

Healthy Relationships



Description

This mini course explores different kinds of healthy relationships and social expectations on campus in order to prepare students to make positive and safer choices regarding interpersonal relationships, including dating, friendship, working, and sexual relationships. Students will meet once weekly for three weeks. Each session will be ninety minutes.

Learning Objectives

At the conclusion of the course, participants will be able to:

1. Distinguish between healthy and unhealthy relationships
2. Articulate their own concepts of relationship values and self care
3. Develop a plan to address situations affecting personal and community safety
4. Make a list of at least three Emory resources for further exploring healthy relationships

Activities

The class will have the opportunity to:

- Participate in dynamic discussions on Communication, Dating Etiquette, Risk Reduction and Self Care
- Watch video clip (s) addressing bystander intervention
- Engage and learn from upperclassmen panel
- Develop one's relationship and social life plan
- Participate in group discussions and role-plays

Incentives

Participants will receive:

- Materials (handouts, brochures, resources and information)
- Dinner, if provided by host
- A certificate of completion (depending upon perfect attendance)
- The opportunity to add the class to the student's e-portfolio

Empirical Foundation

- This need for this course is substantiated by clinical observations and recent peer-reviewed research on interpersonal relationships among college students.
- The content of the course is based on violence prevention guidelines from the Centers for Disease Control and Prevention available at: <http://www.cdc.gov/ncipc/pub-es/images/SV%20Factsheet.pdf>
- The methods used in this course are expected to be effective based on evaluations from similar programs by the presenters.
- The course will be evaluated by pre and post electronic survey (Survey Monkey)

Contact

Aline Jesus Rafi, Coordinator of Sexual Assault Prevention Education and Response, Emory University Student Health and Counseling Services, 404-727-1514, arafi@emory.edu

Shirley Banks, Certified Sexuality Counselor, Emory University Student Health and Counseling Services, 404-727-7312, shirley.banks@emory.edu