

# Nurturing Relationships

Connecting with Each Other



## Program Outline



This **youth-led interactive session** will help students understand components of healthy relationships. Youth speakers will share personal stories about experiences with unhealthy relationships and how they learned to navigate healthier ones.

- **Define struggles in relationships (Friendship, Relationship, Authority)**
- **Increase capacity**
- **Reciprocity**
- **Intent and Impact**

**Students will leave with** a greater understanding of what they can do to step up in their community and actively support their peers.

## YOUTH SPEAKERS WILL SHARE PERSONAL STORIES



### Critical Thinking in Relationships

Highlights the importance of thinking critically in relationships and understanding the situation. Youth Speakers will share **key aspects found in healthy relationships**.



### Healthy Communication

Helps students understand the importance of healthy communication, **what it looks like, and how they can practice it**.



### Increasing Resilience

Helps students build their resilience by teaching them about **self-advocacy and setting healthy boundaries**.

YOUTH EXPERIENCE. YOUTH VOICE. YOUTH EMPOWERED.