



# RedFlags and Green Lights : Understanding Healthy and Unhealthy Relationships in K-12 Education

# The Importance of Relationship Education

- By learning to recognize unhealthy dynamics, individuals can make informed choices, foster healthier connections, and break cycles of harm.
- Preventing dating violence
- Supporting Mental Health
- Teaching communication and conflict Resolution
- Build safer school environments





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# Healthy Relationships

- Healthy relationships happen when all people are on the same page.
- It starts with an open, honest, and respectful relationship.
- In a healthy relationship, all people feel good about themselves individually and as a part of the relationship—with realistic expectations and reasonable boundaries.

# Recognizing unhealthy relationships

- Unhealthy relationships often include manipulation, control, disrespect, or abuse. These issues can cause feelings of isolation, low self-esteem, and fear.
- Whether in friendships, family dynamics, or romantic connections, unhealthy relationships create patterns of toxic behavior that persist into future interactions if left unaddressed.





Activity  
Time  
Healthy or  
Unhealthy

What do you think?

We are going to review some scenarios

Thumbs up for healthy or a thumbs down for unhealthy relationship based on how you feel about them.

Ok let us get started please stand



## Respect for Boundaries

- Alex and Jordan have been dating for a few months. One evening, Jordan tells Alex that they need some alone time to focus on personal projects. Alex responds, "I understand. Let me know when you're free. I respect that you need time for yourself."

# Respect for Boundaries

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Noah repeatedly asks their partner, Ava, to send private pictures, even though Ava has said she's uncomfortable with it. Noah insists, "If you loved me, you would." Ava feels pressured and disrespected





Jamie and Riley are best friends. Riley doesn't want to go to a party, but Jamie says, "If you really cared about me, you'd come. I guess our friendship isn't that important to you." Riley feels pressured and guilty.







- It's important to be mindful of the behaviors that can be hurtful in relationships


# Boundaries and Consent -A Life Skill

- Boundaries;
  - are rules and limits we set to keep ourselves safe in relationships
  
- Consent :
  - Permission for something to happen or agreement to do something





## Scenario 1

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- If a student says, “I don’t want to talk about this right now.” Is that a boundary? How should the friend respond?

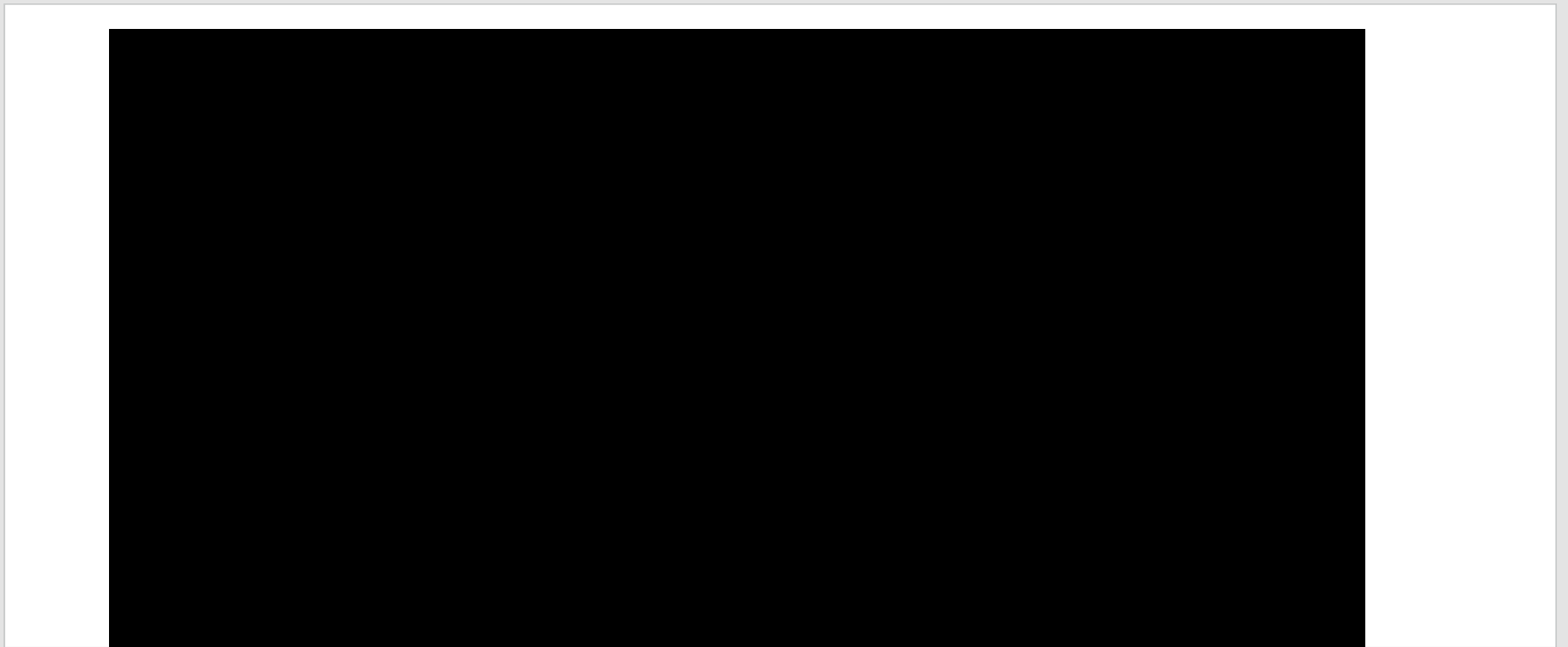


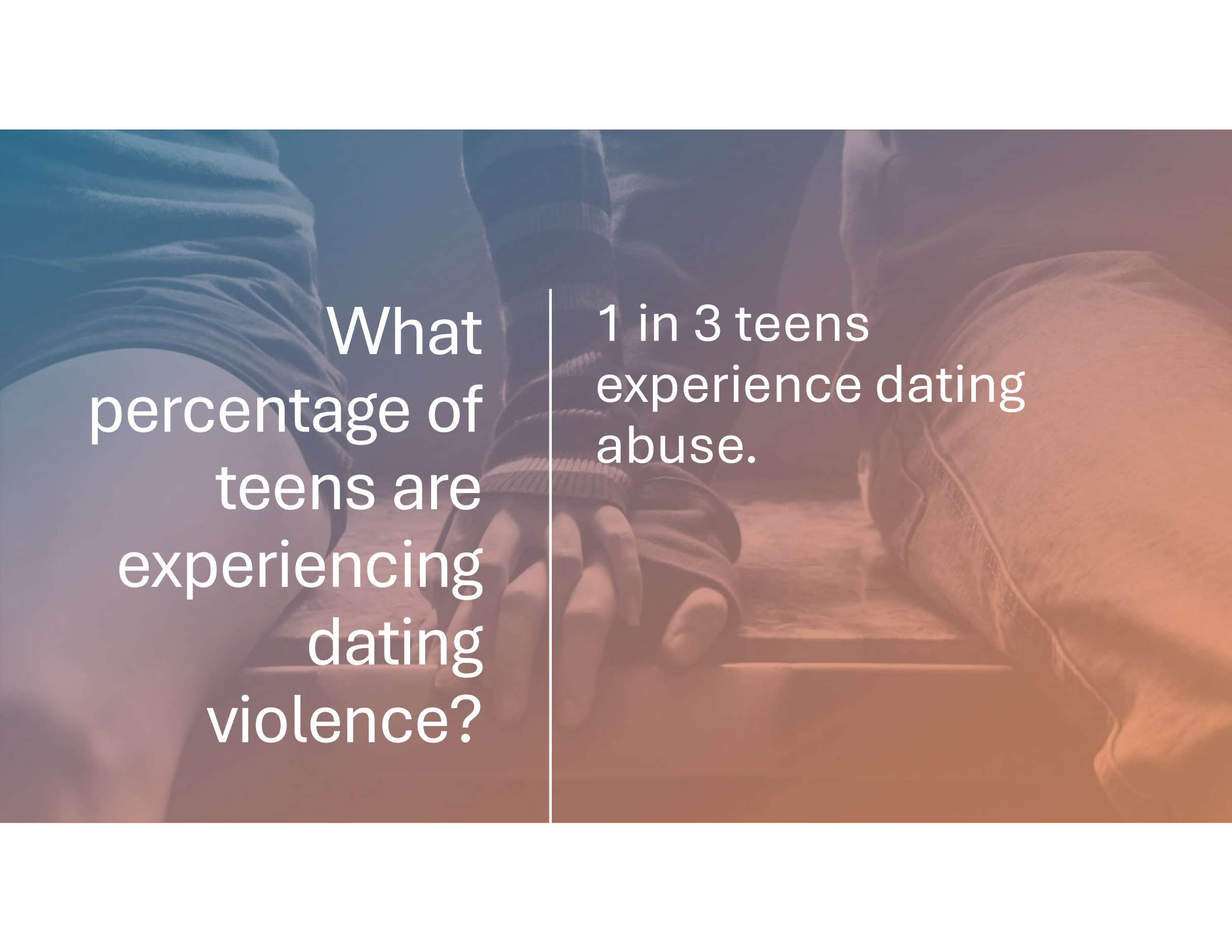


## Scenario 2

- A friend keeps asking to copy homework, even after you said no. How do you set a boundary without losing your friendship?

What we want them to know





What  
percentage of  
teens are  
experiencing  
dating  
violence?

1 in 3 teens  
experience dating  
abuse.



# Grooming

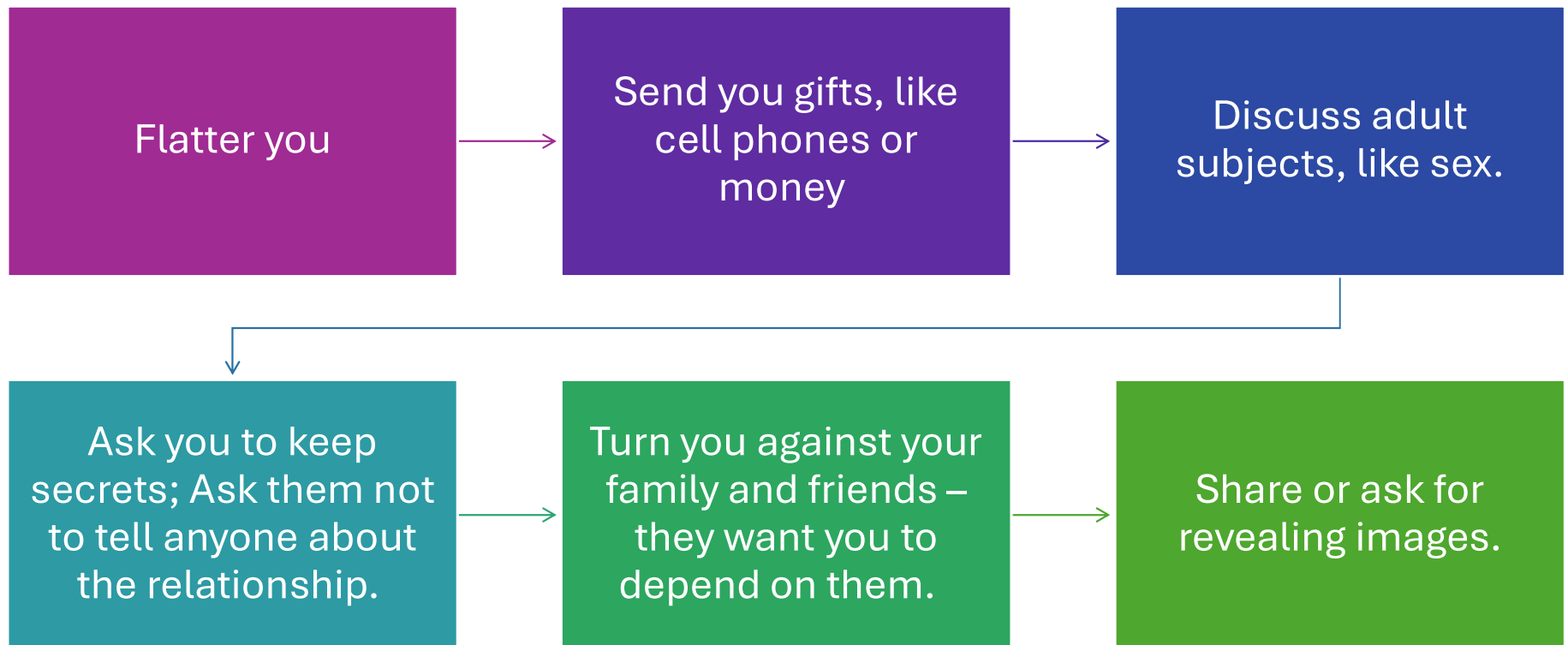
What students are saying:



When someone older uses chatting or messaging to befriend and manipulate youth



# Signs





# It takes a village

- Many students Navigate relationships without guidance. Leading to challenges like peer pressure, toxic friendships, and dating violence.
- We can CHANGE this by equipping them with knowledge and skills to recognize unhealthy behaviors.



# Healthy relationship trainings

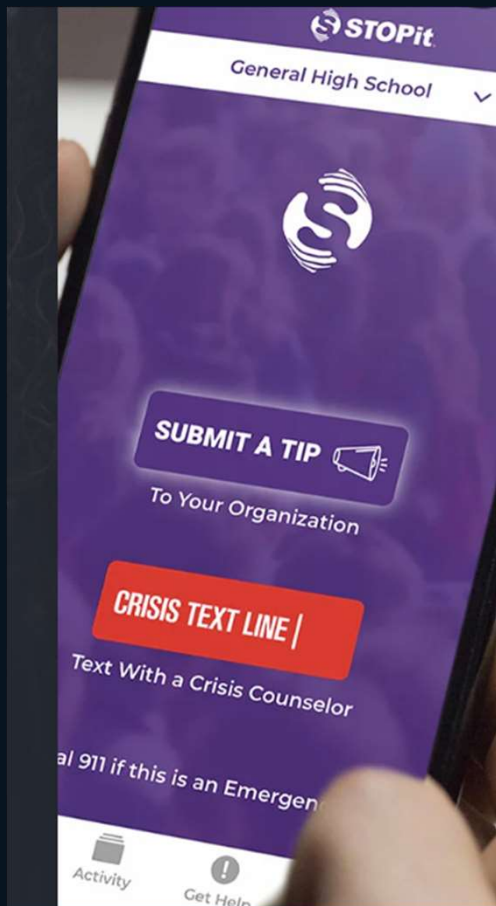
- Our proposed program will be age-appropriate, ensuring that each grade level receives content relevant to their developmental stage.
- For younger students, the focus will be on empathy, kindness, and basic personal boundaries.
- As students grow, the curriculum will evolve to cover topics like peer pressure, grooming, consent, healthy dating behaviors, and identifying signs of abuse or manipulation, both in person and online.

## Call to Action

- I strongly urge you to consider implementing this essential training across all grade levels. This proactive approach will help protect students, improve their emotional well-being, and promote a safer, more respectful school community



Have you heard  
of Anonymous  
Reporting?

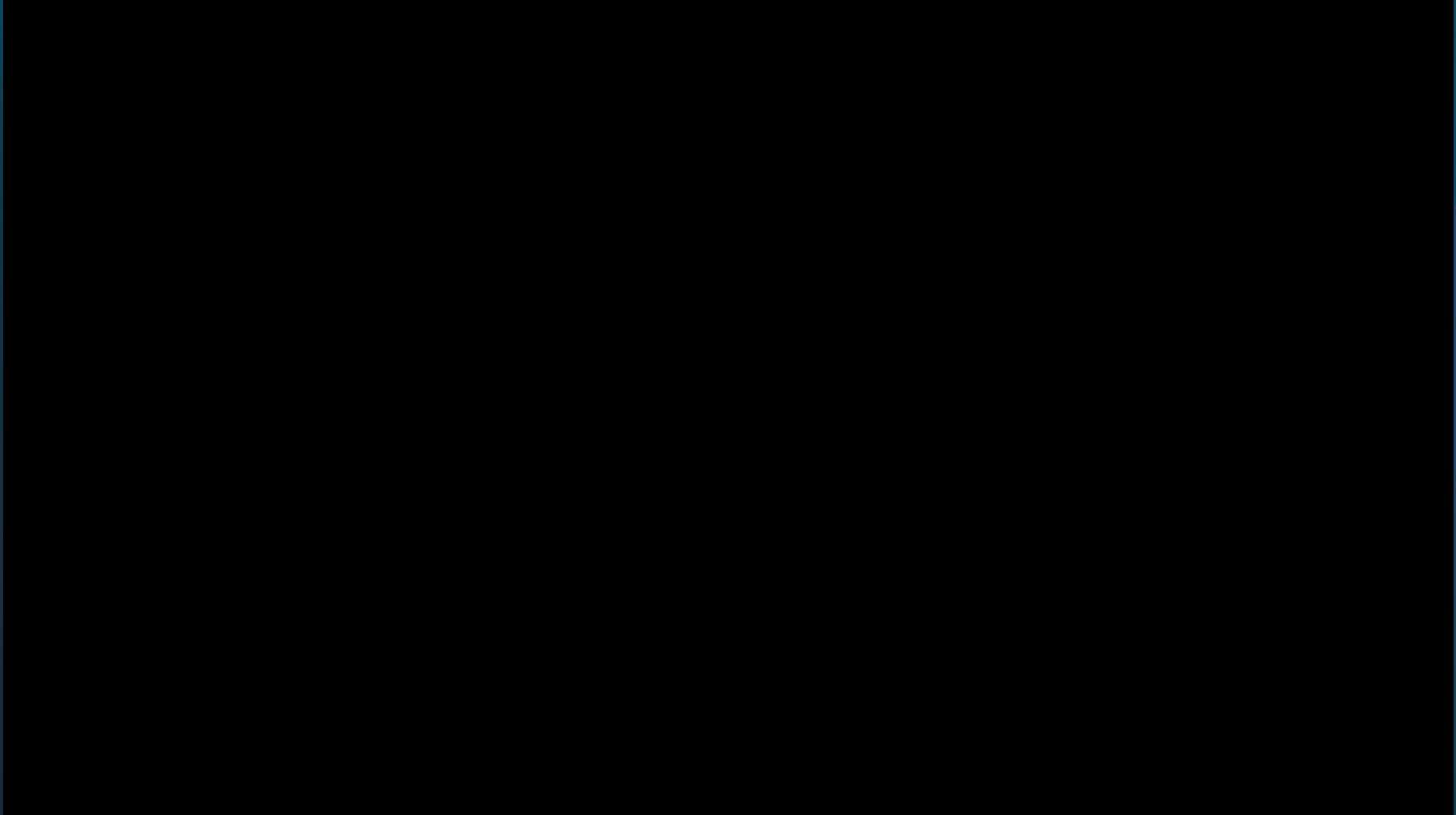


## We are Mandated Reporters

- Anonymous reporting apps provide our students access to report concerns safely and confidentially.

NMPSIA is providing the STOPit App to our New Mexico Schools.

1. Protects students from retaliation
2. Encourages more students to speak up
3. Increases school safety
4. Supports students in uncomfortable or unsafe situations
5. Provides a direct line to a trusted adult







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