



Metropolitan Organization to Counter Sexual Assault

24 Hour Crisis Line:  
MO (816) 531- 0233  
KS (913) 642-0233  
[www.mocsa.org](http://www.mocsa.org)

## Healthy Relationships Outline

### Objectives

- Define a boundary as a personal limit you set for yourself.
- Identify three healthy and unhealthy characteristics of a relationship.
- Identify three ways to support a friend who is in an unhealthy relationship.
- Identify one way to reduce the risk of sexual violence.
- Define and identify sexual violence, how to support victims and where victims can seek supportive services.

### Agenda:

1. Introduce MOCSA
2. Definitions
  - a. Healthy/unhealthy relationships
  - b. Abuse
3. Activities
  - a. Boundaries Activity
  - b. Communication Breakdown
4. Identifying Healthy and Unhealthy Characteristics
5. Types of Abuse
  - a. Physical
  - b. Verbal/emotional
  - c. Sexual
  - d. Financial/property
6. Types of Communication
  - a. Aggressive
  - b. Passive
  - c. Passive-aggressive
  - d. Assertive
7. Healthy Relationships handout
  - a. Communication
  - b. Healthy/Unhealthy Boundaries

8. Review - If you or someone you know has experienced sexual violence it's important to tell a trusted adult. You can call MOCSA's 24-Hour Crisis Line.
9. Post-Survey