

10 Signs of a Healthy and Unhealthy Relationship

Participants will learn about the importance of healthy behaviors in all relationships (family/friends) not just dating relationships. In this workshop, individuals take part in a scenario-based activity which provides an opportunity to expand their knowledge of unhealthy behaviors in relationships, identify red flags, engage in discussion and become familiar with local and community resources.

PowerPoint **30 - 60** **In person**
Video **Minutes** **or virtual**
Handout

Amor del Bueno

Amor del Bueno is a riveting 15-minute film written and produced by 2 One Love Teen Ambassadors. The film portrays a high-school-aged Latinx couple going through the ups and downs in their relationship. The film is followed by facilitated discussion meant to help participants explore the differences between healthy and unhealthy relationship behaviors.

PowerPoint **60 - 75** **In person**
Video **Minutes** **or virtual**

Behind the Post

Are our relationships really as perfect as they appear? Recent surveys indicate about 90% of teens utilize social media on a regular basis. Join us as we watch One Love Foundation's "Behind the Post" short film and discuss what really may be going on in our relationships and how social media may influence our thoughts about relationships.

PowerPoint **60 - 75** **In person**
Video **Minutes** **or virtual**

Couplets

This light series of eight short videos show how a conflict-free situation in a healthy relationship becomes toxic in an unhealthy relationship. Participants will engage in discussion about identifying warning signs in unhealthy relationships and calling out when #thatsnotlove.

PowerPoint **30 - 60** **In person**
Video **Minutes** **or virtual**

Friendlets

A series of 45-second animated videos demonstrate the way that healthy relationship behaviors show up in our friendships. Each animation highlights two signs of healthy and two signs of unhealthy relationships and encourages discussion on how to speak up, support each other, and advocate for yourself

PowerPoint **45 - 60** **In person**
Video **Minutes** **or Virtual**

In Their Shoes

In Their Shoes: Teens and Dating Violence - Classroom Edition is an engaging way to talk about dating violence and healthy relationships with young people in one class period. Participants become one of six characters based on the experiences of real teens including sexting, pregnancy, homophobia and stalking. Participants make choices about their relationships and move through the scenarios by reading about interactions with their dating partner, family, friends, counselors, police and others.

Activity **60 - 75** **In person**
 Minutes

Recipe for Relationships

Some of our favorite home-cooked meals/desserts are often the result of following a recipe. Planning is key to preventing a recipe disaster, and just like we enjoy our food, the same should be said about our relationships. In this workshop, participants will review One Love Foundation's 10 Signs of a Healthy and Unhealthy Relationship behaviors to create their very own Relationship Recipe.

Video **45 - 60** **In person**
Activity **Minutes** **or Virtual**

Sound Relationships

Interactive presentation for middle school and high school students. Participants take on the role of a "Lyric Nutritionist" to determine the healthy and unhealthy relationship ingredients contained in some of their favorite songs and discuss if and how music can impact how we view our own relationships.

PowerPoint **30 - 60** **In person**
Video **Minutes** **or virtual**

For more information about City of Phoenix Human Services Strategic Initiatives [click here](#) or scan the QR code. If you are interested in scheduling a presentation email tammy.rivera@phoenix.gov or call 602-292-3415.

