Boundaries

- What are your comfort zones?
Personal Space

- Zone 1 family and close friends
- Zone 2 casual friends and coworkers
- Zone 3 strangers and people you meet
Personal Space

- Define your personal space
Forms of Safety in a Healthy Relationship

- Physical
- Emotional
- Feeling a sense of trust and commitment
Is this right for you?

- Attraction….risks and benefits.
- Is it from a healthy place?
- Learning Phase….What is this person like?
- Deciding if this is someone I share common believes and values with.
Who is right for you?

- Why do some people end up in relationships that do not work?
<table>
<thead>
<tr>
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<th>Learning phase</th>
<th>Thinking then Deciding</th>
<th>Discuss</th>
<th>Follow through</th>
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<td>Character and level of maturity</td>
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# Relationship Bingo

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Principles of Dating

• Look at common interests
• Pay attention to values and believes
• Accept them; don’t try and fix or change your partner
• Be you... they should accept and love you for who you are and not who they want you to be
• Be real, not fake or phony, and don’t play games or pressure your partner
• Require good communication
• Respect...have your standards and stick to them
What do you have to give?

- Make a list of qualities that you want in a relationship, and then make a separate list of qualities that you bring to a relationship.
Things to Watch Out For

• Controlling attitude or always checking on you
• Overly jealous
• Separates you from your friends and/or family
• Physically violent
• Verbally assaultive
• Threatens to hurt you
• Forces sex
• Belittles you
Love….to be or not to be?

- Red Light……Stop
- Yellow Light…..Move with caution
- Green light…..All clear move ahead
Communication

“If one person wins they both lose.”
Learning How to Speak

• Use “I” words to communicate how you are feeling, and help them to understand how their behavior is effecting you.

• Stay calm and don’t raise your voice. It’s best to wait rather than discussing things when you’re angry.

• Don’t go on forever. Say how you feel and then pause to listen for your partner’s response.

• Use kind language.

• Try not to use “never” or “always.”
Learn How to Listen

• Don’t interrupt; let your partner finish.

• When they’re done, paraphrase what you heard them say.

• Try to understand how they feel and what they are saying.

• Make eye contact.

• Be attentive to your partner.
Love and Intimacy Types and Match Traits

- PHYSICAL PHYSICAL... Affection/Touching
- VERBAL... Talking, good communication
- EMOTIONAL Feelings
- SOCIAL Activities and Interests you do together
- SPIRITUAL Values and Beliefs you share
- COMMITMENT Faithful, Trusting, Healthy Giving, See a future together, A Team.
Decide if this person is right for you!

- Do you have common interests and values?
- Do you like your partners behavior and personality?
- Do they treat you with respect?
- Are you both honest and up front?
- Does this person treat you well?
- Are you able to speak freely to him/her?
Resources


- Domestic Violence and Abuse: Signs of Abuse and Abusive http://www.helpguide.org/mental/domestic_violence_abuse_types
Helpful Numbers

Teen Dating Violence Hotline
1-866-331-9474

National Domestic Violence Hotline
1-800-799-7233

Battered Women's Shelter
(210) 733-8810
(San Antonio/Bexar County)

Family Justice Center
(210) 631-0100
1123 N. Main, Ste. 100
Books on the Subject


Books on the Subject


Books for Young Women


Girl Wars: 12 Strategies That Will End Female Bullying (2003), by Cheryl Dellasega & Charisse Nixon.
More Books for Young Women


More Books


• The Girl Within (1989), by Emily Hancock. Using the life stories of 20 women, Dr. Hancock identifies the turning point in a woman's life - the period between the ages of 8 and 10 and the onset of adolescence - when a girl crystallizes a distinct and vital sense of self, which she then loses in the process of growing up female.
More Books

• When the Breast Fairy Comes (2000), by Stacey Roberts. A combination of expert opinions, parental advice, and input from over 200 adolescent girls that will help the reader understand what their daughter is experiencing during adolescence.


• Ophelia Speaks: Adolescent Girls Write About Their Search for Self (1999), by Sara Shandler.

• Love on the Rocks: Men, Women, and Alcohol in Post-World War II America, (2002). Rotskoff, L.
Books for Young Men


Books on Sexuality

- Unhooked: How Young Women Pursue Sex, Delay Love and Lose at Both (2007), by Laura Sessions Stepp.
- Sex Camp (2005). McNaught, B.
Books on Sexuality

STAR Health Can Help

Service Management
1-866-218-8263
Thank You!