Week 5: Healthy Relationships
IDK, my BFF, Jill?!?

Share Power —> Set Boundaries
♦ Self-Awareness: Likes, dislikes, comfort
♦ Be Clear About Needs: Share preferences
♦ Be Specific & Direct: Avoid vague requests
♦ Use “I” Statements: Own your feelings

Healthy relationships can positively impact your well-being!
♦ Gym partners provide motivation, allow for fun partner exercises, and provide companionship and/or friendly competition!!
♦ Studies have shown that students learn better and recall more information if they teach the material to someone else!
♦ People of all ages eat more healthy and a wider variety of foods when they share meals with family and friends.

Developmental Relationships: The New BFF
The Search Institute defines developmental relationships as “close connections between a young person and an adult or a peer that powerfully and positively shape the young person’s identity and help the young person develop a thriving mindset (the drive to thrive.)”
The Developmental Relationship Framework is made up of 5 categories representing 20 actions:
♦ Express CARE: Show that you like me and want the best for me.
♦ CHALLENGE Growth: Insist that I try to continuously improve.
♦ Provide SUPPORT: Help me complete tasks and achieve goals.
♦ Share POWER: Hear my voice and let me share in making decisions.
♦ Expand POSSIBILITIES: Expand my horizons and connect me to opportunities.

Why developmental relationships?
When an individual’s relationships shape their decisions and actions toward a thriving mindset, he or she is “more likely to work hard both inside and outside of school, and to develop a range of social and emotional skills that are essential for success…”

Find the “right tribe” to live a happier & healthier life (Blue Zones, 2016)!