#RelationshipGoals

family...friends...significant others...

Objectives

Provide comprehensive training on risk management tools & strategies that facilitate healthy relationships.

Outline key indicators for identifying healthy/unhealthy relationships and distinguishing healthy from unhealthy patterns.

Focus on growth, healthy partnerships, and fundamental principles of healthy relationships.

Relationships (UN)Healthy

Healthy Relationships

Friendships

Friendships are essential to a person’s mental and physical well-being.
Objectives

Provide perspectives on the social determinants of health (SDOH) that influence relationships.

Offer skills-building tools for identifying unhealthy characteristics and creating healthy patterns.

Give ideas on youth-adult partnerships in healthy relationship programming.
Family First

"Parents often serve as the primary source of information for their children on a variety of topics, including health."

"It is essential that parents [...] understand the importance of opportunities that empower their adolescent children."

http://www.sb4all.org/training/youth-development/youth-engagement-toolkit/cultivating-parent-support/
Family

community of people coming together to raise a child
Why is family important?

- provide stability
- provide emotional support
- provide a place to learn right from wrong
- appreciation
- love
- provide guidance
- provide a place to learn values
- provide a place to develop skills
Maslow's Hierarchy

- **Physiological needs:** food, water, warmth, rest
- **Safety needs:** security, safety
- **Belongingness and love needs:** intimate relationships, friends
- **Esteem needs:** prestige and feeling of accomplishment
- **Self-actualization:** achieving one's full potential, including creative activities

Self-fulfillment needs
Psychological needs
Basic needs
Social Determinants of Health

"the structural determinants and conditions in which people are born, grow, live, work and age."

Opportunities for

ACCESS TO HEALTH CARE

1. Insurance/out of pocket
2. Distance to health clinic
3. Number of family members
4. Primary caretaker's employment

Prevention instead of intervention
Principles of Cultivating Parental Support

1. Meet parents where they are (churches, libraries, restaurants, grocery stores, social services agencies) and have events during convenient times for working parents.

2. Distribute packets that include parent consent forms and health center information.

3. Distribute a calendar at the beginning of the year with important dates for distribution.

4. Parent Cafés

http://www.sbh4all.org/training/youth-development/youth-engagement-toolkit/cultivating-parent-support/#sthash.5gipvhuf.dpuf
Parent Cafés
First 5 Alameda County and California Project LAUNCH

"family strengthening and parent engagement program"

"[...] bring together parents, guardians and caregivers in a safe, supervised setting where core skills of listening without interrupting, sharing without judgment and mutual support of fellow community members facing similar challenges as parents are encouraged and promoted."

http://www.first5alameda.org/parent-cafes
<table>
<thead>
<tr>
<th>Question</th>
<th>Response Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you live in your parents’ home?</td>
<td>Yes</td>
</tr>
<tr>
<td>Do you receive health care from anyone besides a medical doctor</td>
<td>No</td>
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<tr>
<td>Do you brush your teeth twice a day?</td>
<td>Yes</td>
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<tr>
<td>Do you floss once a day?</td>
<td>Yes</td>
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<td>Have you seen a dentist in the past year?</td>
<td>Yes</td>
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<td>Do you eat 5 or more helpings of fruits and vegetables each day?</td>
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<td>Do you drink milk and eat yogurt, cheese, or other calcium-rich foods</td>
<td>Yes</td>
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<tr>
<td>Do you eat more than 1 fast food meal per week?</td>
<td>No</td>
</tr>
<tr>
<td>Do you participate in any physical activities, such as walking,</td>
<td>Yes</td>
</tr>
<tr>
<td>Do you drink more than 1 soda or juice drink each day?</td>
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<tr>
<td>Do you watch TV, play video games, or spend time on the computer</td>
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<tr>
<td>Do you have any concerns or questions about the size or shape of your</td>
<td>No</td>
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<tr>
<td>Do you have a problem with your weight (such as underweight,</td>
<td>No</td>
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<tr>
<td>Are you on a diet to lose weight?</td>
<td>No</td>
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<tr>
<td>Do you eat meals together as a family?</td>
<td>Yes</td>
</tr>
<tr>
<td>Have you talked about body changes and puberty with your parents?</td>
<td>Yes</td>
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<tr>
<td>Do you have a TV in your bedroom?</td>
<td>No</td>
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<tr>
<td>Have you talked to your parents about waiting to have sex?</td>
<td>Yes</td>
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<tr>
<td>For females: Have you gotten your period?</td>
<td>Yes</td>
</tr>
<tr>
<td>If yes, are you having any problems with or do you have any questions</td>
<td>No</td>
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<td>7.</td>
<td>Do you drink milk and eat yogurt, cheese, or other calcium-rich foods (such as dark-green leafy vegetables, or calcium-fortified orange juice or cereal) at least 3 times each day?</td>
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<td>8.</td>
<td>Do you eat more than 1 fast food meal per week?</td>
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<tr>
<td>9.</td>
<td>Do you participate in any physical activities, such as walking, skateboarding, dancing, swimming, or playing basketball, for a total of 1 hour each day?</td>
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<td>10.</td>
<td>Do you drink more than 1 soda or juice drink each day?</td>
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<td>11.</td>
<td>Do you watch TV, play video games, or spend time on the computer for more than 2 hours per day (not including computer time for homework)?</td>
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<td>12.</td>
<td>Do you have any concerns or questions about the size or shape of your body, or physical appearance?</td>
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<td>13.</td>
<td>Do you have a problem with your weight (such as underweight, overweight, anorexia, or bulimia)?</td>
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Social Determinants of Health

Social integration and a support system can be facilitated by friendships.
Friendships are essential to a person's mental and physical wellness.

- **Social Determinants of Health**: Social integration and a support system can be facilitated by friendships.
Technology and Friendships
Deep Friendships are Difficult to Maintain Online

Displays of emotional weakness, insecurity, or conflicts generally tend to be minimized on social media. It is often difficult to reveal the qualities that define deep, intimate friendships.
Over scheduling, canceling plans, and overall flaking out is easier than ever!
Peer Groups

"More than half of SBHCs (61.3%) have effectively harnessed the power of peer influence in adolescence by providing group-based activities and education."

http://censusreport.sbh4all.org/#adolescentcare
Do it for the Vine!

Cyberbullying has become common place online. Online intimidation and threats can cause emotional harm to youth.
Moderation is key! Balancing face to face interaction with social media can ensure healthy friendships.
Four Components of a Healthy Friendship

Be supportive
Communicate
Invest time
Give and take
Relationships (UNHealthy)

Among high school students who dated, 21% of females and 19% of males experienced physical or sexual dating violence.

About half of all victims of stalking indicated that they were stalked before the age of 18.

16% of female victims and 16% of male victims experienced stalking between the ages of 11 and 17.

SBHC's Uncover Relationship Status

A group of 1,002 teens ages 14 to 19 were surveyed for exposure to relationship abuse, including cyber dating, sexual behavior, and coerced seeking for sexual and reproductive health at eight school-based health centers in California, during the 2012-2013 school year.
Among high school students who dated, 21% of females and 10% of males experienced physical and/or sexual dating violence.

Many women and men all over go through domestic abuse. It is less reported with men than women because men tend to feel humiliation when it comes to the topic and women tend to feel scared.
Many women and men all over go through domestic abuse. It is less reported with men than women because men tend to feel humiliation when it comes to the topic and women tend to feel scared.
About half of all victims of stalking indicated that they were stalked before the age of 25.

14% of female victims and 16% of male victims experienced stalking between the ages of 11 and 17.

Youth who are victims are more likely to experience symptoms of depression and anxiety, engage in unhealthy behaviors, like using tobacco, drugs, and alcohol, or exhibit antisocial behaviors and think about suicide.
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SBHC's Uncover Relationship Status

A group of 1,062 teens ages 14 to 19 were surveyed for exposure to relationship abuse, including cyber dating, sexual behavior and care-seeking for sexual and reproductive health at eight school-based health centers in California, during the 2012-2013 school year.
Out of the 400 students reporting abuse at an initial visit, 65 percent were still reporting such abuse three months later at school-based centers vs. 80 percent in schools without intervention clinics.

“Creating spaces for young people to learn about healthy and unhealthy relationships -- and how to help their friends -- can really help reduce adolescent relationship abuse,”

~Dr. Elizabeth Miller
Steps for Addressing Domestic Violence

1. Gets their statement (Either Handwritten or Electronic)
2. Talks with the student(s) to call them down
3. Gives them the choices of counseling or to report it

Counseling Route
4. Talks to the students multiple sessions
5. Makes time for them

Mr. Burt says that all students are put 1st because the students are #1

Reporting The Abuse
4. Notifies the police
5. Makes appointment with the police chief
6. File Assault Report
7. Can report it and not press charges or you can press charges (Restraining Order)
8. Level 3 Charge is Arrest

I asked Mr. Burt "what would you in your opinion say the steps after someone has become a victim of domestic abuse

#1. Report the Incident (If it goes unreported it tends to become repetetive.)

Physical --> Go see a doctor
Psychological and Emotional --> Go see a Counselor, Pastor, priest, family member, etc
Sexual Abuse --> Don't destroy the evidence, go straight to a medical facility and get a rape kit performed
Healthy Relationships

The "Be" Attitude of Healthy Relationships
1. Be Objective
2. Be Honest
3. Be willing to initiate renewed trust
4. Be Broadminded
5. Be Communicative
6. Be willing to assist in building others' positive identity
7. Be willing to support each other's growth and individuality

Connecting with Students

The Five Languages of Lasting Friendship & Love
1. Quality Time
2. Word of Affirmation
3. Gifts
4. Acts of Service
5. Physical Touch

Prezi
The "Be" Attitude of Healthy Relationships

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Connecting with Students

Sample Questions

Is very supportive of the things that I do
Text me or calls me frequently
Gets extreme jealous or possessive
Constantly checks up on me or makes me check in
Has big mood swings - gets angry and yells one minute but is sweet and apologetic the next
Threatens to hurt me, my friends, and family
Yells, screams, or humilates me in front of others people
Prosser or forces me into having sex or go further than I want to

HEADSSS Screening

[HEADING]

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[HEADING]

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Pressure or forces me into having sex or go further than I want to

love is respect.org
http://www.loveisrespect.org/for-someone-else/is-my-relationship-healthy-quiz/
## The HEEADSSS psychosocial interview for adolescents

<table>
<thead>
<tr>
<th>Potential first-line questions</th>
<th>Questions if time permits or if situation warrants exploration</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sexuality</strong></td>
<td></td>
</tr>
<tr>
<td>Have you ever been in a romantic relationship? Tell me about the people that you’ve dated.</td>
<td>Are your sexual activities enjoyable?</td>
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<tr>
<td>Have any of your relationships ever been sexual relationships (such as involving kissing or</td>
<td>Have any of your relationships been violent?</td>
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<td>touching)?</td>
<td>What does the term “safer sex” mean to you?</td>
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<tr>
<td>Are you attracted to anyone now? OR: Tell me about your sexual life.</td>
<td>Have you ever sent unclothed pictures of yourself on e-mail or the Internet?</td>
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<tr>
<td>Are you interested in boys? Girls? Both? Not yet sure?</td>
<td>Have you ever been forced or pressured into doing something sexual that you didn’t want to do?</td>
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<td></td>
<td>Have you ever been touched sexually in a way that you didn’t want?</td>
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<td></td>
<td>Have you ever been raped, on a date or any other time?</td>
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<td></td>
<td>How many sexual partners have you had altogether?</td>
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<tr>
<td></td>
<td>(Girls) Have you ever been pregnant or worried that you may be pregnant?</td>
</tr>
<tr>
<td></td>
<td>(Boys) Have you ever gotten someone pregnant or worried that might have happened?</td>
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<tr>
<td></td>
<td>What are you using for birth control? Are you satisfied with your method?</td>
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<tr>
<td></td>
<td>Do you use condoms every time you have intercourse?</td>
</tr>
<tr>
<td></td>
<td>What gets in the way?</td>
</tr>
<tr>
<td></td>
<td>Have you ever had a sexually transmitted infection or worried that you had an infection?</td>
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The Five Languages of Lasting Friendship & Love

1. Quality Time
2. Word of Affirmation
3. Gifts
4. Acts of Service
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