



Respectful Futures

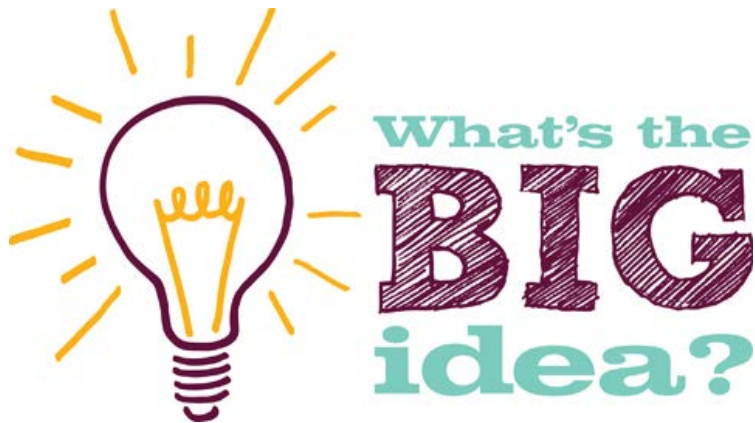
Shaping Healthy Relationships



Module 5

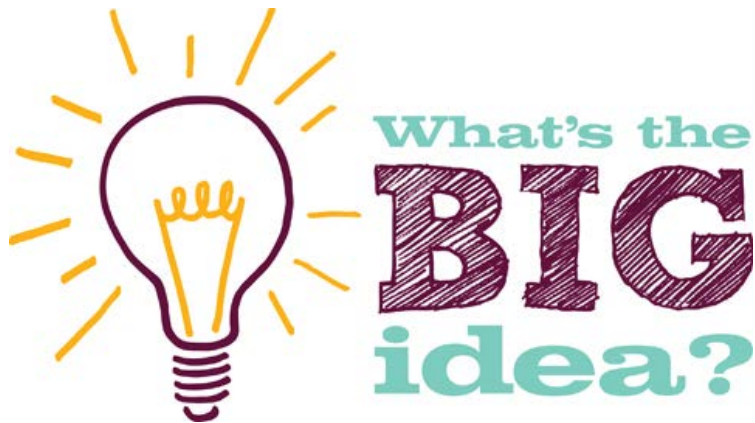
Understanding the Impacts of Unhealthy Relationships

Big Ideas



Personal happiness is determined to a great extent by our ability to form supportive, mutually respectful, and honest relationships with others.

Big Ideas

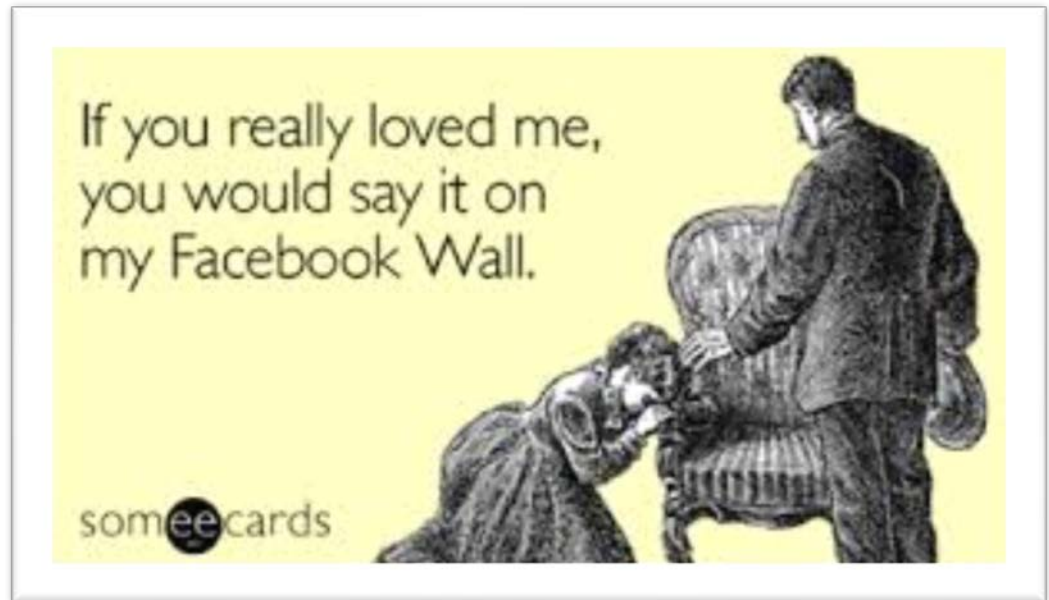


Conflict is a natural part of being in relationship with others; how we deal with conflict determines whether a relationship is positive or negative, supportive or unsupportive.

Media and Relationships

Confusion about healthy and unhealthy relationships

- How does media portray relationships? TV shows, song lyrics, movies, social media ...
- What about reality shows?



Abuse in Relationships



- Types of abuse
- Unhealthy continuum
- Abusive people versus abusive behaviours

Brainstorm – Define Unhealthy Relationships

- Why do you think these behaviours are harmful?
- What would the consequence of these behaviours be for each person in the relationship?



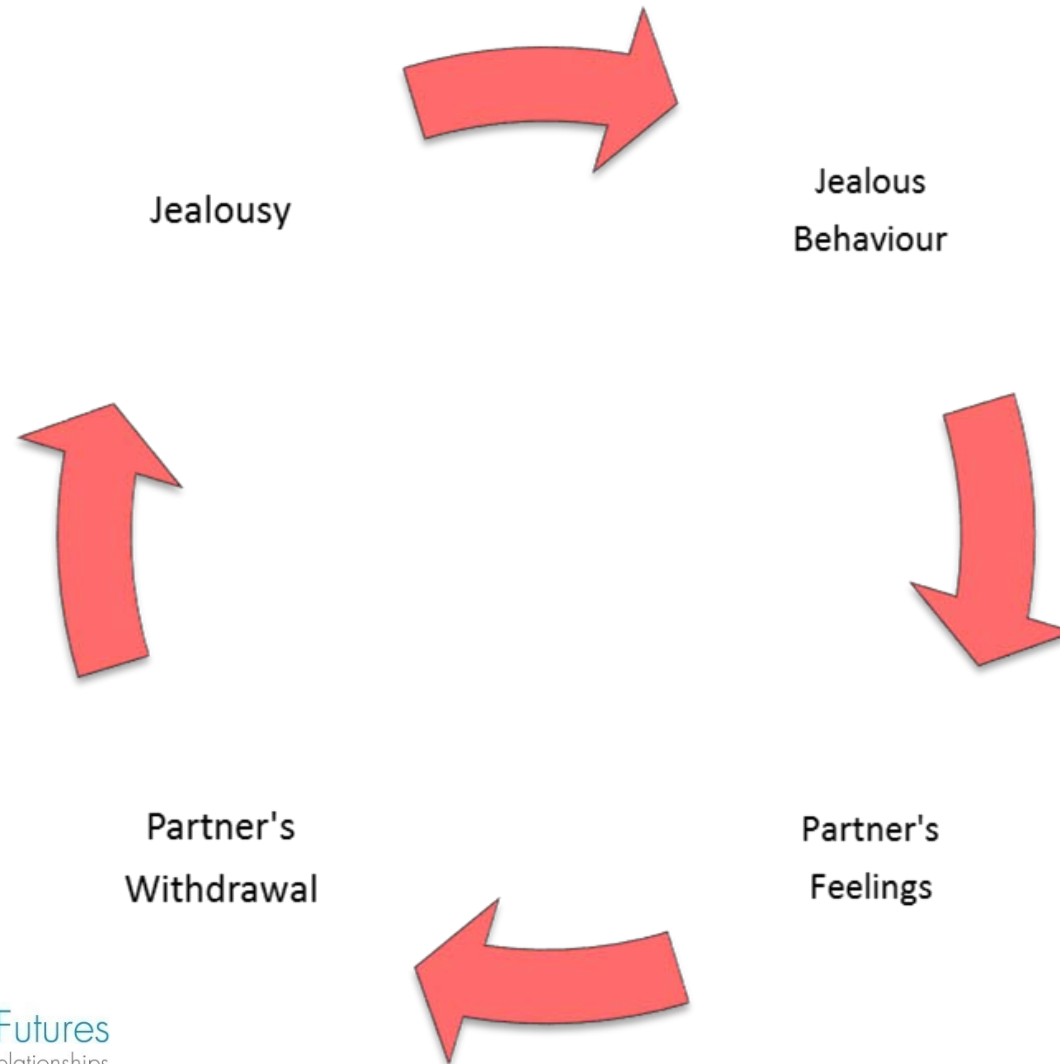
Types of Unhealthy Behaviours

- Online
- Emotional
- Spiritual/
cultural



- Verbal
- Property
- Physical
- Sexual

The Cycle of Jealousy



Stopping The Cycle of Jealousy

Web Resources

- [WikiHow – Part 1: Handling Your Own Jealousy](#)
- [WikiHow – Part 2: Handling Another's Jealousy](#)
- [YouTube – Jealousy: How to Take Back Control](#)



Discussion

- What consent is and what it is not
- A do/don't list related to consent



Consent in Relationships

consent is...
mutual active
respecting boundaries
comfortable
retractable
checking
willingly
given
♥

I ♥ CONSENT
Ask first, every time

Consent in Relationships

IF IT'S NOT
CLEAR
IT'S NOT CONSENT