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!