



## YOUTH WORKSHOPS

FOR YOUTH AGED 12-17

### HEALTHY RELATIONSHIPS

Throughout our lives, we all engage in a variety of relationships: friends, parents, siblings, partners, classmates, etc. It is important for all of us to learn how to maintain and grow these relationships in a healthy manner.

In this session, youth explore what healthy relationships can look like. We provide illustrative scenarios for discussion and work through strategies for practicing good communication, establishing boundaries, and conflict resolution. Youth will leave knowing that they are worthy of healthy, caring, and meaningful relationships and the practical tools to foster them.

- Can be offered in gender separate groups or combined
- Can be scheduled when best suits the group
- A co-facilitation module is used
- Facilitators bring extensive youth engagement and teaching skills
- The workshops can be customized to meet a particular need or respond to an incident within the group

### LEARNING OUTCOMES

- Increased understanding that we are all worthy of healthy, caring, and safe relationships in all aspects of our lives
- Tools to better care for ourselves and others in our relationships such as being able to communicate issues, boundaries, and needs respectfully

#### REGISTRATION & INQUIRIES

Contact Anova Public Education  
[Education@AnovaFuture.org](mailto:Education@AnovaFuture.org)