

# Let's Talk H.E.A.L.T.H.Y Communication

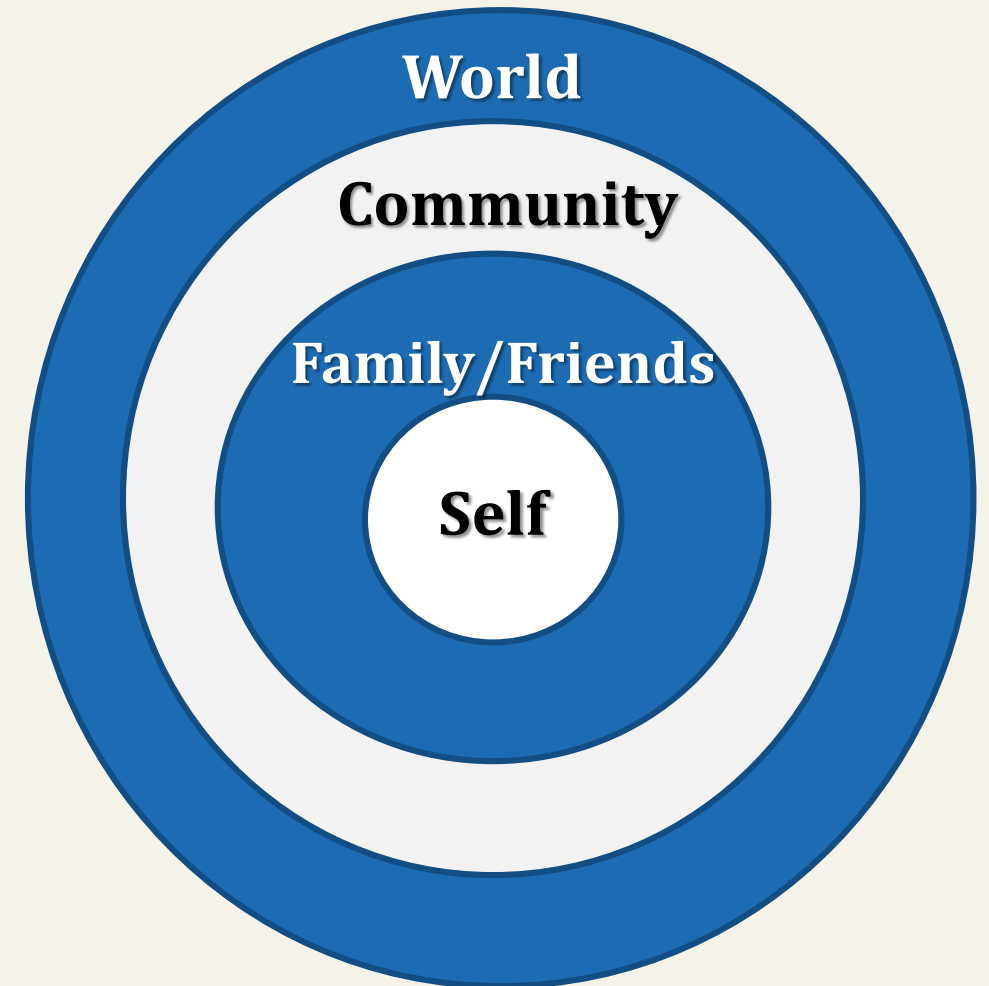
6<sup>th</sup> grade Prevention Education



Let's Talk:

- What does *healthy* mean?
- What is *communication*?
- What is *healthy communication*?

- Who do you *communicate* with? How?
- What types of relationships do you have?
- Draw your own circle of influence







## H - Honesty

- What does it mean to be honest?
- Why is honesty important?
- How does honesty make a person and a relationship **HEALTHY**?
- How do you communicate honestly?



## E - Equality

- What does it mean for people to be **equal**?
- How does a person feel when they are treated as an **equal**?
- How can we treat one another equally?

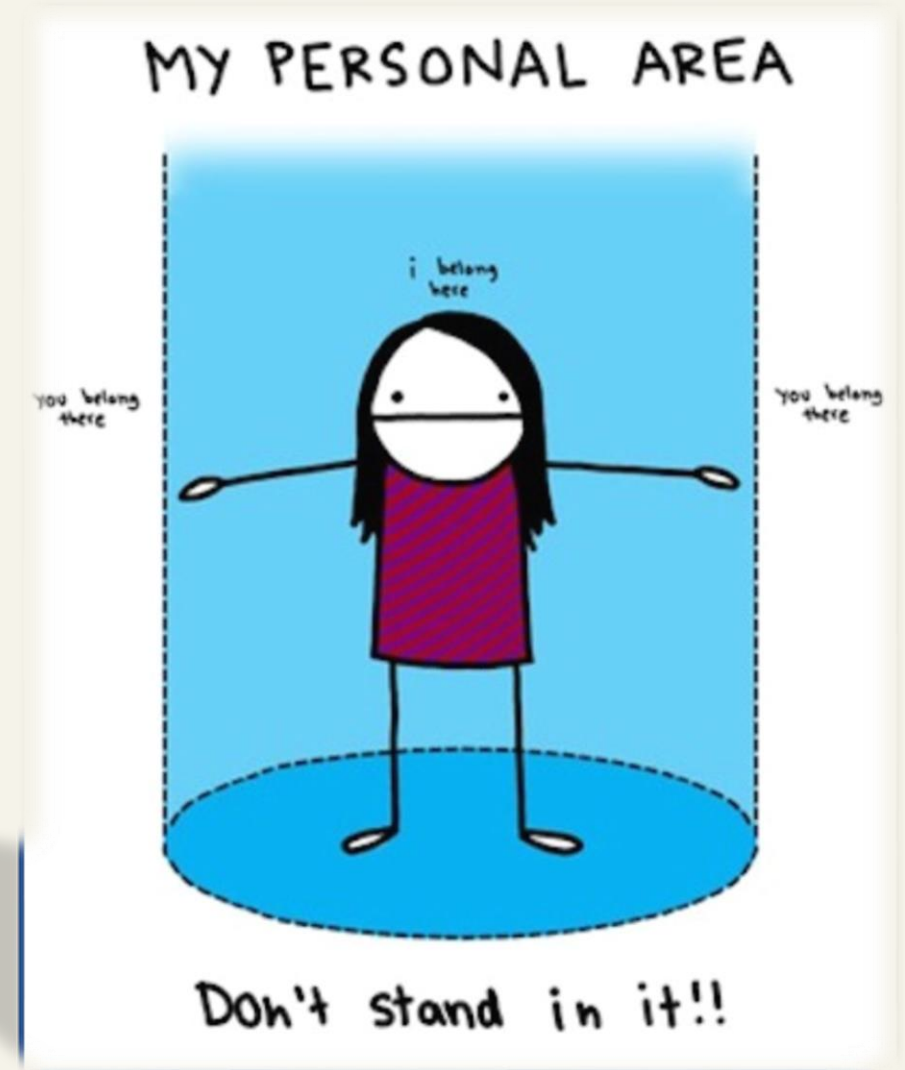
# A - Awareness

- What does it mean to be *aware*?
- How is awareness **HEALTHY**?
- What should you be aware of?

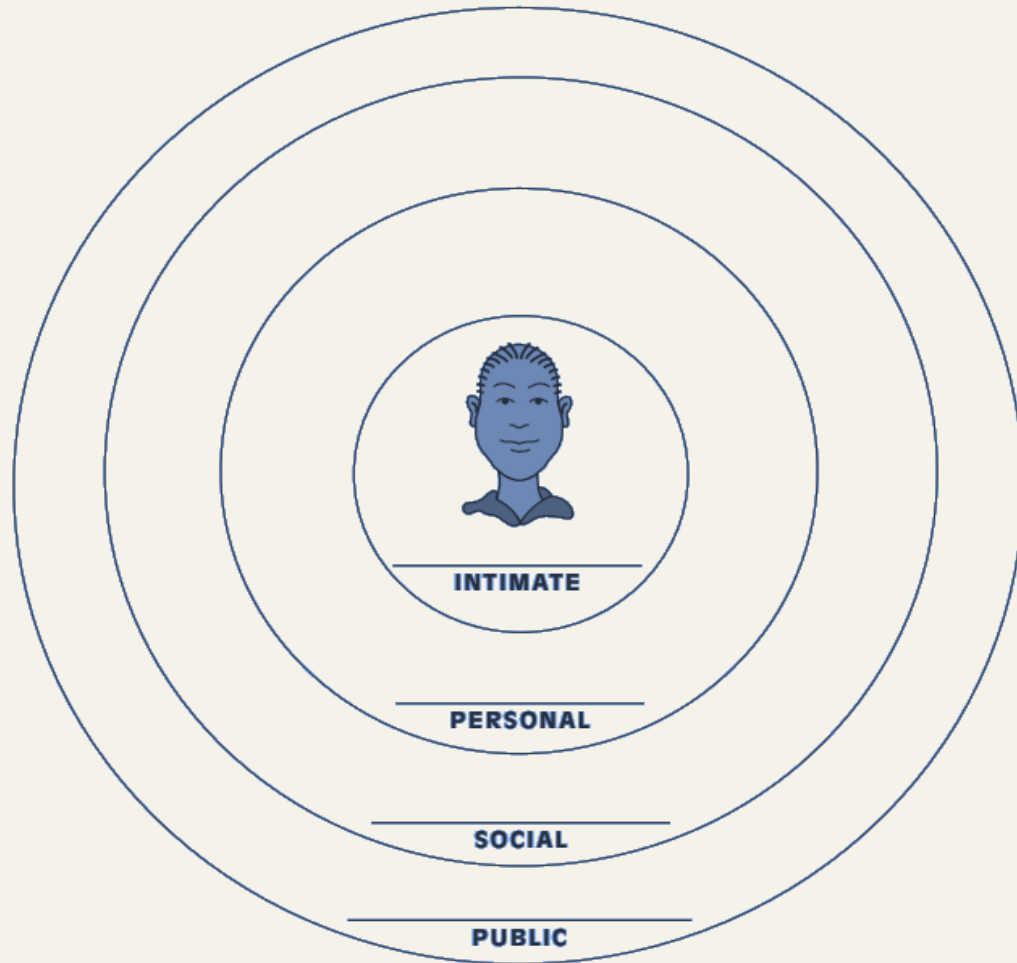


# L - Limits

- What are limits?
- Types of limits – personal or physical
- How do you communicate limits?
- How do you respect others' limits?



Whenever you're with another person, you should ask yourself,  
"Are we respecting each other's boundaries?"



- ★ People I can talk to about difficult things
- 😊 People who make me feel happy to be around
- ✖ People who make it difficult to be my best self



# T - Trust

- What does it mean to *trust*?
- What does trust feel like?
- How do you build trust?
- Who is a safe, trustworthy person in your life?
- Who are you a safe, trustworthy person for?



# H - to be Heard

- What does it mean to be *heard*?
- Why is this important for HEALTHY communication?
- How can you be a good listener?
- What about pressure or coercion?



# Y - Be Yourself

- What does it mean to be yourself in a relationship?
- How can you communicate authentically?
- Who can you be yourself around?



# Technology & H.E.A.L.T.H.Y. Communication



- What does HEALTHY communication look like online or by phone?
- Sexting – Using any electronic device to send or receive pictures, videos or messages of a sexual nature
- Is this HEALTHY communication? Why or why not?
- How does it affect you and others?



# How to be H.E.A.L.T.H.Y.



- Be **HONEST** with yourself and others
- Treat others as an **EQUAL** worthy of respect
- Be **AWARE** and be ready
- Know your **LIMITS** and be able to communicate them
- Be a person others can **TRUST**
- Know the importance of being **HEARD**
- Be **YOURSELF**

# Breaking Silence Teen Text Line

**706-765-8019**

**[www.breaking-silence.org](http://www.breaking-silence.org)**

The logo consists of a horizontal rectangle divided into three equal vertical sections. The left section is magenta, the middle section is black, and the right section is blue. The words "Breaking Silence" are written in white, bold, sans-serif font across the middle of the rectangle, with the text spanning all three colored sections.

**Breaking Silence**

*Our text line is 100% confidential and serves as a way for you to get support about important relationship issues. We talk about break ups, cheating, and even abusive relationships. There's no such thing as a bad question! If you need to talk about anything regarding dating, please contact us.*

# ANY QUESTIONS?

**Phone: 770-503-7273**

**Email: [support@raperesponse.com](mailto:support@raperesponse.com)**

**Website: [www.raperesponse.com](http://www.raperesponse.com)**

*You can find us on Facebook at:  
[www.facebook.com/raperesponseinc](http://www.facebook.com/raperesponseinc)*

