



HEALTHY RELATIONSHIPS CHOICES PROGRAM

WHO AM I?

Learning more about how your personality, the way you love and feel loved and what your basic needs are and these affect decision making and life choices. Explore what you bring to your world and what assets and interests are specific to you and how you were made

CLASSES INCLUDE:

- Personality Assessment
- What are your Basic Needs
- Career/Interest Profiler
- Leadership & Job Readiness

THE ART OF COMMUNICATION

Tips to help us stay on track with our emotions and express feelings without letting them have control.

As we understand more about the power our words have the difference between feelings and behaviors, we'll be able to communicate with more clarity.

Together, these skills help us build trust, handle challenges, and navigate conflicts in ways that create stronger, safer, and more respectful relationships.

CLASSES INCLUDE:

- Healthy Communication skills
- 6 C's of Communicating Well
- Resolving Conflicts
- Staying on Track with Emotions
- Words have Power
- Feelings vs Behaviors
- Communicating Feelings

FRIENDSHIP, DATING, LOVE & MARRIAGE

Understanding friendship, dating, love, and marriage is important because each stage shapes the kind of relationships we build and the choices we make. Learning about healthy foundations, good dating habits, boundaries, and consent helps protect both our hearts and futures.

Awareness of the differences between love and infatuation, the risks of STIs and teen pregnancy, and the impact of things like pornography or cohabitation helps with long-term thinking, not just in the moment and guide us toward relationships that are safe, respectful, and built to last.

CLASSES INCLUDE:

- Preparing for Good Dates
- Dating Etiquette 101
- Love Vs Infatuation
- Foundations of Healthy Relationships
- Sexual Assault Prevention
- STI/STD and Teen Pregnancy
- Establishing Boundaries
- Consent and Sexual Assault
- Marriage Vs Cohabitation
- Pornography's Impact

Contact us to schedule classes for your school, youth group or community group

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