

H.E.A.R.T. workshop series

Help End Abusive Relationships Today

An educational series sponsored by the Department of Counseling and Human Services focused on educating students on healthy dating relationships.

Session One

Listen to Your Heart: Engaging in Healthy Relationships

- Explore how students would like to be treated when they are dating somebody
- Learn about dating abuse through scenarios from people who have been there
- Identify how dating abuse begins and the consequences of unhealthy dating relationships

Session Two

Pour Your Heart Out: Effective Communication Strategies for Healthy Relationships

- Explore how we think we should act in a relationship
- Discuss healthy ways to communicate

Session Three

A Change of Heart: Techniques to Resolve Relationship Conflict

- Review the cycle of violence
- Teach 8 essential skills for resolving conflicts

Session Four

A Heart-to-Heart: Talking With Friends About Relationship Trouble

- Consider why it can be difficult to ask friends for help
- Describe several ways to support a friend in an unhealthy relationship
- Connect friends with campus & community resources

Session Five

Lessons You Know by Heart: Staying Safe at College

- Explain techniques students can use to protect themselves on & off campus
- Describe tips to decrease the prevalence of violence in relationships
- Create a safety plan

Screening Events:

HEART facilitators are pleased to offer 60- to 90-minute **RATE YOUR RELATIONSHIP!** events. During this event, students can volunteer to take a five minute questionnaire about a current or past intimate relationship. The questionnaires are then scored & interpreted by a trained facilitator. Literature and resources on healthy relationships are also provided as part of the event.

If you are interested in scheduling a workshop and/or screening session for your sorority, fraternity, or campus organization, please contact Katherine Bender, Counseling Doctoral student, at: kbender@odu.edu