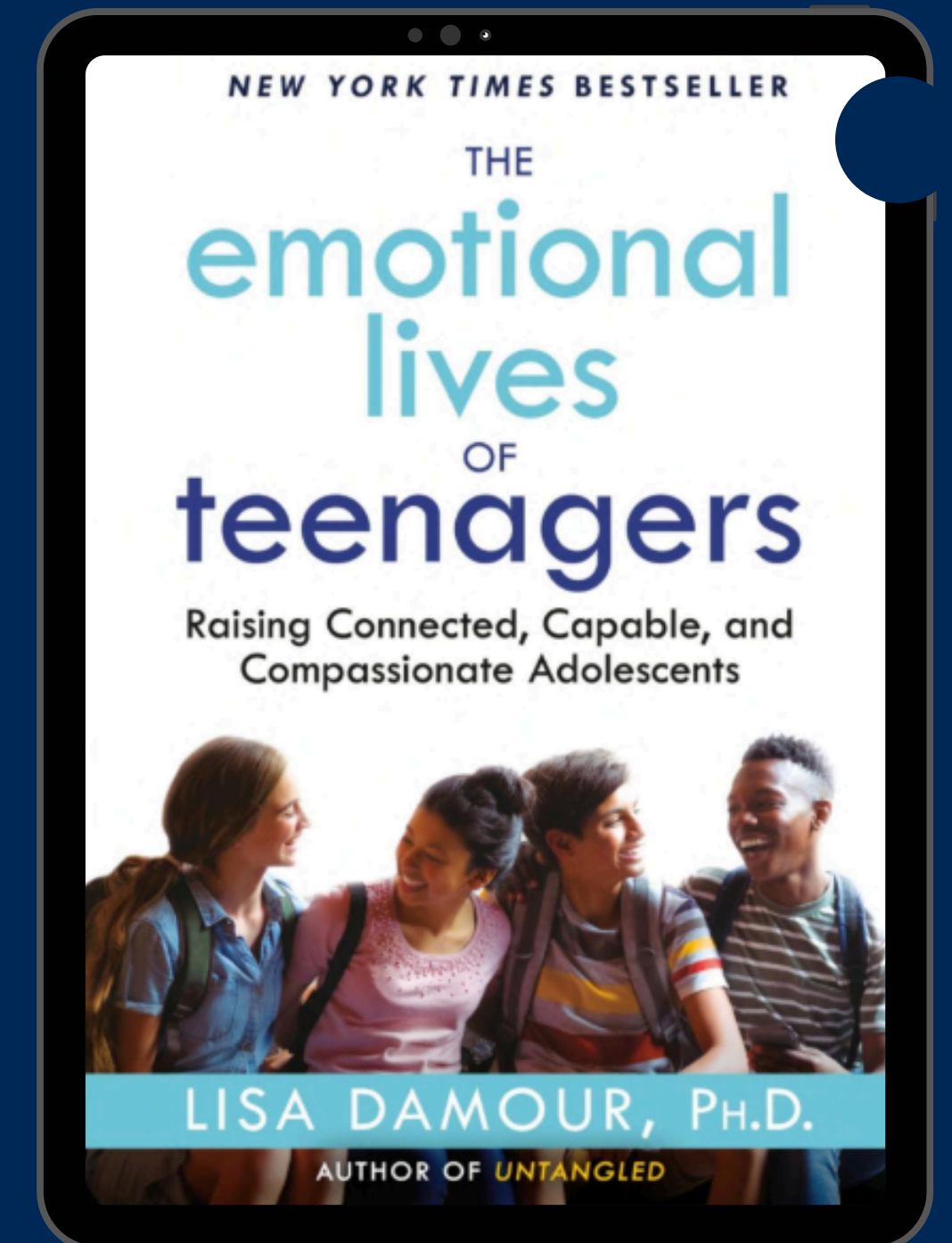
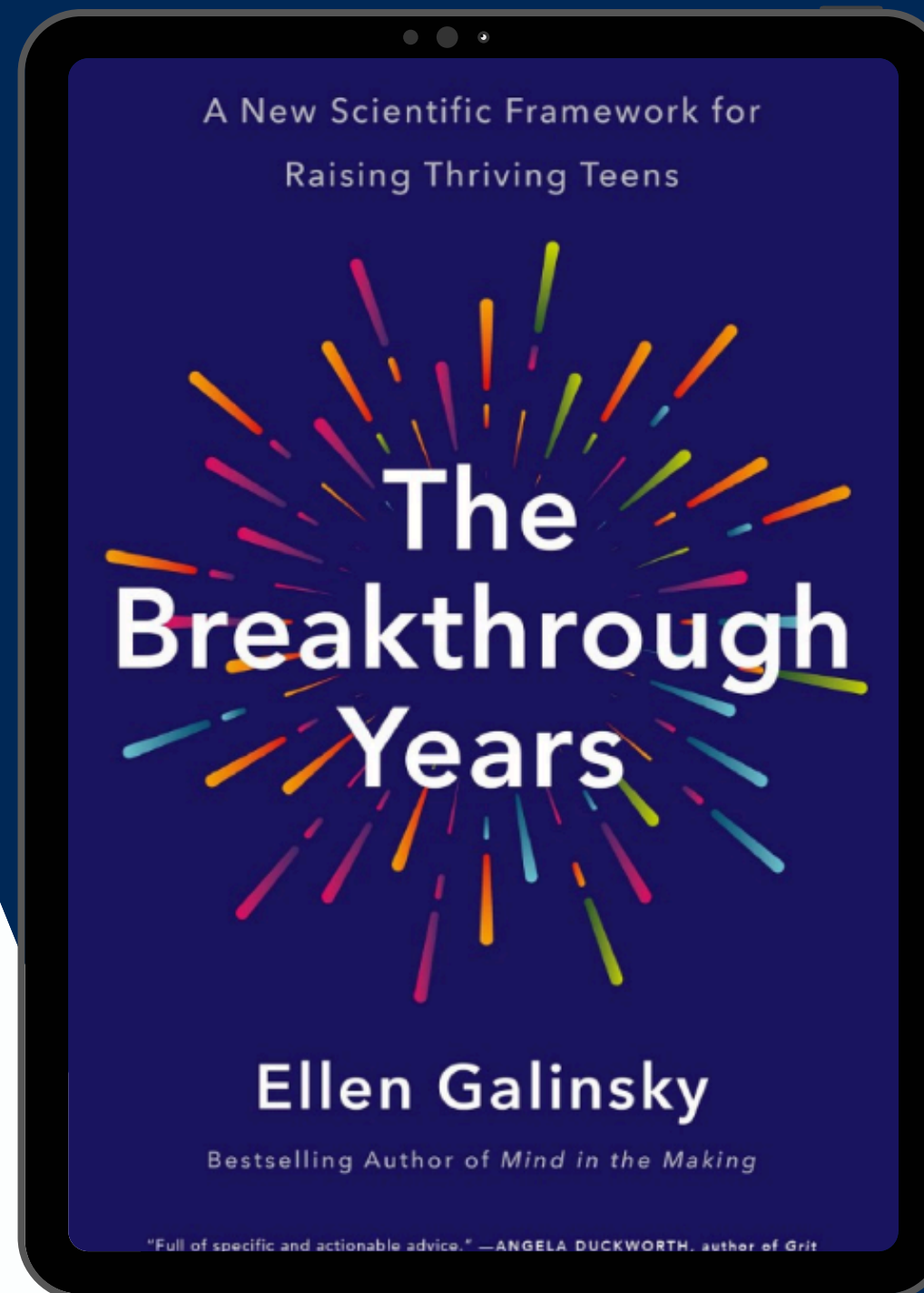


Strategies for Healthy Communication

Values and Expectations

Finding Connection

Managing Difficult
Conversations



Building Relationship Awareness

▶ Social Media and Peer Influences



▶ Healthy Developmental Changes



Education



Kinetic Wellness

Healthy Minds, Healthy Bodies, Healthy Trevs!





Thank you!

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