

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: (45 Minutes Minimum)

1. Healthy Relationships Handout
2. Introduce MOCOSA
3. Definitions
 - a. What is a relationship?
 - b. Healthy/unhealthy relationships
 - c. Abuse
4. Different types of relationships
5. Boundaries
6. Boundaries Activities
 - a. People to People;
 - b. or Personal Bubble Activity
7. Identifying Healthy Characteristics
 - a. Jealousy
 - b. Healthy argument/unhealthy fight
8. Identifying Unhealthy Characteristics
9. Styles of Communication
 - a. Aggressive
 - b. Passive
 - c. Passive-aggressive
 - d. Assertive
10. "I" and "You" Statements
 - a. "I" Statements Activity

I 1.Types of Abuse

- a. Physical
- b. Verbal/emotional
- c. Sexual
- d. Financial/property

I 2.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.

I 3.Supporting a friend

I 4.Preventing or reducing harm

I 5.Post-Survey