

Workshop Goals

- To increase awareness of healthy vs. unhealthy relationships
- To determine how you want to be treated in a relationship
- To explore how communication plays a big role in relationships and developing trust.



Bonus: To share 10 dating tips to create healthy relationships.

Group Agreements

1. Keep it confidential.
2. All feelings are OK.
3. All questions are OK.
4. Stay muted until it's time to talk.
5. Use respectful language.
5. Treat people the way you want to be treated!

Ice Breaker: Relationship Poll

Where are you when it comes to relationships?

- a. Single
- b. Friends
- c. Boy/girlfriend
- d. Engaged
- e. Married

Trust

What is it?

- Trust is the faith you have in someone that they will always remain loyal to you and love you. To trust someone means that you can rely on them and are comfortable confiding in them because you feel safe with them.
- It is the building block for any relationship without which the foundation will always remain shaky.

<https://www.momjunction.com>

Breakout Room ??

1. Why Is Trust Important in a Relationship?

2. Can a relationship work without trust?

What Does Trust Look Like In A Relationship?

- 1. Open conversations**
- 2. You are each other's priority**
- 3. Maintain eye contact**
- 4. Listen actively**
- 5. Physical intimacy**
- 6. Admitting mistakes**
- 7. Mingle with family and friends**
- 8. Comfortable and confident**
- 9. Efficiently resolve conflicts.**

Healthy or Unhealthy

1. Checking your partner's texts or messages.
2. Constantly needing to know where your partner is.
3. Encouraging your partner to run for office in your group.
4. Calling your partner names.
5. Telling your partner when you are upset with them and why.
6. Pressuring your partner to text you inappropriate photos.
7. Making decisions together.
8. Making you feel guilty when you spend time with your friend.
9. Pressuring your partner to do something he or she does not want to do.
10. Getting jealous when you get a new phone.

RELATIONSHIP BINGO

FUNNY	UNIQUE	OLDER THAN ME	POPULAR	WEIRD AND WACKY
INDEPENDENT	HONEST	CONFIDENT	NICE TO OTHERS	ADVENTUROUS
ROMANTIC	SMART	HARD WORKER	A MOVIE FANATIC	OUTGOING
ATHLETIC	A GOOD LISTENER	SUPPORTIVE	CREATIVE	PASSIONATE

Your turn. How do you want to be treated?

- respected
- supported
- controlled
- loved
- ignored
- spoiled
- trusted
- treated fairly
- committed to
- afraid
- made to laugh
- cared for
- challenged
- Needed
- encouraged
- cheated on
- listened to
- treated honestly
- abused

Earned Or Given?



How to build trust?

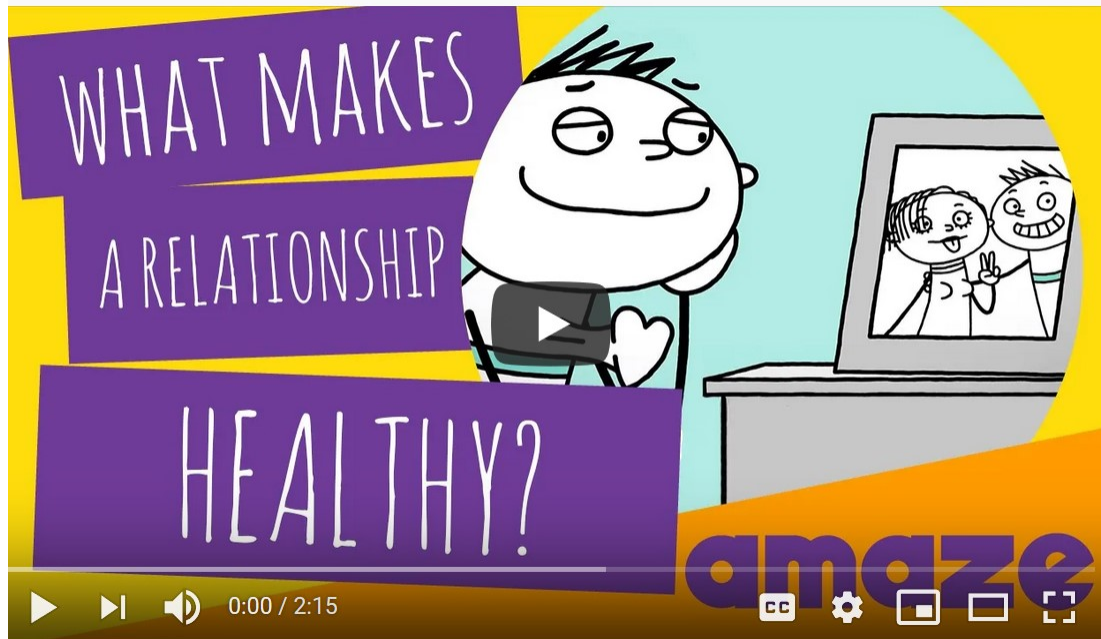


- Break out rooms.
- In your small groups discuss how to build trust.

How do you build trust?

- 1. Admit your mistakes**
- 2. Forgive each other**
- 3. Take time to earn trust**
- 4. Be the best you can**
- 5. Listen Actively**
- 6. Keep your promises**
- 7. Show interest**
- 8. Be understanding**
- 9. Communicate openly**
- 10. Fix Problems**
- 11. Clear your doubts**
- 12. Keep personal information between you**
- 13. Judge less and love more**
- 14. Support each other**

Communication



<https://www.youtube.com/watch?v=UB9anEZx9LU>

10 Essential Dating Tips To Create Healthy Relationships



10 Tips for Dating

1. Choose the **right place**
2. **Stay focused** – phone down
3. Keep the **conversation balanced**
4. Stay **present** and be yourself
5. Have a **positive** attitude
6. **Flirt** with your date...if you are interested
7. **Don't** have sex on the first date.
8. Look for **signs** they might not like you as much as you like them
9. **Move slow** from dating to boyfriend/girlfriend
10. **Follow up** after the date

How is your relationship?

My boyfriend/girlfriend/friend:

1. treats me as an equal Y or N

2. Often acts jealous Y or N

3. Always decides what we do Y or N

4. Makes me feel comfortable

I can say what I really think or feel Y or N

5. Respects my friends and family Y or N

Continued:

- | | |
|---|---------------|
| 6. Is often angry about something | Y or N |
| 7. Really listens to me | Y or N |
| 8. doesn't like things I enjoy,
So I've stopped doing them | Y or N |
| 9. Values my opinions and ideas | Y or N |
| 10. often says thing that hurt my
feelings | Y or N |

See what it means

Yes

1. treats me as an equal
2. Makes me feel comfortable
3. I can say what I really think or feel
4. I can say what I really think or feel
5. Respects my friends and family
6. Values my opinions and ideas
7. Values my opinions and ideas
8. Values my opinions and ideas
9. Values my opinions and ideas

For each “yes” to 1,4,5,7,9 give yourself 10 points = _____

No

1. Often acts jealous
2. Always decides what we do
6. Is often angry about something
8. doesn't like things I enjoy,
So I've stopped doing them
10. often says thing that hurt my
feelings

For each "no" to 2,3, 6, 8,10 give yourself 10 points

_____ + _____ = _____

Results

Less than 100

Find help to improve
your relationship.

A **healthy** relationship
takes a lot of work.

100 points

Keep it strong!



Thanks to

- Utah Department of Health – Healthy Relationship Toolkit
- Youth Advocacy Task Force- Vermont Network Against Domestic and Sexual Violence and Child Abuse
- The Importance of Trust in a Relationship by Lori Jean Glass

Video



[https://www.youtube.com/watch?v=slglSllz0L0
&feature=youtu.be](https://www.youtube.com/watch?v=slglSllz0L0&feature=youtu.be)



**Thank You
So Much!**

Taylor Terry, Eugene Johnson, Karen Noone and Green Mountain Self-Advocates www.gmsvt.org