



Healthy Relationships

Healthy Living Youth Zone

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Wakenagun Youth Healing Lodge

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Pelican High Peak Youth Healing Lodge

Agenda



- 1. Sharing Circle (10 Minutes)**
- 2. Importance of Healthy Relationships (5 Minutes)**
- 3. What Do You Look For In A Relationship (30 Minutes)**
- 4. Sharing Circle (10 Minutes)**
- 5. What Makes a Relationship Healthy? (15 Minutes)**
- 6. Values and Boundaries (10 Minutes)**
- 7. Values and Boundaries Activity (10-20 Minutes)**
- 8. Resources for Healthy Relationships/Free Time (Remainder)**

Sharing Circle

In your own words, what is considered a healthy relationship?



The Importance of Relationships



Healthy relationships are another component of achieving healthy well-being. Healthy **relationships** can benefit our physical, mental, emotional, and spiritual health. This workshop is designed to provide you the knowledge, skills, and tools to create healthy relationships with:

- Friends
- Family Members
- Neighbors
- Community Members
- Elders

Healthy relationships are like taking care of a plant. The plant doesn't grow overnight but if you continuously nurture it the flower will grow and blossom over time. Nurturing our relationships with others over time also allows those relationships to grow and blossom!

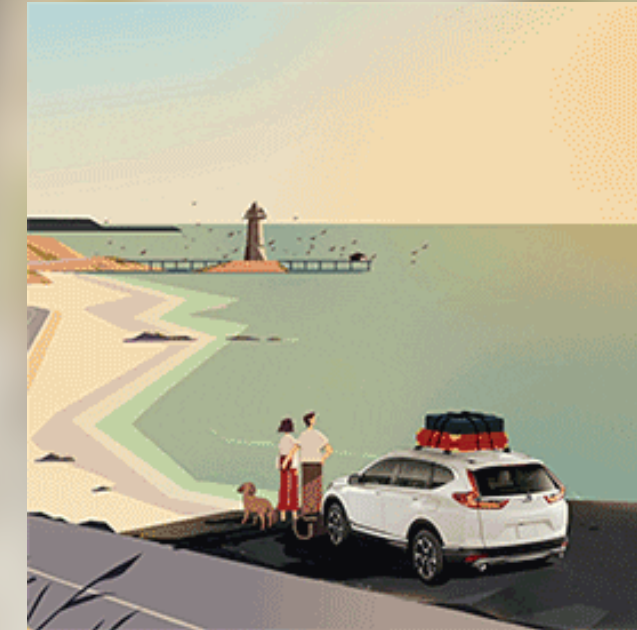


What Do You Look For In A Relationship



Activity

Your ideal friend is going with you on a road trip. What qualities do you want this person to have? You may want to choose many of the qualities listed, but you can bring only 150 pounds of cargo (qualities) with you on this trip.



20 Pound Items

- Good Listener
- Reliable
- Fun
- Values my opinion
- Honest
- Dependable
- Cares about me
- Considerate

15 Pound Items

- Smart
- Non-judgmental
- Enthusiastic
- Patient
- Funny
- Easy to Talk to
- Trustworthy
- Likes Trying New Things
- Is from my Community
- Attends Ceremonies

10 Pound Items

- Attractive
- Has lots of money
- Apologizes when wrong
- Athletic
- Knows my family
- Listens to the same music
- Likes the same television shows
- Outgoing
- Likes videogames
- Attends community events

5 Pound Items

- Likes to shop
- Likes to travel
- Likes to exercise
- Vegetarian
- Has a car
- Has cool clothes
- Popular
- Has a job
- Other:_____
- Other:_____

What Do You Look For In A Relationship

Activity - Think, Pair, Share

Your ideal friend is going with you on a road trip. What qualities do you want this person to have? You may want to choose many of the qualities listed. but you can bring only 150 pounds of cargo (qualities) with you on this trip.

Think - 10-15 Minutes

- Look over the four lists and make a list of the items that are important to you on pencil and paper.
- Narrow down your list and ensure you don't go under or over 150 pounds of cargo.
- You can use a calculator or ask teacher for help when adding up your items.

Pair - 10-15 Minutes

- After everyone has their friendship cargo ready, the teacher will randomly pair you with another person and you will be placed in a breakout room.
- Share your list with your partner.

Share - 10-15 Minutes

- Each pair will share their combined list, teacher will write down any reoccurring qualities.



- Pencil/Eraser
- Writing Material
- Calculator
- Enthusiasm

Sharing Circle

When it comes to building a healthy relationship, what qualities should matter more?

**LET'S TALK
IT OUT**

**healthy
relationships**



What Makes a Relationship Healthy?

The Four Pillars of Friendship

Respect each person as an individual. A healthy partnership means learning about the other person & valuing what's important to them.

Trust - Means that you feel that you can count on each other & that the other person will be there for you. Trust needs to be earned over time & can be lost with a broken promise.

Be Honest about thoughts & feelings. It is the “real me” that our partner wants to get to know.

Communication is how we show our respect, trust & honesty. It requires listening & sharing thoughts & feelings.



GUIDE TO MAINTAINING FRIENDSHIPS



Values



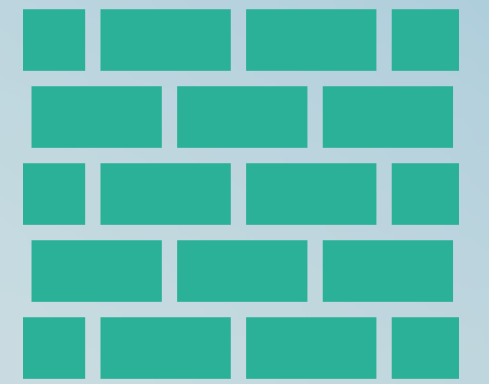
Values: values are the main components that make each person unique. Values guide us on how we think, react, and behave in daily life. Examples of values include:

- Creativity
- Good Manners
- Leadership
- Organization



Values are influential in creating new relationships. For example, maybe you join a sports team because you enjoy being active. Perhaps a value you have is "energetic" which lead you to joining a sports team. While on the team, you make several friends who are also "energetic". While you and your friends enjoy being active, your friends might have other values that differ than yours.

Boundaries

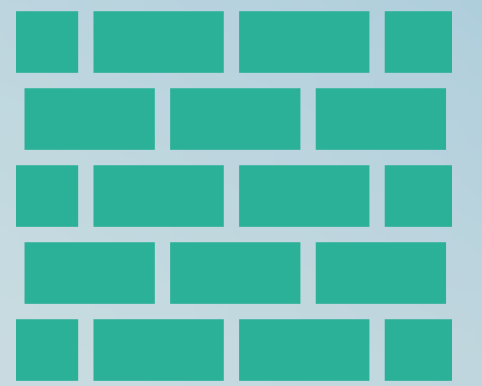


Personal Boundaries: personal boundaries are guidelines, rules or limits that a person creates to identify reasonable, safe and permissible ways for other people to behave towards them and how they will respond when someone passes those limits. When we cross a individuals set personal boundaries we might make them feel uncomfortable, anxious, upset, and even agitated which could have negative consequences. Some examples of boundaries are:

- *Material boundaries*
- *Physical boundaries*
- *Mental boundaries*
- *Emotional boundaries*
- *Sexual boundaries*
- *Spiritual boundaries*



Boundaries



Values and Boundaries

Activity - Think, Pair, Share

In this activity, you will be making 3 lists in regards to your own values and boundaries. The facilitator would like you to list 3-5 items for the three questions

Think - 10-15 Minutes

- Question 1: When I think of my values, I think about: EXAMPLE: Respect
- Question 2: When I think of my boundaries, I think about: EXAMPLE: no touching without consent
- Question 3: If I feel my values and boundaries have been pushed, I can: EXAMPLE: Remind people I don't want to be touched.

Pair - 10-15 Minutes

- Teacher will randomly pair you with another student. Share you're list with the other person.
- Ask for explanations if you don't understand the other person's values or boundaries.
- Work together to think of a way you or your partners values or boundaries can be respected by others. EXAMPLE: Don't touch their belongings

Share - 10-15 Minutes

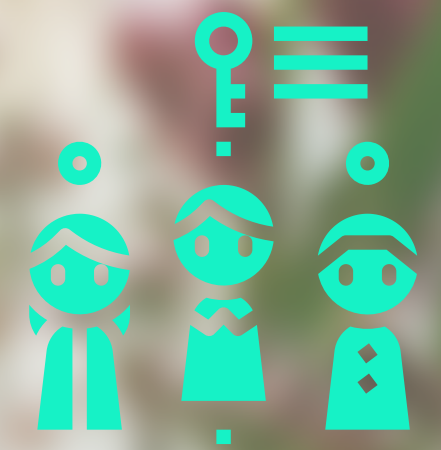
- Each pair will share their solution to respecting one of their values or boundaries. Other pairs are encouraged to think of other ways they can respect the presented value or boundary.



- Pencil/Eraser
- Writing Material
- Enthusiasm

Resources for Healthy Relationships

Some Tools to Improve Healthy Relationships



1. Healthy Relationship Survey - Asks you 12 questions about your dating relationship and if it is in healthy condition .
2. Gonoodle Dance - That was a lot of work! You guys are hard workers! Lets get some dancing in!
3. Love is Respect - Website provides lots of information and tools on healthy relationships.

