

Healthy Relationships Scavenger Hunt:

EVEN IN THIS NEW, VIRTUAL SPACETHER ARE MANY PROGRAMS AND RESOURCES AVAILABLE TO HELP NAU STUDENTS STAY HEALTH AND WELL. TO START, PULL UP THE NAU HEALTH PROMOTION WEBPAGE AT:

NAU.EDU/HP

NOW START EXPLORING!

1

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?

2

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!

3

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

Check out the next page for some quick tips!

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?

