



A Program of Caminar

Healthy Relationships and YOU!

*Navigating Your College Connections and
Preventing Violence For All*

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What to Expect:

- ✦ Introductions
- ✦ Program Overview
- ✦ Group Norms
- ✦ Foundations of a Healthy Relationship
- ✦ Identifying Abuse
- ✦ Setting and Communicating Your Boundaries
- ✦ Connecting Self-Care and Relationships
- ✦ Scenario Analysis
- ✦ Closing Survey & Contact Information



About Justin!

Justin Ortiz (he/him) Program Coordinator

- SFSU: Health Education & Sexuality Studies
- Experience in youth spaces, education programs, clinical settings, pride events, and IPV programs
- Double Duty: HEART + LGBTQ+ Youth Space Speakers Bureau
- Health educator by day, artist by night!



Overview

- Working towards safe & healthy relationships for all!
- Prevention and harm reduction

Services

- Offering educational workshops, presentations, 1:1 meetings, and referrals to vital resources (ex. housing, mental health services, and food connections)

Group Norms

1

Come as you are. Speak to what you are comfortable with in your safe zone, but don't be afraid to enter your brave zone! However, let's agree to be mindful of potentially activating others when we are speaking in greater detail.

2

We may discuss abuse or other sensitive topics, so we want you to do whatever you must to take care of yourself. If you need to take a break, feel free to excuse yourself.

3

We love questions! If there is something you don't understand, raise your hand and ask for clarification. We also love it when you share your own experiences! Let's remember to share the space equally and leave time for everyone to speak.

4

We all have to work together to create a safe space where others feel comfortable sharing. What is said here stays here, but what is learned here can leave here.

Why Healthy Relationships are Important

The quality of our relationships affects our mental, emotional and physical health.



1

Healthy relationships can help prevent Intimate Partner Violence (IPV). IPV is not limited to romantic relationships, and abuse can be more than just physical. It can affect anyone, regardless of age, gender, or identity.

2

There are not always models available to teach us what a healthy relationship can look like, but there is lots to learn from relationships and storytelling. We can each become agents of change by informing others, supporting our peers, and contributing to resources that aid survivors.

3

Healthy relationships build compassion, intimacy, and security – which helps us to build community, foster connections, and even regulate our emotions.

4

You deserve to feel safe and respected. By cultivating our own healthy relationships, we can prevent violence for generations to come!

Part 1:

Setting the Scene: Foundations of a Healthy Relationship





What definitions, phrases, people, examples, etc. come to mind when you hear the words “healthy relationship”?



Who do we form relationships with?



PARTNERS

Romantic partners,
dates, spouses, etc.

CASUAL

Close friends,
roommates,
coworkers,
classmates, etc.

FAMILY

Parents, children,
caregivers, chosen
family, siblings,
grandparents, etc.



Who *fills* your bucket?
Who *takes* from it?



What do relationships look like?

All interpersonal relationships are valid as long as they are safe and consensual! Even in small ways, showing others that we care for them can be really meaningful and is key to building strong connections.

What are other healthy signs or "red flags" you've noticed in a relationship? How do they make you feel?

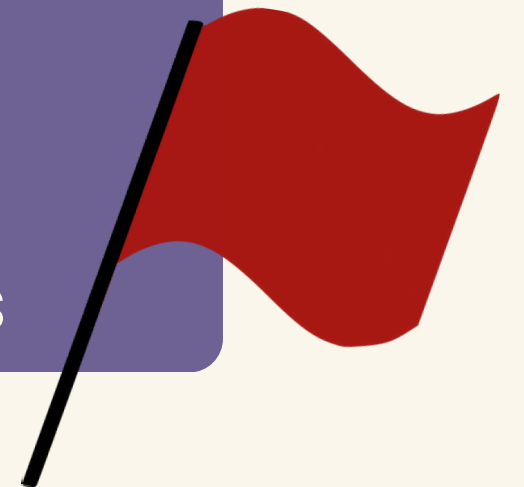


Healthy Signs

- Communication and Trust
- Non-threatening behavior
- Setting & Respecting Boundaries
- Safe Conflict Resolution ("I" statements, genuine apologies, emotional awareness, reacting vs. responding)
- Individuality & Agency
- The 5 A's (→)

Warning Signs

- Controlling behavior
- Violence of any kind (physical, sexual, etc.)
- Abuse of any kind (Emotional, economic, etc.)
- Criticism & disrespect
- Feeling isolated
- Gaslighting
- Power & Control Imbalances



5 A's of Healthy Relationships

Attention, Acceptance, Appreciation, Affection, and Allowing

- **Attention:** Being aware of yourself and others.
 - In any relationship, it is crucial to listen to and understand the other person's feelings and needs, and validate their efforts and understand their intentions. When you give someone your full attention, they feel valued, seen and loved.
- **Acceptance:** Loving and being loved unconditionally.
 - Acceptance is about respecting people for exactly who they are – quirks and all! When we feel respected and accepted, we feel safe.
- **Appreciation:** Acknowledging what you love about the other person
 - It is so important to voice your love and respect for someone else's talents and skills, and voicing appreciation for acts of kindness and general thoughtfulness.

5 A's of Healthy Relationships

Attention, Acceptance, Appreciation, Affection, and Allowing

- **Affection:** Building intimacy with another person
 - Affection looks different in all relationship configurations. For some, affection means words of affirmation while for others it might mean a hug. Remember to ask what someone's favorite form of affection is.
- **Allowing:** Letting others be themselves!
 - Allowing people to live life in the way they want, without trying to change, control or judge them. This means you're building trust and giving each other the support needed to be the best version of yourselves.



It's rare to get everything you need or want from one specific relationship or person.



- We express and receive love in various ways, including with our platonic and aromantic connections:
 - Friends, Family, Cohabitants – even pets!
- Each relationship can fulfill different aspects of your personality.
 - Ex. One person might be your go-to for serious conversations, and another might be your adventure buddy for fun activities.
- Making friends can become more challenging as we grow older. Look at your daily routine (gym, class, library) to meet and bond with new people. Shared interests can also help form connections!
 - Food, Sports, Spirituality, Hobbies (book clubs)



What do you already know about relationships that might be unhealthy, unsafe, or abusive?

Identifying the Cycle of Abuse

Any relationship can vary from safe to abusive. IPV includes physical violence, sexual violence, emotional abuse, financial abuse, online abuse, stalking, and psychological aggression.

1. Tension Building

Tensions increase, breakdown of communication, small outbursts, stress build up. Survivor may feel they need to "walk on eggshells".

2. Acute Violence

Person who has perpetrated violence becomes abusive and/or violent. Person is angry, argumentative, and may blame the survivor.

3. Relief

Violent incidents decrease. Person who has perpetrated violence feels guilt, and becomes apologetic. Denies the abuse occurred. Makes promises to change. Sometimes referred to as a "honeymoon stage"

The cycle usually follows this order, and will repeat until the conflict is stopped, usually by the survivor entirely abandoning the relationship or some form of intervention.

Unhealthy/Unsafe Relationships

Learning how to spot unhealthy habits or dynamics in any relationships is an effective way to prevent further violence or abuse. These are just a few common examples.

1. Controlling Relationships

A controlling person may manipulate or pressure the other into doing things they don't want to do, isolating them from friends and family, and monitoring their every move.

2. Co-dependent Relationships

One person may rely too heavily on the other for their emotional well-being and may feel a sense of insecurity when separated. This puts pressure on one person and makes them feel trapped.

3. Abusive Relationships

This can include physical, emotional, online, or sexual abuse. The abuser may use violence, aggression, threats, or intimidation to control the other person, causing harm and emotional distress.

4. Manipulative Relationships

Manipulative people may use tactics like guilt-tripping, gaslighting, or emotional blackmail to get what they want.

Power & Control Imbalances



- IPV is characterized by behaviors used by a person to **gain and maintain power and control over another person**.
 - Think: Who gets to make the decisions? Do you feel bad if that power is questioned? Do you feel obligated to obey?
- Violence might feel normal, so it can be hard to tell when a behavior crosses the line from healthy to abusive.
 - **Warning signs, or red flags**, can indicate that a relationship is going in the unsafe direction.
- **Abuse is never acceptable in *any* form.**
- It's **okay to tell someone** if you need help.

Need help or know someone who does?

If you're having a conversation about violence and someone discloses that they are a survivor, you can listen and communicate that the abuse they're experiencing is not their fault. Let them know that they deserve safety and refer them to resources:



01

Support Systems

Protective factors! This can include peer support, moral development, cultural/spiritual beliefs, access to tangible support, education, and more. For some of us, family is not always the safest option. Identify who you can be your most authentic self with. Who is your community?

02

Safety Plans

Safety planning helps develop tools in advance of potentially dangerous situations. It includes information specific to you that will increase your safety at school, home, and other places that you go on a daily basis. Share this with someone you trust, or create a list for yourself.

03

Know the Resources Available to You

- HEART
- Next Door Solutions
- YWCA

Let's Pause.

What questions, if any, do you still have when it comes to identifying healthy and unsafe relationships?

Part 2: Setting Boundaries and Remembering Self-Care

Boundaries are essential to any healthy relationship. They help us establish how all parties want to be treated and what you can expect from each other.

What do boundaries look like to you?



The Importance of Boundaries

- Boundaries help build **trust, safety, and respect** in our relationships.
- We can control our own thoughts, feelings, and actions, including where and how we set and enforce boundaries.
- We cannot control others' emotions or beliefs. This does not mean we have to endure behavior that causes us harm, regardless of intent.
- While the conversation may feel challenging or awkward, making your boundaries clear is an act of kindness to yourself and the people around you. It tells others what you need to be able to continue the partnership.





“How Do I Set Boundaries Without Upsetting Anyone?”

Setting and enforcing boundaries is for you, not anyone else. However, there are a few ways to go about it compassionately.

1. Identify and Be Proactive

- Share how you feel when something makes you uncomfortable, and remember that while others may have their own perspectives, you can still ask them to respect your limits.

2. Communicate Clearly and Directly

- Assuming others should "just know" your boundaries can lead to confusion and resentment. Be explicit about your needs and avoid expecting others to read your mind. Clear is kind!

3. Consistently Enforce Your Boundaries

- It may take ongoing conversations and reminders to enforce your boundaries, so be patient and persistent.

4. Adjust Boundaries as Needed

- If smaller boundaries are not respected, be prepared to set firmer ones. Politely remind others of the boundary, and if necessary, consider distancing yourself from the situation.

Remembering (and Prioritizing!) Self-love & Care

- We often think we must sacrifice our own needs to sustain a relationship, but meeting those needs is crucial for supporting others. **Healthy relationships should include balance and time for ourselves!**
- Self-care includes activities that support emotional, psychological, and social well-being. This helps us **establish boundaries, enhance communication, build a strong sense of self, and understand our feelings.**
- **It doesn't have to be elaborate.** Simple actions can be very effective, such as meditating, journaling, listening to a podcast while walking, enjoying your favorite snack, maintaining a hygiene routine, and setting personal goals.
- Self-Care looks different for everyone. What is something you did recently to practice your own self-love and care?





This scenario demonstrates the importance of setting boundaries and addressing them respectfully to maintain a healthy friendship. It highlights how clear communication can help balance personal needs with maintaining strong relationships.

Jamie and Taylor have been friends since middle school and have always been very close. Recently, Jamie has noticed that Taylor is texting multiple times a day, often asking Jamie to hang out or check in, even though Jamie is busy with their new college schedule and family commitments. Feeling overwhelmed, Jamie decides to address the issue and says, "I really value our friendship, but I need some space to focus on my schoolwork and family."

- How might Taylor feel after receiving Jamie's message? What are some ways Jamie can follow up if Taylor's response is unclear or upset?
- What can Taylor do to communicate their needs without overwhelming Jamie?
- How can Jamie and Taylor ensure they maintain a strong friendship while respecting boundaries?

Why it Matters



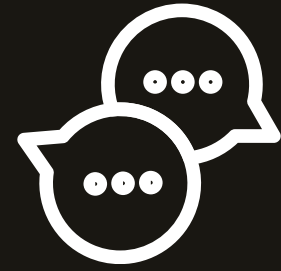
- **Connection gives a sense of belonging**
 - Our social support is right beside us when we're adjusting to new changes – like going to college! Our close relationships remind us of our potential, relieve stress, offer comfort, affirm our identities, and prevent us from feeling lonely.
- **Friends can become chosen family**
 - The bonds between close friends can be liberating, transformative, and can provide a safe space that we may not have elsewhere.
- **How can we express care and love?**
 - Share your thoughts and feelings while actively contributing to a safe space where everyone involved feels comfortable to be themselves.
 - Be present in each other's lives and offer support when needed.
 - Practice the 5 A's and be honest about your boundaries.
 - All relationship configurations are valid, as long as they are safe and consensual.



Parting Words - You Did It!

- You deserve to feel safe and respected in all of the relationships you build with your family, friends, and partners!
- Learning how to navigate positive relationships is key to a healthy lifestyle. We can each build secure, safe relationships at any time in our lives. It's never too late to begin.
- You now hold more skills to cultivate your own healthy relationships and have learned how to set boundaries that include time for self-care. Together, we can create the tools needed to prevent violence for generations to come!





**What is one word or feeling you have
to summarize today's workshop?**



♥ THANK YOU! ♥

Please take some time to fill out a short demographic and feedback survey! Your answers will be anonymous, and this information will help us to ensure that we are reaching as many communities as possible – and that our work remains as meaningful as possible. Your feedback is greatly appreciated!

SCAN ME!



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