

HEALTHY RELATIONSHIPS, BOUNDARIES & CONSENT

HEALTHY RELATIONSHIPS have healthy communication, healthy boundaries, mutual respect, and support for one another. We have all kinds of relationships throughout our lives where we need healthy boundaries and consent

TYPES OF RELATIONSHIPS

- Familial
- Friendship
- Romantic
- Sexual
- Work
- Food
- Drugs
- Alcohol

"I prefer not to be touched"

"I would rather not be a part of this conversation"

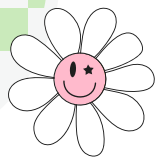
Boundaries are hard to set, but important to say. Be clear about your own boundaries and respect those of others.

"As much as I want to support you right now I do not have the emotional capacity"

"I respect your perspective although I do not agree"

"I can only stay for 30 minutes"

YOU ARE NOT ALONE



Consenting is a choice you make **without** pressure, manipulation, or under the influence of drugs or alcohol. Consent is...

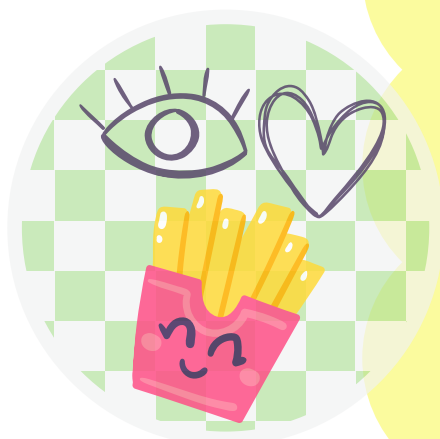
FREELY GIVEN

REVERSIBLE

INFORMED

ENTHUSIASTIC

SPECIFIC



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