

AMAZING!

Healthy Relationships Presentation

Don't lose yourself.



Aggression isn't passion.



Healthy balance builds trust.



An engaging, age-appropriate, 60-minute session for young adults because relationships can feel amazing, confusing, overwhelming, and many other feelings.

Participants will learn about:

- Building Healthy Relationships
- Understanding “*The Love Chemicals**”
(*Brain chemicals that cause physical reactions.)
- Setting Healthy Boundaries
- Recognizing Warning Signs of Unhealthy Relationships
- Respecting Personal Limits & Choices
- Getting Help and Supporting Others

NO COST

Facilitated on-site
for youth ages 12+



SEDGWICK COUNTY
Health Department



Facilitated by
Jamie Morales



QUESTIONS? WANT TO SCHEDULE?

Scan the QR code or email
HealthEducation@sedgwick.gov