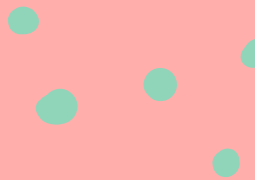


Cultivating Healthy Relationships



SHARE: Education Team

Sexual Harassment/Assault Response & Education Title IX Office

share.stanford.edu

Vision: We believe in communities where everyone is empowered to express themselves and have caring relationships.

Mission: Empowering the Stanford community to end sexual & relationship violence, stalking, gender discrimination, and sexual harassment through collaborative Healing, Education, Activism, Response, & Transformation (HEART).



Our Mission Today

To learn more about identifying healthy behaviors and build skills for cultivating healthy relationships within our community.

We will do this by:

01

Awareness

Learning the signs of a healthy relationship

02

Addressing Your Needs

How can you communicate your needs in a relationship?

03

Cultivating Trust & Respect

What does respect look like in a healthy relationship? How can you build trust?

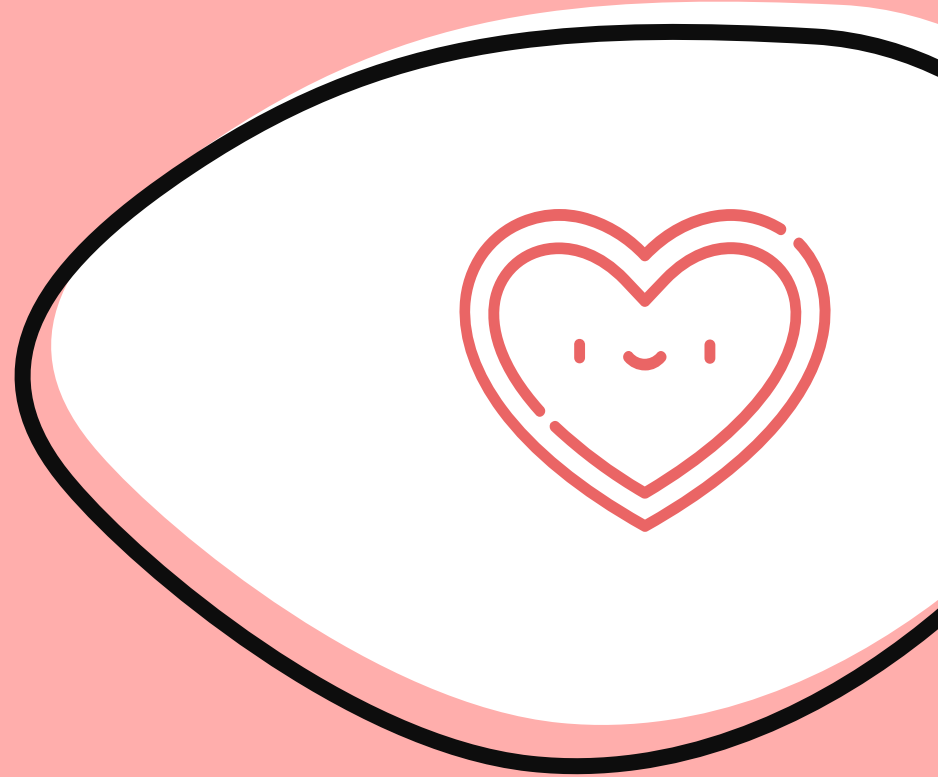
04

Building Healthy Communication

What are love languages? What does healthy communication look like online?

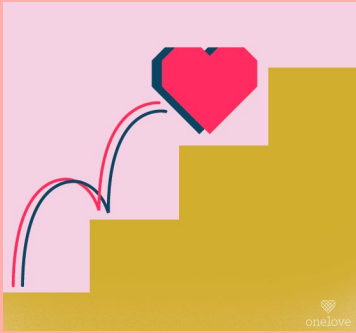
01

Awareness

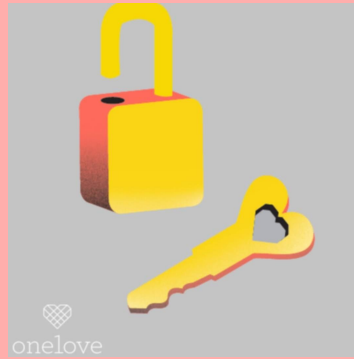


**Why are
healthy
relationships
important?**

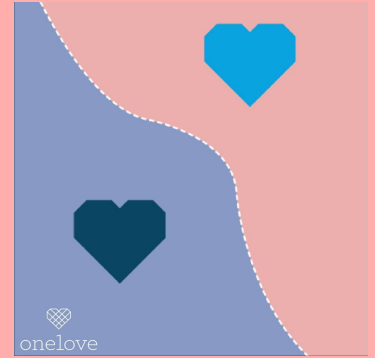
One Love: Ten Signs of a Healthy Relationship



Comfortable Pace



Honesty



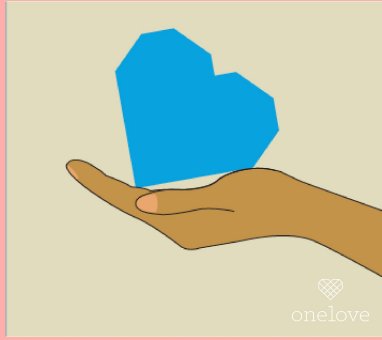
Respect



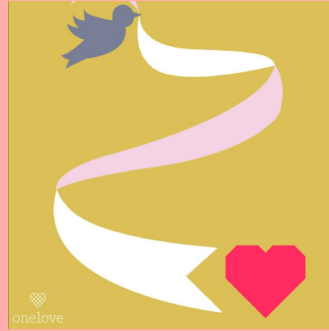
Kindness



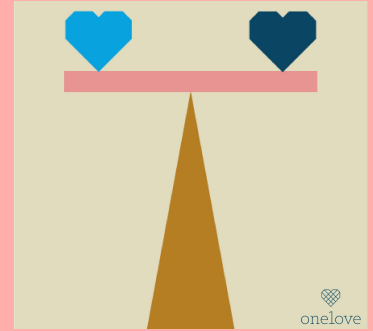
Healthy Conflict



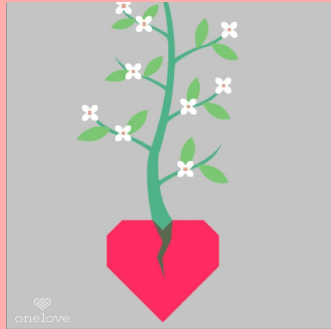
Trust



Independence



Equality



**Taking
Responsibility**



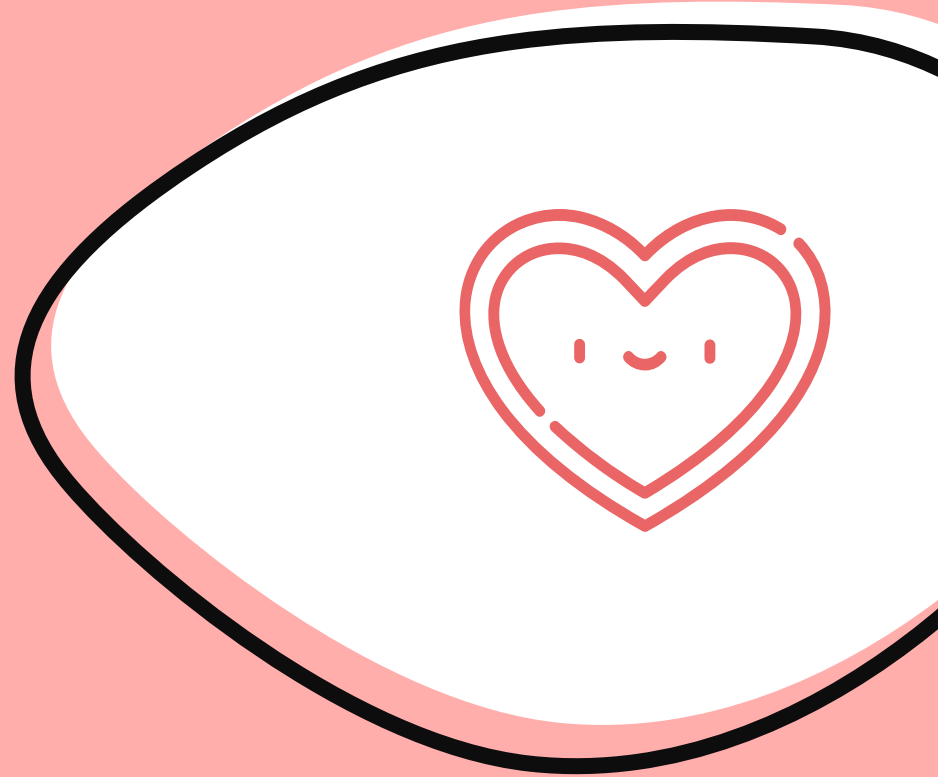
Fun



**Relationships
Exist on a
Spectrum**

02

Addressing Your Needs



**What do we
want out of our
relationships?**



Describe

Describe your wants & needs.

Express

Be intentional with your non-verbal communication.

Assert

Avoid passive-aggressiveness and aggression.

Reinforce

Communicate the *why* behind your request.

Stay Mindful

Engage in mindfulness breathing and radical acceptance.

Appear Confident

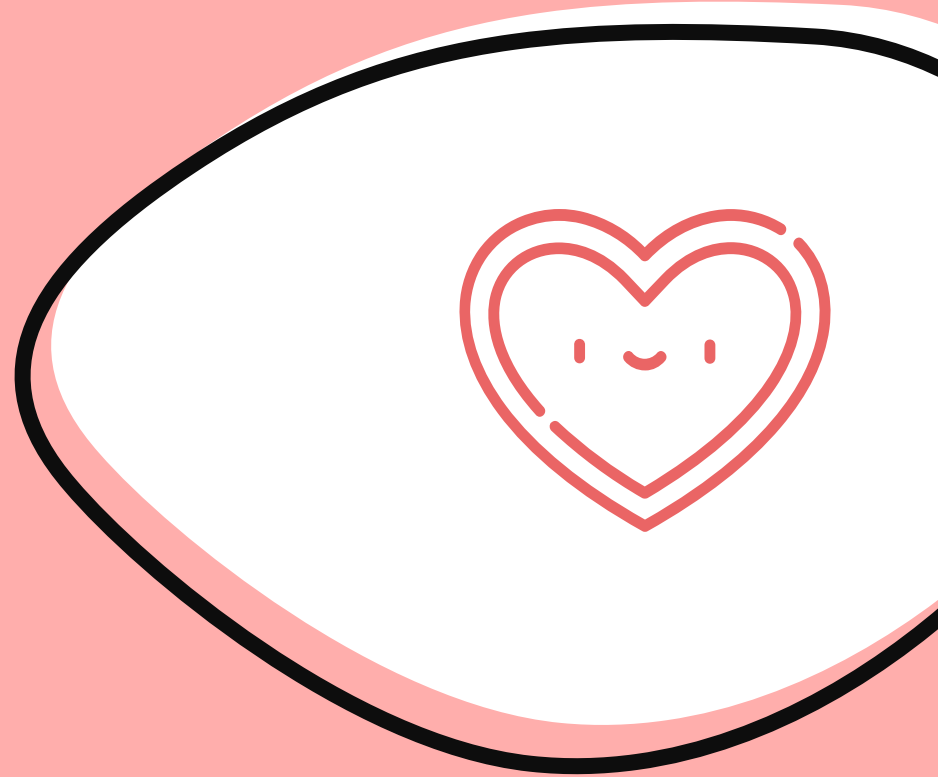
Strive to see yourself as confident. You deserve to have your needs met.

Negotiate

Ask for your partner's needs, willingness, and limits.

03

Cultivating Trust & Respect



**What does
respect look
like?**

Respect Might Look Like...

- Partners are “equals”
- Partners are free to live their own life
- Partners trust each other’s judgment
- Partners communicate openly and honestly
- Partners build each other up
- Partners value each other’s feelings and needs
- Partners honor each other’s boundaries

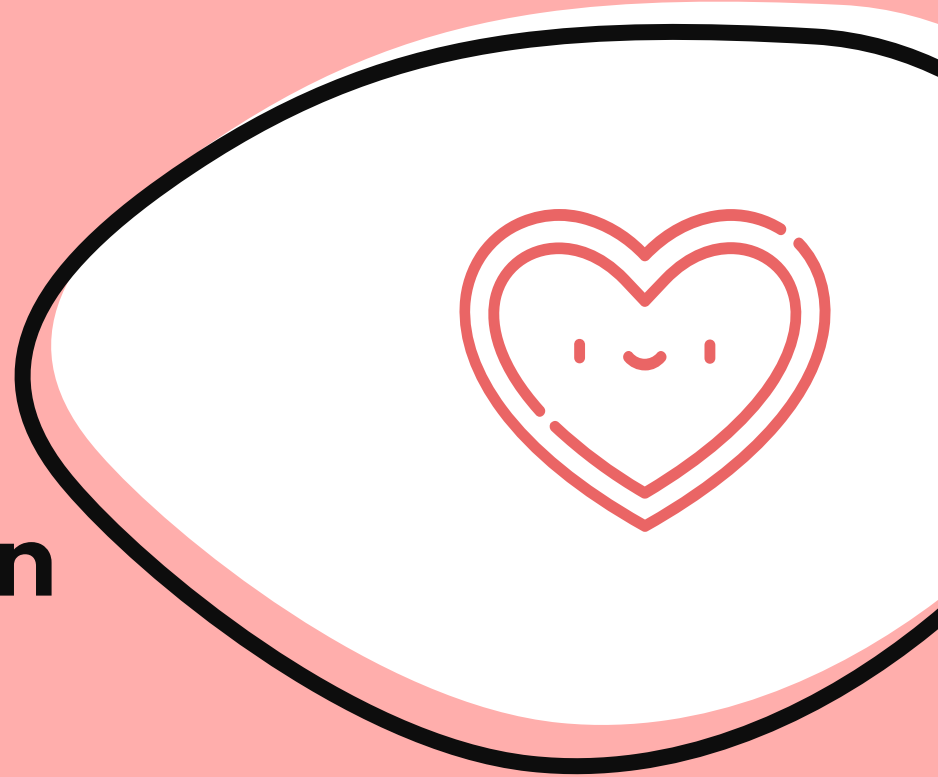
Building Trust

Consider Trying...

- Giving your partner space when you have the urge to check-in.
- Talk for 5 minutes about anything while the other partner stays quiet, and switch.
- Look up couples challenges online/on YouTube to try out.
- Share personal songs with your partner or make them a playlist.
- Have a weekly 30-minute meeting to cover appreciation and successes/challenges.

04

Building Healthy Communication



Love Languages

**Words of
Affirmation**

**Quality
Time**

**Receiving
Gifts**

**Acts of
Service**

**Physical
Touch**

**What does
healthy digital
communication
look like?**



THANKS FOR LISTENING AND LEARNING

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