

Nurturing Relationships

A Safer Space in a Connected Classroom

For grades 9-12



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.

Youth Will

- ✓ Define struggles in relationships (Friendship, Community, Trusted Adults)
- ✓ Explore the Benefits of giving and receiving in relationships
- ✓ Recognize Emotional & Physical limits and Intent vs. Impact
- ✓ Understand How to Support their Peers

“The presenter stories were touching and powerful and memorable analogies used, leaving their mark motivating the audience to be active agents for change and for their own well-being!

– Principal

TRAINED YOUTH SPEAKERS SHARE PERSONAL STORIES

Key Takeaways



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.

ONE CONVERSATION AWAY FROM HOPE.

Start the Conversation. Connect with us: www.youthspeak.ca | una@youthspeak.ca