Knowing My Rights

IT'S MY **LIFE,** MY **RIGHTS**



Relationships

- Healthy Relationships
- Unhealthy Relationships

Signs of Healthy Relationships

Pillars of Good Relationships:

Moments of Vulnerability

Consistent Interactions

Positive Interactions

Signs of Healthy Relationships

Shout out a response!

Signs of Unhealthy Relationships

Manipulating

Isolations from other people

Jealously/Distrusting

Intense Interactions

Disrespectful

Violence

How do these differ between friendships and boyfriend or girlfriends?

Shout out a response!

Sources of Help

Educational Tools:

Phsyc2Go – YouTube

Genesis House

Immediate Resources:

Trusted person in your life

Guardian

Service and Support Administrator (SSA)

Thank You For Joining Us!

