



# ONE LOVE FOUNDATION WORKSHOPS

WORKSHOPS BEGIN AT 6:30 P.M.

EACH ATTENDEE MUST REGISTER IN ADVANCE FOR EACH MONTHLY MEETING



## NOVEMBER 17, 2021 KNOW YOURSELF

**Intention:** Students will be able to identify what they value and take steps towards loving themselves more abundantly.

1. Why is important for us to know ourselves? How does that impact our relationships?
2. Which of the 10 Healthy Signs do you value most and why?
3. Which of the 10 Healthy Signs would you like more of in your life?
4. What are you doing when you feel most like yourself?
5. How can you begin cultivating activities and relationships with people based on that?

## JANUARY 19, 2022: HOW TO HELP A FRIEND

**Intention:** Students will be able to engage in healthier friendships.

1. What kind of friend am I?
2. What do I value in my friendships?
3. How do we respond if someone has mistreated us?
4. How do we respond if our friend is in an unhealthy relationship?
5. How do we respond if our friend has done something unhealthy?
6. Is it my responsibility to say something if I notice something unhealthy in my friend's relationship? Does the type of the relationship (i.e. - dating, hookups, friendships, etc.) make a difference?

## MARCH 16TH, 2022: NAVIGATING ENDINGS

**Intention:** Students will be able to navigate unhealthy relationships.

1. What are your dealbreakers?
2. What is the best way to end a relationship?
3. What is a safety plan? Breakup plan? How do I know when I need one?
4. What are some challenges someone may face when experiencing the ending of a relationship?
5. What are some tools to help us navigate the end of a relationship?

## DECEMBER 15, 2021: MESSAGES WE RECEIVE

**Intention:** Students will be able to understand what to do with the various messages they receive about themselves and relationships.

1. What are the messages we have received about ourselves (who we are and who we should be)?
2. Where/Who do we receive messages about ourselves?
3. How can we identify if those messages are positive or negative?
4. How can we use the 10 Signs to create new messages?
5. What messages would we like to give to others about relationships?

## FEBRUARY 16, 2022 BOUNDARIES & CONSENT

**Intention:** Students will be able to communicate boundaries and understand how to practice boundaries.

1. What is a boundary?
2. What do you do when you have different boundaries than others?
3. What is consent? Does consent only apply to physical boundaries?
4. What do I do if someone has overstepped my boundary?
5. What do virtual boundaries look like? Why are they important?

