



Creating Healthy Relationships!

BAWAR & OSA Peer Education Team

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The high school peer educators created this content for you!

Resources for support at the end of the presentation

Content warning:
Defining healthy relationships,
consent,
communication &
conflict



This applies to
all relationships
(dating,
friendships, etc.)



Defining Healthy Relationships

SUSANNA, CHEYENNE, YEMAREJ

TRUST- This develops (obviously) but it's important that trust is established.

RESPECT- Both self-respect and respect for the other person to make a positive dynamic.

BOUNDARIES- Not only important to set boundaries and communicate them, but also to respect each others' boundaries.

COMMUNICATION- Relationships last with communication, it's important to communicate with the other person and encourage conversations around everything and be open always to listening.

ACCEPTANCE- We can disagree without judgement by being open-minded.

BOTTOM LINE: COMMUNICATION IS KEY, WHERE THERE'S COMMUNICATION THERE'S UNDERSTANDING.



Consent and Permission

Xander, Nyla, and Eliana

FREELY GIVEN-

Without pressure, manipulation, or under the influence of drugs/alcohol

INFORMED-

Cannot consent without the full story

REVERSIBLE-

Anyone can change their mind at anytime.

ENTHUSIASTIC- Do only what you WANT to do, not what you're "expected to do"

CONSENT



Freely Given
Reversible
Informed
Enthusiastic
Specific

Planned Parenthood*

SPECIFIC- Saying yes to ONE thing is not yes to everything

Consent applies to more than just sex

Age of Consent



Communication

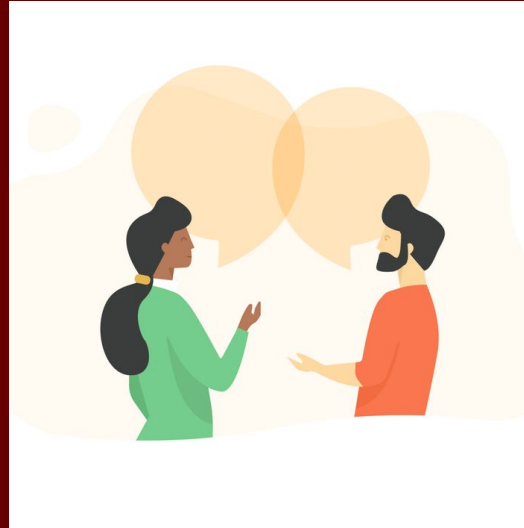
By Judith and Simon

Communication is how you share your needs in a relationship

How can your emotions get in the way of communicating?

**How do you communicate (text, phone call, in person)?
How can each of these affect a relationship?**

What happens if there is no communication in a relationship?



One sided communication can be harmful

Communication is key to a healthy relationship



Conflict and Conflict Resolution

Noah, Bahia, Ania

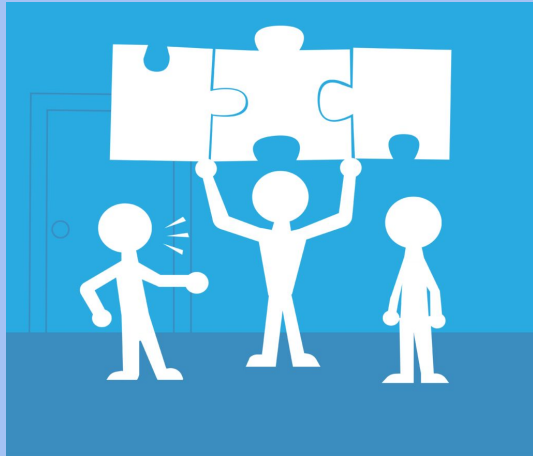
Establish a common goal
for both parties.

Clarify what the
disagreement is.

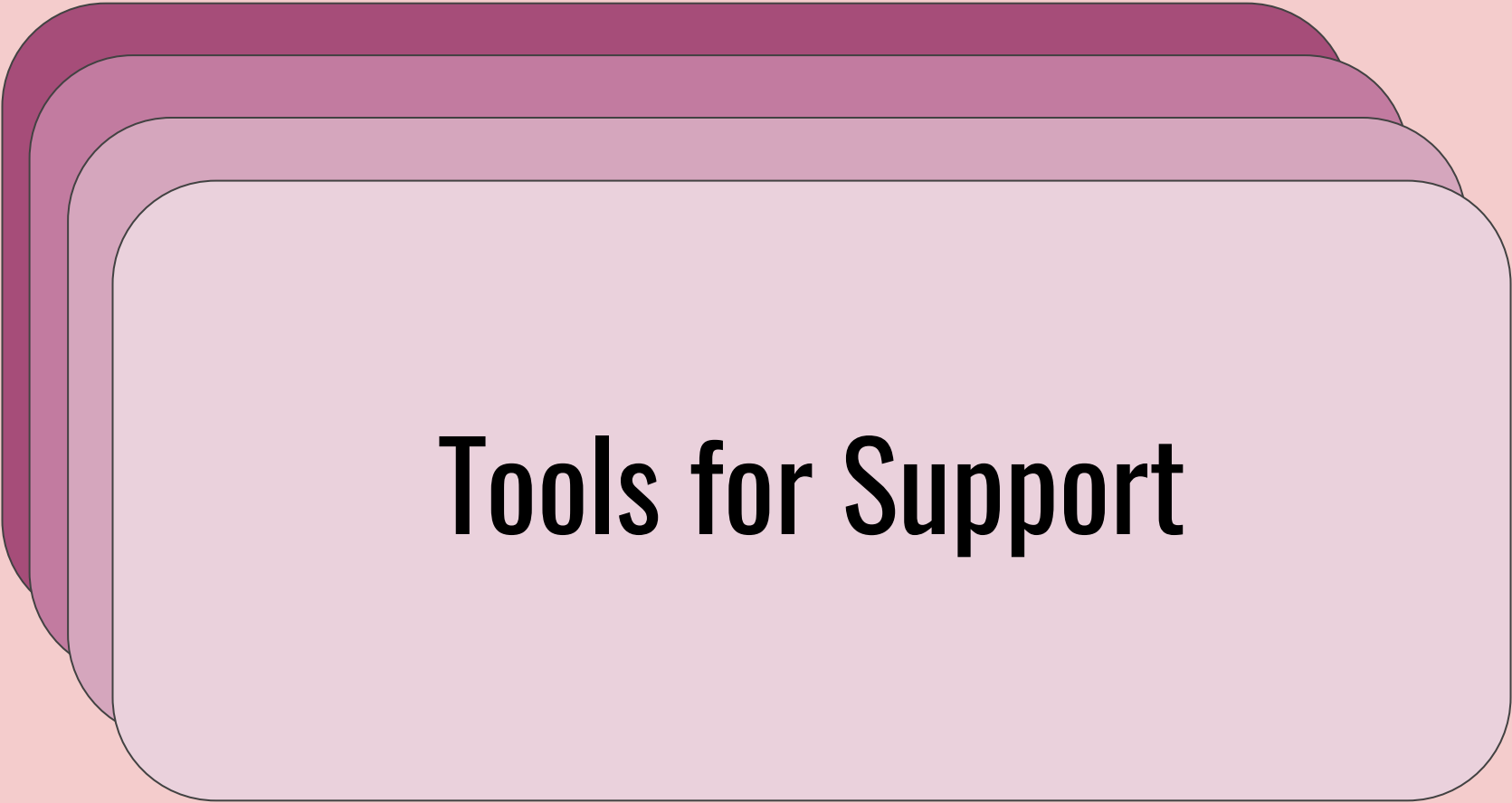
Determine barriers to
the common goal.

Agree on the best way
to resolve the conflict.

Discuss ways to meet the
common goal.



Conflict is not always bad, it is problematic in how it is addressed.



Tools for Support

Tools for support

Remember! You are not a therapist or investigator and all you can do is offer support. Be sure to seek your own support too if your friend's situation is weighing on you emotionally

If your friend is in an unhealthy relationship..

Listen, validate and believe them

Mirror their language

Help them build a support network

Ask if there are trusted people, especially adults, they could tell

Avoid shaming them or insisting they do a certain thing-- focus on empowering them

Resources

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On campus support

- Maya - mlevine@oakarts.org - if you have any follow up questions for the high school peer educators, please email them to me, and I will pass them on.
- Erica - ewandner@oakarts.org
- Any teacher or admin that you feel comfortable talking to. Every adult at OSA is here to support you!

Off campus support

- BAWAR
 - Hotline 510 845 7273
 - www.bawar.org
- Safe Alternatives to Violent Environments (SAVE)
 - Hotline 510 794 6055
 - www.save-dv.org