

Close your eyes

It's graduation day... what do you hope
they say?



Why is it important to talk
about relationships?

And not just intimate ones!

Overview

- Who do I want to become?
- Where do we learn about relationships?
- What do I want to bring to relationships?
- How do I communicate who I am in them?
- What do unsafe or abusive relationships look like?
- What do I do if I am concerned about a relationship?
- Tips for great relationships!

So where did you learn about
relationships?

Your “Top 5” ...

- Things you Value

- 1.

- 2.

- 3.

- 4.

- 5.

- Things you Reject

- 1.

- 2.

- 3.

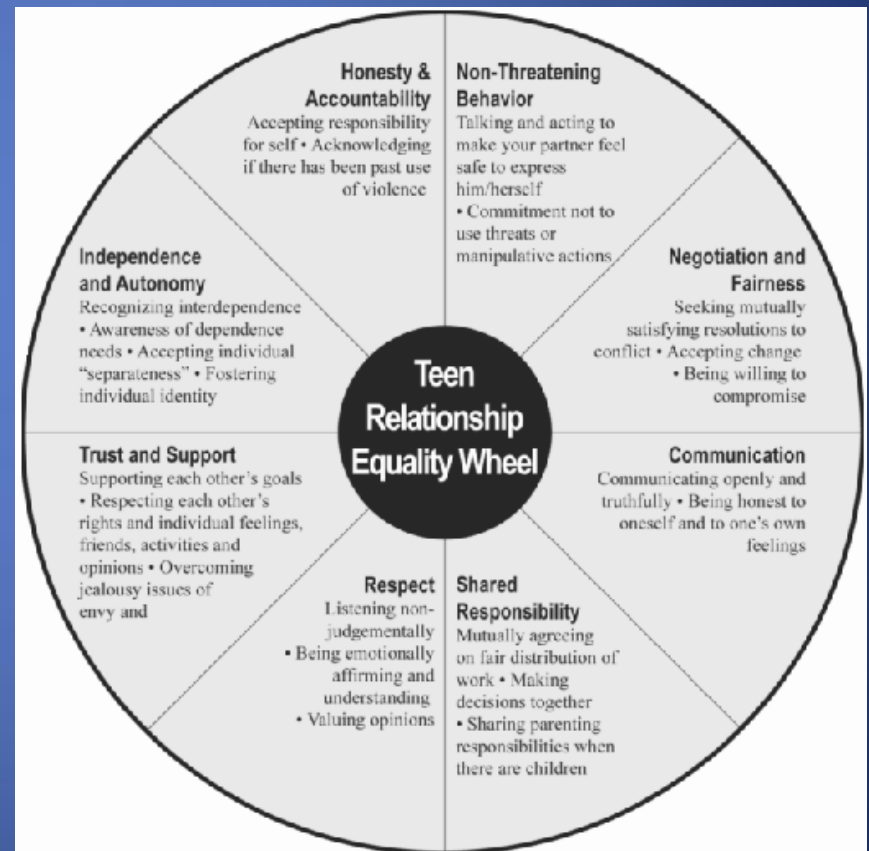
- 4.

- 5.

Not so close: Cultural norms

- Different comfort with different:
 - People
 - Situations
- Comfort zones are defined by “boundaries”
 - The lines which we don’t want people to cross
 - Differ depending on context
 - Don’t negate that we care

Healthy and Unhealthy



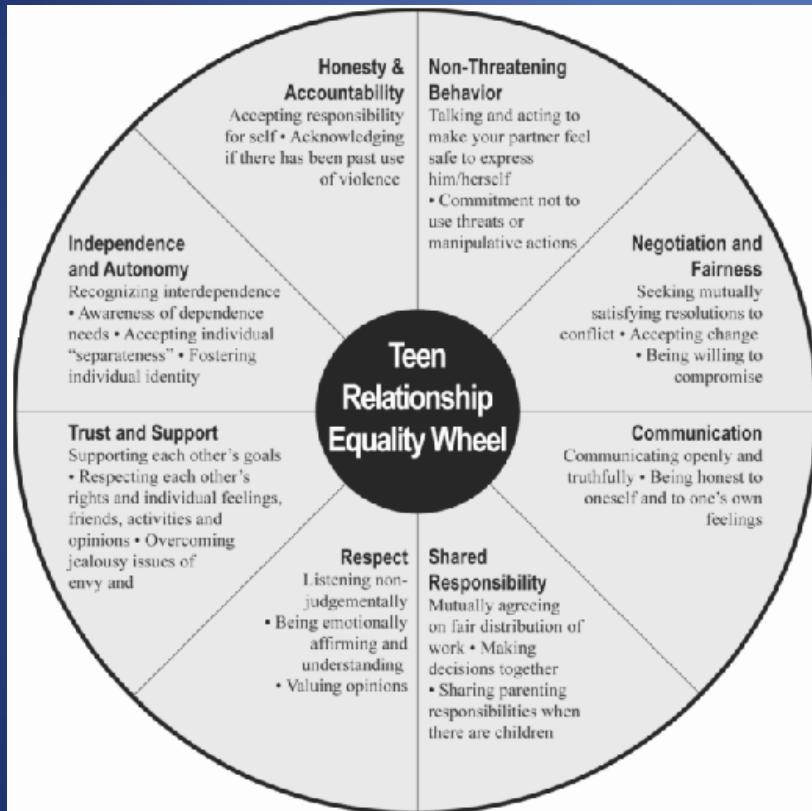
Case Study: Chris and Jane



Need support? You're not alone.

- PLU:
 - Women's Center
 - Victim Advocate*
 - Counseling Center*
 - Campus Ministry*
 - Health Center*
 - Residential Life
- Online:
 - Loveisrespect.org
 - Thehotline.org
- Community
 - YWCA
 - Family Justice Center

Healthy Relationships



Reminders:

1. Know yourself
2. Communication
3. Trust & respect

Tools:

- Action Plan Worksheet
- Relationship Checklist
- Relationship Bill of Rights
- Journal
- Support people

Thank you!