

# RESPECTFUL RELATIONSHIPS

*A seminar for teens*

In a world where teens seem to be more connected than ever before, so many are struggling to find real and meaningful connections. It is in this same world, and among this same generation, we find teens struggling to find genuine, helpful and satisfactory answers to a growing problem...

*"How do I find, build and navigate healthy, happy and safe relationships?"*

## TOPICS WE COVER

### *Relationships*

The key ingredients to experiencing healthy relationships and identifying red flags and unhealthy relationship behaviours.

### *Sexual Decision Making*

Understanding what sex is for, why our society is obsessed with it and how to make decisions rather than simply respond to circumstance.

### *Pornography*

A scientific discussion about the harmful impact that pornography can have both personally and relationally.

### *Consent + Sexual Ethics*

The legalities around consent as well as how to build a healthy sexual ethic in a hyper-sexualised society

### *Identity + Pressures*

How to navigate the pressures within youth culture and unhealthy stereotypes in hypersexualised society.

### *Love*

What love is and isn't.



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## OUTCOMES OF OUR PROGRAM

- ✓ Describe the key ingredients within a healthy relationship and be aware of what to look for in an unhealthy one.
- ✓ Consider their online choices.
- ✓ Understand the impact pornography can have personally + relationally.
- ✓ Consider their decisions around sex.
- ✓ Have a thorough understanding of consent and what it means within relationship.
- ✓ Be empowered to make decisions that are right for them despite pressure they may face from peers.
- ✓ Understand how to connect in a meaningful way with family and friends.

## OUR PROGRAM INCLUDES

- ✓ Research based powerful + life changing presentations
- ✓ Personal reflection workbooks
- ✓ Group discussions and activities
- ✓ Anonymous Q+A
- ✓ Videos + Visual Content
- ✓ Face-to-face in-person or live online seminars



*"I believe every student is capable of making meaningful choices to bring honour, respect and positive change to themselves and those around them."*

David Kobler  
Director, Your Choicez

## OUR PRESENTERS



**Our team of presenters at Your Choicez are all gifted communicators with an ability to engage students in a powerful way. Our speakers are dedicated to empowering teenagers from all walks of life, equipping them to make healthy decisions when it comes to sex and navigating healthy relationships.**