



Respectful Futures

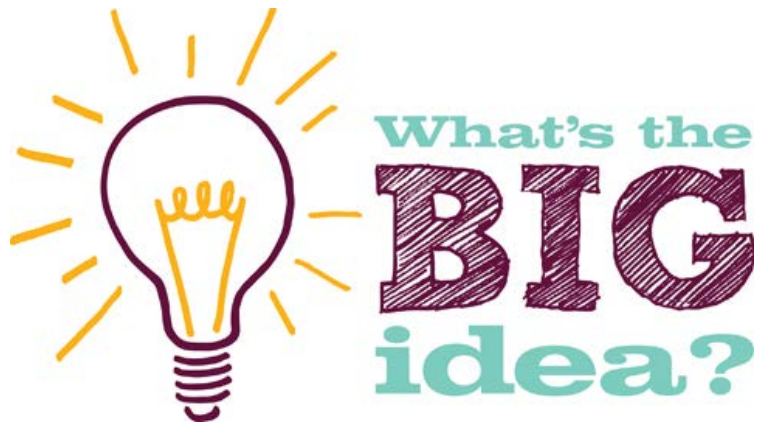
Shaping Healthy Relationships



Module 1

Characteristics of Healthy Relationships

Big Idea



Personal happiness is determined to a great extent by our ability to form supportive, mutually respectful, and honest relationships with others.

Brainstorm

- Name some of the many relationships you have in your life.
- How are these relationships the same?
- How are they different?



Brainstorm

- Which relationships are the most important in your life?
- Given the ideas discussed, how would you define “relationship”?
- As a class, build a definition of “relationship.”



More Brainstorming

What are the characteristics of a healthy relationship?



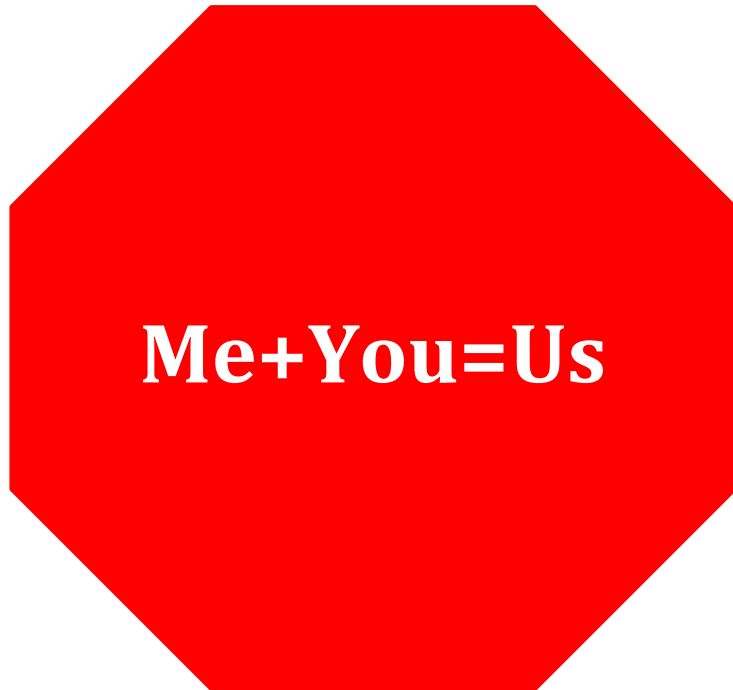
More Brainstorming



Why did you include these characteristics?

How do they work to make a positive relationship?

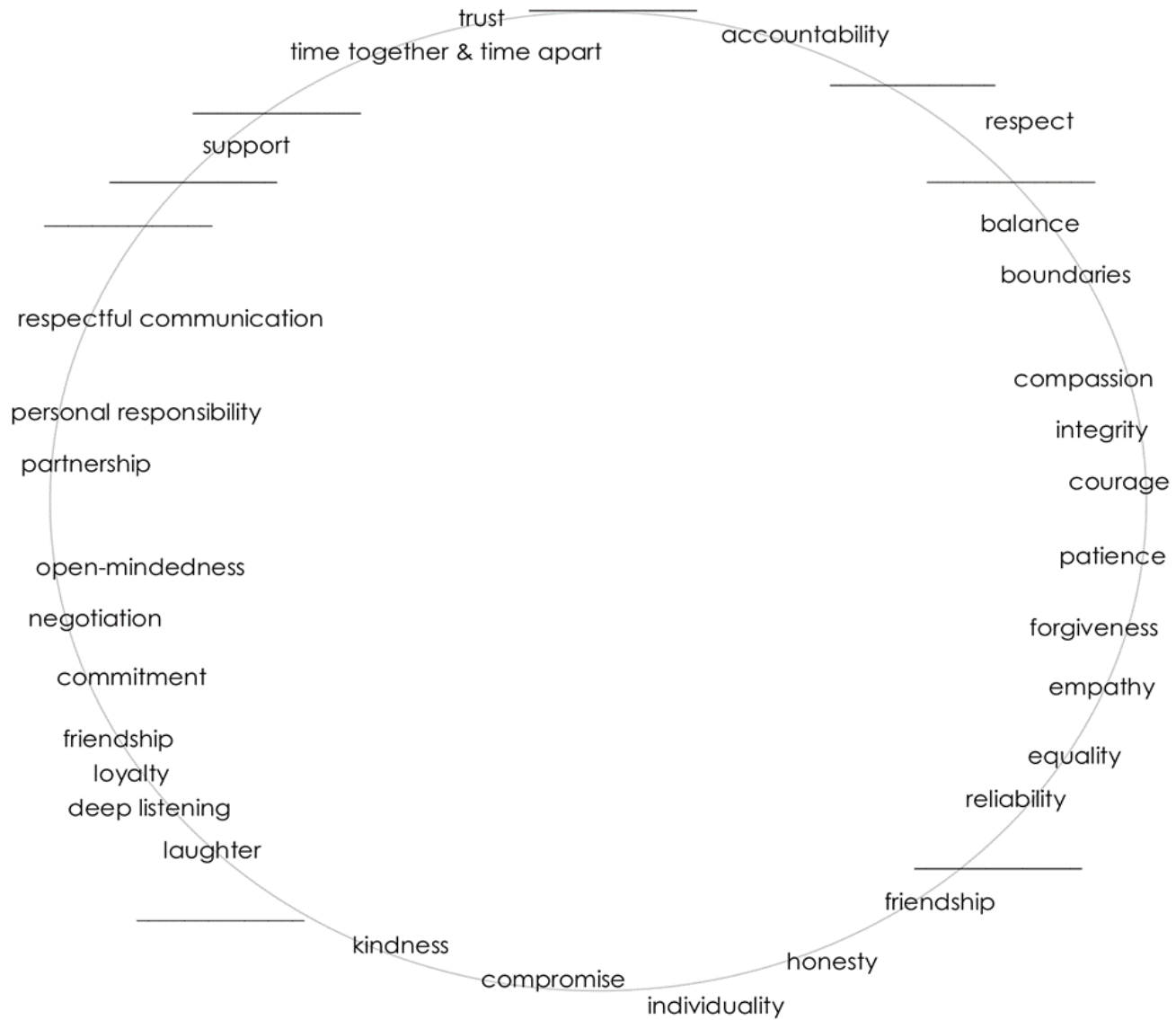
STOP



GO



**Why is the concept called Me+You+Us
and not Me+You=Us?**



Statements – Part 1

- I can't live without you.
- You're my better half.
- The two shall become one.

*Helpful or hurtful to
the relationship?*

*Supportive of
Me+You+Us?*

Statements – Part 1

- You complete me.
- I can only be complete when you are in my life.

*Helpful or hurtful to
the relationship?*

*Supportive of
Me+You+Us?*

Statements – Part 1

If you really liked/loved me ...

- You would know what I was thinking and feeling.
- You would know what I want and need.

*Helpful or hurtful to
the relationship?*

*Supportive of
Me+You+Us?*

Statements – Part 1

- If you really loved me, you would sleep with me.

*Helpful or hurtful to
the relationship?*

*Supportive of
Me+You+Us?*

Statements – Part 1

Love means ...

- I never have to say I'm sorry.
- I don't have to be kind.

*Helpful or hurtful to
the relationship?*

*Supportive of
Me+You+Us?*

Statements – Part 1

Love means ...

- I don't have to work at the relationship.
- I will be happy all the time.

*Helpful or hurtful to
the relationship?*

*Supportive of
Me+You+Us?*

Statements – Part 1

You will ...

- Be the solution to my problems.
- Make me feel good about myself.
- Make me feel loved.

Helpful or hurtful to the relationship?

Supportive of Me+You+Us?

Statements – Part 1

- My jealousy means I truly love and care about you.
- Relationships must be 50/50.

*Helpful or hurtful to
the relationship?*

*Supportive of
Me+You+Us?*

Statements – Part 1

- Emotional intimacy is not that important.
- Romantic love, passion, and sex will always be the same.

*Helpful or hurtful to
the relationship?*

*Supportive of
Me+You+Us?*

Statements – Part 1

- Girls are too emotional, boys aren't emotional enough.
- Sometimes people say “No” but they mean “Yes.”

Helpful or hurtful to the relationship?

Supportive of Me+You+Us?

Statements – Part 2

- As much as I love you and would like to be with you, I can live without you.
- You are not my better half. I am whole and complete with or without you.



Statements – Part 2

- Two do not become one; individuals remain individuals and add the aspect of relationship.



Statements – Part 2

- I am already complete.
- It is your work to feel complete in your own life.



Statements – Part 2

I can really love you and ...

- Not know what you are thinking and feeling without you telling me.
- Not know what you want and need without you telling me.



Statements – Part 2

I can really love you and ...

- Not be ready for sex or not want sex right now.
- Not be a mind reader.
I rely on you to tell me your truth.



Statements – Part 2

Love means ...

- I need to apologize when I make a mistake.
- I do need to be kind and respectful.



Statements – Part 2

Love means ...

- I do need to work to care for, build, and maintain the relationship.



Statements – Part 2

Love means ...

- Sometimes I will be happy, contented, frustrated, stressed, sad, etc., and we can strive to work through the fullness of all that we experience.



Statements – Part 2

- I am not the solution to all your problems, and I will do what I can to help support you.



Statements – Part 2

- It is my job to fill me up, and it is your job to fill you up. We are each responsible for our own self-esteem.



Statements – Part 2

- Each of us needs to feel worthy of love no matter whom we are in relationship with.



Statements – Part 2

- Jealousy is not a measure of love; it is a measure of insecurity.



Statements – Part 2

- Relationship is not 50/50 (that can lead to score-keeping). It is for each person to bring as much as they can to the table.



Statements – Part 2

- Emotional intimacy is one of the foundations of a healthy relationship.



Statements – Part 2

- Romantic love, passion, and sex will change over time, as everything changes over time.



Statements – Part 2

- We are all emotive beings. It is part of the human condition.

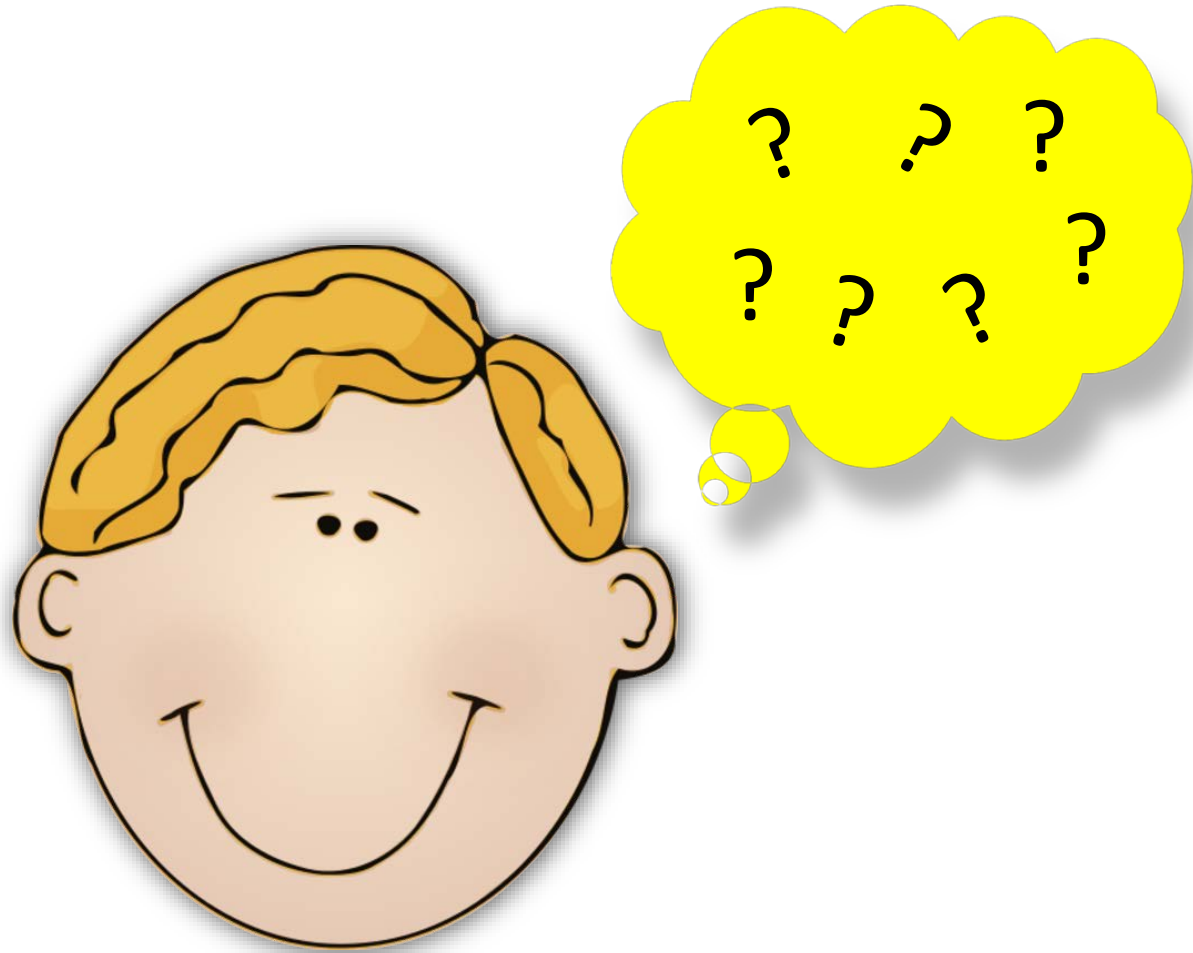


Statements – Part 2

- Whenever someone says “No,” it is always our job to hear “No” no matter what!



Me+You+Us Skills Development



Me+You+Us Skills Development

Power Struggle

Focus on me only or you only

Only one of two things is possible: Win/Lose, Right/Wrong

“Us” Awareness

Focus on us

Many things are possible

Win/win

What you want/need is as important as what I need/want

Me+You+Us Skills Development

“Me” Awareness:
Paying Attention
to Me



Me+You+Us Skills Development

“You” Awareness:
Paying Attention
to the Other Person



Me+You+Us Skills Development

“Us” Awareness:

Paying Attention to the Relationship



Boundaries



- Physical
- Emotional
- Social
- Mental
- Spiritual/
cultural

Basic Rights in Healthy Relationships

