



The Center for Women and Families

## Healthy Relationships Workshop

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### Workshop Description

This workshop focuses on defining boundaries, self-esteem, aspects of healthy & unhealthy relationships, consent, dating violence and effective communication skills. This workshop uses interactive exercises to foster participation and discussion.

### Audience

Grades 6-12

### Session Format

3x 45 minute sessions

### Session Breakdown

**Session 1- Boundaries:** This presentation will increase participants' understanding about the importance of setting boundaries in order to have healthy relationships with other people. Participants will learn the differences between healthy and unhealthy boundaries, and will also gain a better knowledge of the types of communication skills needed to set clear strong boundaries.

**Session 2- Healthy Relationships:** This presentation is designed to introduce participants to the concepts associated with relationships, and to assist them in distinguishing between healthy and unhealthy relationships. The presentation will also provide participants with the skills to recognize the warning signs of unhealthy relationships and to prevent dating violence and sexual assault.

**Session3- Dating Violence:** This presentation will increase participants' understanding about the dynamics of dating violence. Participants' will also be able learn about preventive approaches to the issue of dating violence and identify available community resources for victims of dating violence.