



## **Healthy Relationships**

STAR Health



# Boundaries

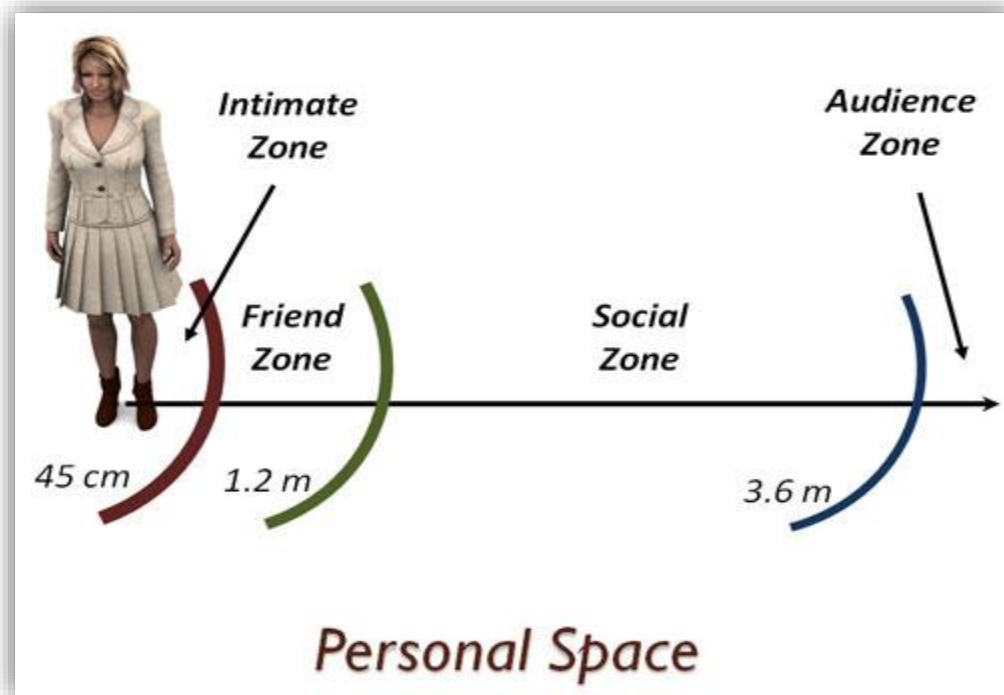
- What are your comfort zones?





# 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?





Attraction Phase	Learning phase	Thinking then Deciding	Discuss	Follow through
Have fun, but keep it light	Character and level of maturity	Is this the person I want to be with?	Discuss sexual pace and boundaries	Agree to plan: pacing, boundaries *pregnancy prevention
Focus on things you can do together	Do you have common interests? Are your values the same? Meet their family and friends	Are we at the same place?	Share baggage + - and	Make plans
Start to explore what the person is like	Can you talk to him/her. Do you fight fairly? Notice any problem behaviors	Pace how you want the relationship to proceed	Discuss levels of comfort honestly If sexually active what is our birth control plan	Follow through with plans





# Relationship Bingo

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Focus on things you can do together	Do you have common interests? Are your values the same? Meet their family and friends	Are we at the same place? <b>Free Space</b>	Share baggage + - and	Make plans
Start to explore what the person is like	Can you talk to him/her. Do you fight fairly? Notice any problem behaviors	Pace how you want the relationship to proceed	Discuss levels of commitment honestly If sexually active what is our birth control plan	Follow through with plans



# 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.





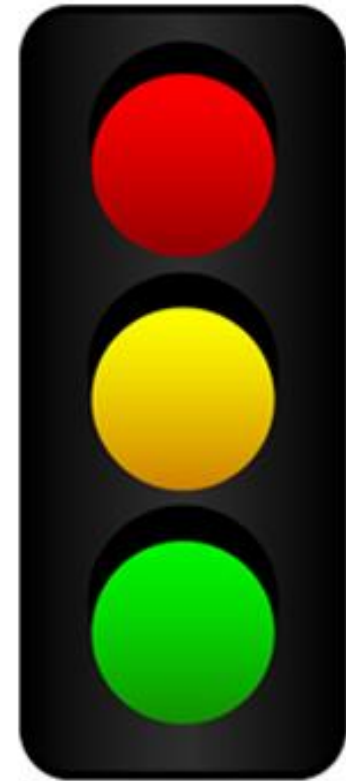
# Things to Watch Out For

- 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 ?



**THE  
DATE  
GAME**





# Resources

- The Dibble Institute,  
<http://www.dibbleinstitute.org/Documents/ZHCHR-SL25.pdf>
- Domestic Violence and Abuse: Signs of Abuse and Abusive  
[http://www.helpguide.org/mental/domestic\\_violence\\_abuse\\_types](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

Brumberg, Joan Jacobs, (1997). *The Body Project: An Intimate History of American Girls*. Random House, New York.

Ponton, Lynn, (2001). *The Sex Lives of Teenagers: Revealing the Secret World of Adolescent Boys and Girls*. Dutton, New York.

Thompson, Sharon (1995). *Going All the Way: Teenage Girl's Tales of Sex, Romance, and Pregnancy*. HarperCollins, New York.



## Books on the Subject

Knowles, Cynthia R. (2001). *Up All Night: A Closer Look at Club Drugs and Rave Culture*. Red House Press, New York.

Donaghy, Bronwyn, (1999). *Unzipped: Everything Teenagers Want to Know about Love, Sex and Each Other*. HarperCollins, New York.

Levine, J, (2003). *Harmful to Minors*. University of Minnesota Press.

Eugenides, J. (2002). *Middlesex*. Farrar, Strauss & Giroux.



# Books for Young Women

The Dr. Drew and Adam Book: A Survival Guide to Life and Love (1998), Drew Pinsky & Adam Carolla  
Respect: A Girl's Guide to Getting Respect & Dealing When Your Line is Crossed (2005), by Courtney Macavinta & Andrea Vander Pluym.

Dilemmas of Desire: Teenage Girls Talk about Sexuality (2004) by Deborah L. Tolman.

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





## More Books for Young Women

*Odd Girl Out: The Hidden Culture of Aggression in Girls* (2002), by Rachel Simmons.

*Raising a Thinking Preteen*, by Myrna Shure and Roberta Israeloff, (2000).

*Deal With it! A Whole New Approach to Your Body, Brain, and Life as a Girl*, by Esther Drill, Health McDonald, & Rebecca Odes (1999).



## More Books

- Real Gorgeous: The Truth about Body & Beauty (1996), by Kazcooke.
- School Girls: Young Women, Self-Esteem, and the Confidence Gap, by Peggy Orenstein, (1994).
- 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.
- *Field Guide to the American Teenager: Appreciating the Teenager You Live With (2000)*, by Michael Rivera & Joseph DiPrisco.
- *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

- *Stiffed: The Betrayal of the American Man* (1999). Faludi, S.
- *Real Boys: Rescuing Our Sons from the Myths of Boyhood* (1998). Pollack, W.



# 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.
- Our Sexuality (2005). Crooks, R., & Baur, K.
- Rainbow Party (2005). Ruditis, P.



# Books on Sexuality

- The New Good Vibrations Guide to Sex (2002). Winks, C. & Semans, A.
- The Thinking Parent's Guide to Talking Sense About Sex (2000). Roffman, D.
- Choosing Unsafe Sex: AIDS Risk Denial Among Disadvantaged Women, (1995). Sobo, E. J.



# STAR Health Can Help

Service Management  
1-866-218-8263



**Thank You!**