



Communication: The key to all healthy relationships

# *The takeaways*

- ❖ Consent is permission or agreement to engage in sexual activity
- ❖ Everyone has the right and the responsibility to set and communicate their boundaries
- ❖ Everyone has the right to say who touches their body and how
- ❖ It is never OK to touch someone else if they don't want you to, or to make them touch you.
- ❖ It is never OK to take or send or post pictures of someone without their consent, and it is illegal for anyone of any age to have or send nude pictures of minors
- ❖ If a person has been sexually abused or raped, tell a trusted adult who will help

# agenda

1. warm up
2. communication tips
3. types of love
4. relationships: healthy, unhealthy, abusive
5. rate the relationship
6. consent

# Take turns sharing...

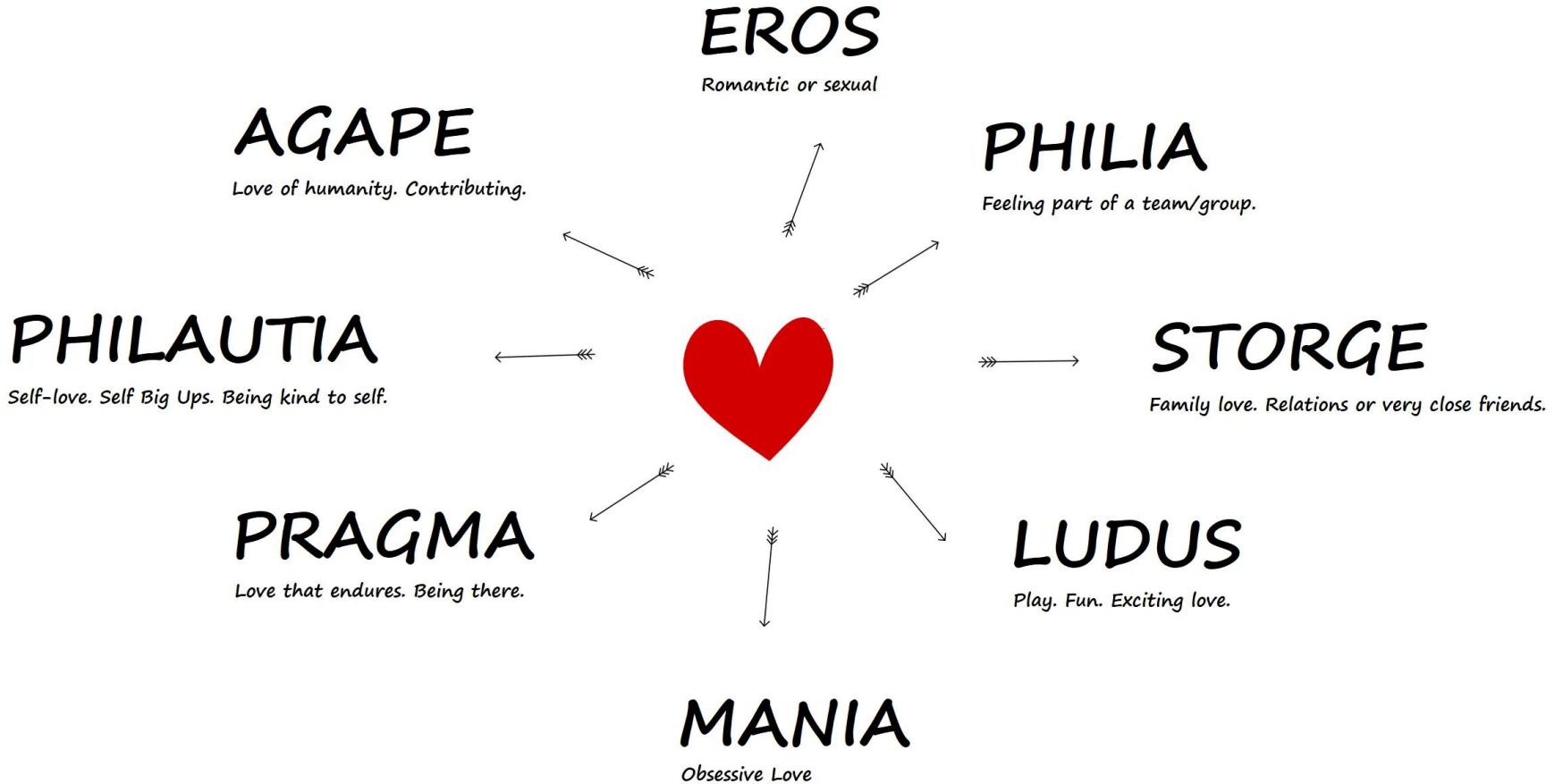
- ★ one recent communication fail, then
- ★ one or two successes

# good communication is like...

The Best Rugby  
Passes

Rugby Passes |  
High Risk - High  
Reward





# HEALTHY RELATIONSHIPS

In a healthy relationship, people ...

- Treat their partners with respect and fairness
- Support and encourage each other
- Treat each other as equals
- Are honest
- Earn their partners' trust
- Have shared interests
- Also have separate interests and identities
- Try hard to have honest and clear communication
- Enjoy being with each other
- Never hurt their partners physically or sexually
- Don't pressure each other to do things they aren't comfortable with

# UNHEALTHY

In an unhealthy relationship, people ...

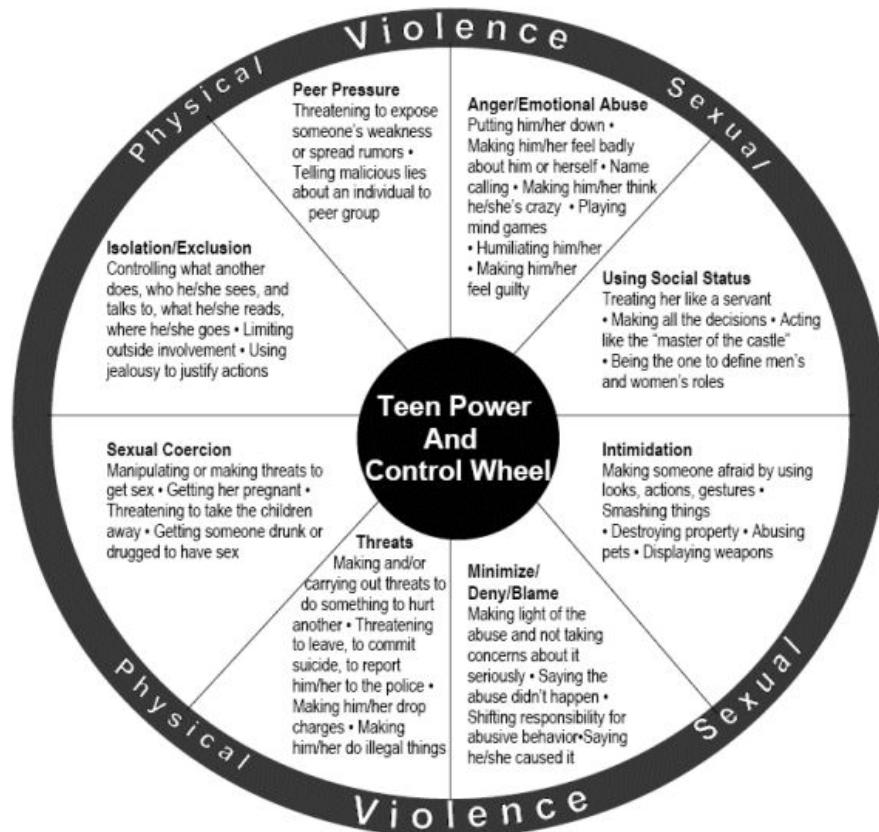
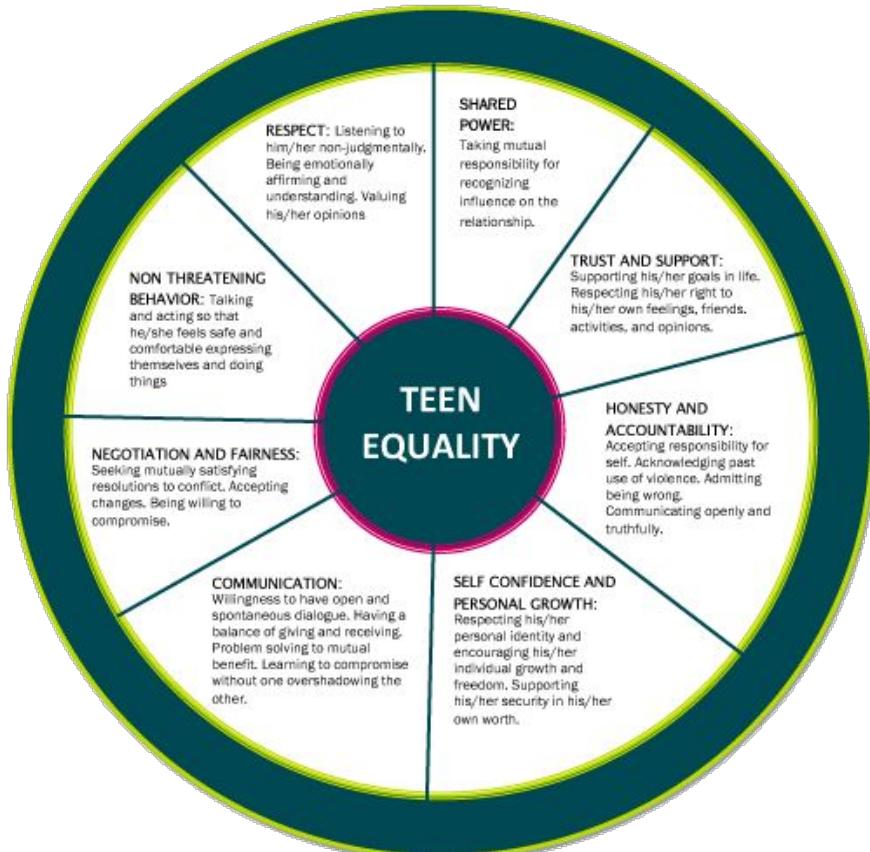
- Treat their partners disrespectfully and unfairly
- Frequently argue or fight
- Have no shared interests OR do things ONLY with each other—they have no separate friends or interests
- Pressure their partners into doing things they aren't comfortable with
- Cheat on their partners
- Don't care about their partners' feelings
- Don't enjoy spending time together

# WARNING SIGNS OF ABUSE

Warning signs of an abusive relationship include ...

- One person throws or breaks things during an argument
- One person tries to control the other (what they do, whom they see, what they wear)
- One person is often jealous or is overly jealous
- One person hurts the other person physically or sexually
- One person humiliates, calls names or puts the other person down
- “Crazy-making” behavior—when one person lies or changes the facts, or denies
- or minimizes the other person’s experience. This behavior often makes abused

# WHICH WHEEL SHOULD YOU BE DRIVING IN YOUR RELATIONSHIP?



# HOW TO HELP A FRIEND WHO IS HURTING SOMEONE

*What if your friend is abusing someone? If someone you know is the person hurting someone else, there are ways for you to help. It's your friend's responsibility to stop the abuse, but you can help too, if you feel safe.*

**EXPRESS YOUR OWN EMOTION OR REACTION.** You can say, “I don’t like it when you talk to people like that” or “You’re my friend. I’m surprised you’d do that.”

**INCREASE EMPATHY.** Help your friend see the impact of the actions: “What if that was your sister/ brother/ mom?” or “I hope no one ever treats you like that.”

**MAKE A SHORT STATEMENT RIGHT AWAY.** This can be helpful to say in the moment: “Stop it!” or “You’re acting like a jerk!”

**DISTRACT AND/OR SEPARATE THE PERSON.** You can say: “Hey, come check this out.” or “Let’s get out of here!”

**RECRUIT SOMEONE ELSE TO HELP.** Get another friend or a trusted adult to help.

# HOW TO HELP A FRIEND WHO IS BEING HURT

*What if your friend is the one who's been hurt, assaulted or abused? Here are some tips in case a friend ever comes to you.*

**LISTEN.** You may not know what to say. That's OK. What's most important is to listen to your friend, and let them know that you are glad to listen.

**BELIEVE YOUR FRIEND.** People rarely make up these kinds of stories. Your friend is probably telling you the truth.

**SHOW THAT YOU CARE.** Support your friend in whatever way is comfortable – you might say you are sorry this happened, hold hands, or offer a tissue if your friend cries. Show with your body language and your facial expression that you care.

**REASSURE YOUR FRIEND THAT IT'S NOT THEIR FAULT.** The person who committed the assault is the one who is responsible. It is never the victim's fault.

**RESPECT YOUR FRIEND'S PRIVACY.** Although lots of tough decisions need to be made—such as who to tell, when to tell, what to do—let your friend be in control of those decisions. You can decide together on a trusted adult you can both talk to.

# WHERE TO GET HELP...

**Love Is Respect**. This helpline is a national, 24-hour resource for youth. Teens can talk on the phone with someone, chat or text with a peer advocate, or take quizzes and get information on the website.

Call 1-866-331-9474

Text loveis to 22522

Visit [loveisrespect.org](http://loveisrespect.org)

**Programs for Peaceful Living**. With an office in Bingen, these folks provide real support for teens who are in or have experienced abusive relationships.

Call 509-493-2662 or

24 hour crisis line 1-844-493-1709

**Haven**. Located in The Dalles. HAVEN is committed to advocating for survivors on their path to freedom from violence.

24 Hour Crisis Line: 1-541-298-4789 OR 1-800-249-4789

# YOU HAVE THE RIGHT TO A HEALTHY RELATIONSHIP

Everyone has the right to say who touches their body and how.

There are laws to protect everyone from sexual abuse.

- Having sex with someone who is much younger than you is against the law.
- Having sex with someone without getting consent is against the law.
- Adults are not allowed to have sex with kids or touch them in sexual ways.

Use the resources below to understand some of Washington's laws.

1. Go to [Summary of WA Laws](#) and read about sex and consent.
2. Go to [Age of Consent Card](#) from King County and read that page.
3. [Laws around sex and sexuality](#)

# *Rate the relationship*

A needed response

The signs

Scenario Set 1

Scenario Set 2

# consent, clarified

consent for kids

Tea Consent

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# Help and information

<http://www.athinline.org/>

<https://www.loveisrespect.org/>

<https://www.plannedparenthood.org/learn/teens/relationships>

<https://www.joinonelove.org/learn/>