Healthy relationships are founded on mutual respect. While no relationship is perfect, the following components are all essential in healthy relationships.

- What are the 6 components that guide healthy relationships, both amorous and non-amorous?

The components of a healthy relationship can be applied to any relationship:
- Friends
- Classmates
- Colleagues
- Partner

FIND 3 ONLINE RESOURCES THAT OFFER ASSISTANCE OR EDUCATION ON HEALTHY RELATIONSHIPS THAT YOU COULD SHARE WITH A FRIEND.

These could be things that might not be especially interesting or helpful for you, but are things you think someone else could benefit from. Now share those with a fellow Lumberjack!

DO YOU LEARN BETTER VISUALLY? HERE ARE SOME VIDEOS TO WATCH AND SHARE!

TED Talks
- Finding Confidence in Conflict
- Dare to Disagree
- Frientimacy
Brené Brown on Empathy

TIP
- What about technology and dating? Have questions?
- Join us for our virtual health promotion office hours!
- Look at our virtual event calendar!

WE’D LOVE TO SEE WHAT YOU FOUND! SCREENSHOT YOUR FAVORITE FINDS OR TAKE A PICTURE OF YOUR LIST, POST IT ON INSTAGRAM AND TAG US! @NAUHEALTHPROMOTION
Healthy Relationships: Quick Tips

YOU MIGHT HAVE SEEN SOME OF THESE THINGS DURING YOUR SCAVENGER HUNT BUT ICYMI, HERE ARE SOME TIPS YOU CAN USE TO SUPPORT YOUR SEXUAL HEALTH

• Components of a healthy relationship are tied into consent.
  - Consent is a clear agreement between participants engaging in an activity. Consent is not always related to sex but can be used with everyday activities.
  - Ex. Can I hold your hand?
  - Ex. Are you ok if I order pineapple on our pizza?
• NAU Health Promotion offers resources to engage in healthy relationships including Sexual Assault Programs, Sexual Health Programs like the Condom Club.

Reflection/Action Planning

• COVID-19 has impacted our relationships with those around us, amorous and non-amorous.
  - What are ways we can still connect with others safely?
  - What are you ok with and what are you not ok with?
• When it comes to various relationships in your life, what are ways you are taking care of yourself? What can you be doing better or learn more about?