



HEALTHY RELATIONSHIPS

For Teens and Young Adults with Autism

DISCLAIMER



The information in this presentation may be triggering for some individuals who have experienced trauma. If you need to follow up for support, please contact our hotline. If you have ideas for how we can better support our community before, during, or after this presentation, please feel free to give me your feedback.



WHAT IS

COMPASS?



Advocacy
24/7
Hotline



Counseling



Prevention Education &
Community Outreach



Let's get to know you!

- ✦ What is your favorite season of the year?
- ✦ Please feel free to come off mute or share in the chat.



Today's Topics



**Healthy, Unhealthy,
Abusive Relationships.**



**Understanding Red and
Green Flags**



**In person & online
relationships**



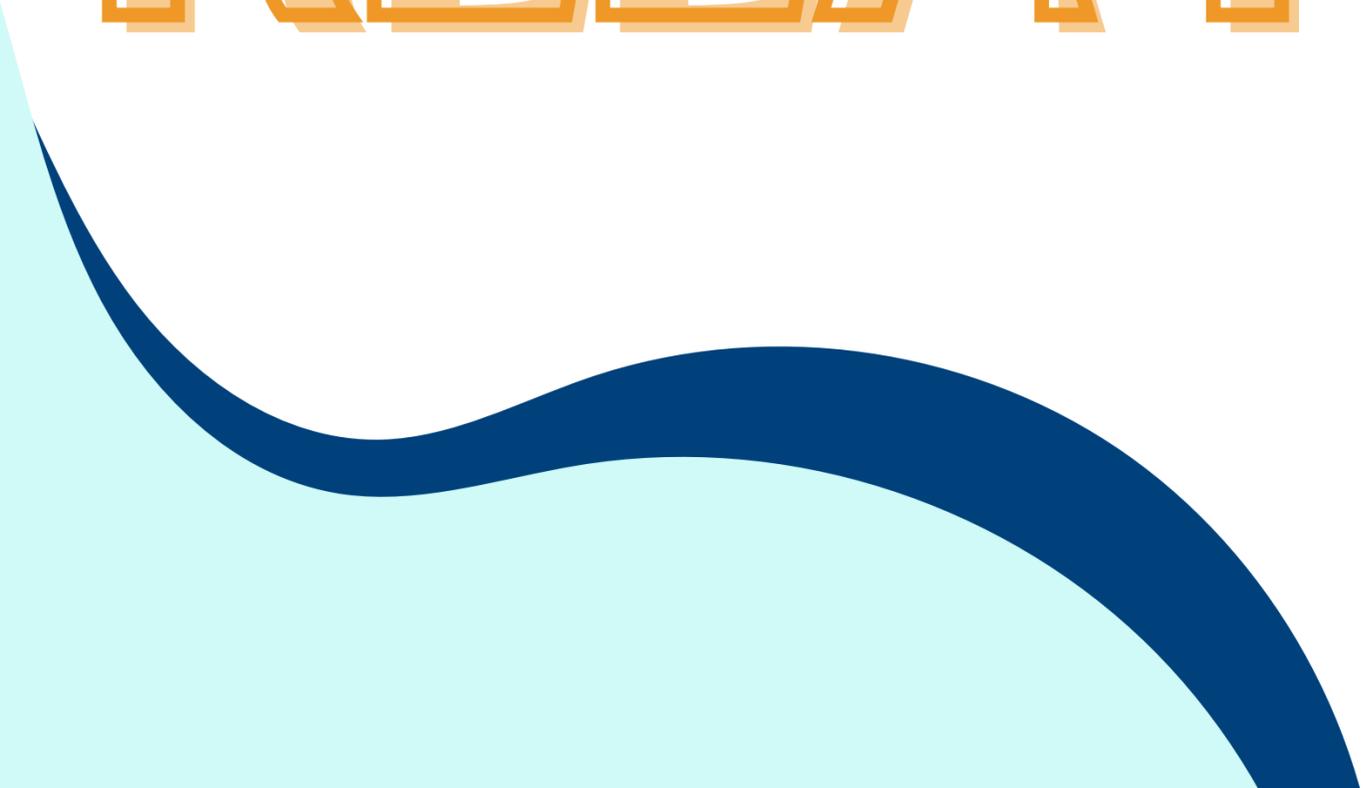
Boundaries



**Consent and Digital
Consent**



Bystander Intervention



RELATIONSHIPS

Relationships

- ✦ A relationship is the connection between two (or more) people.
- ✦ The purpose of most relationships is to make us feel safe, loved, respected, protected, and/or uplifted.
- ✦ Examples of relationships could be:
 - Family
 - Friends
 - Partner/romantic relationship



Online Relationships

- ✦ People you connect with through online spaces.
- ✦ Not everyone online is a safe person. Sometimes people join online platforms to be rude and unhealthy.
- ✦ It is important that we **KNOW** the people we are connecting with online. If you don't know them, talk to a trusted person about what you should do.



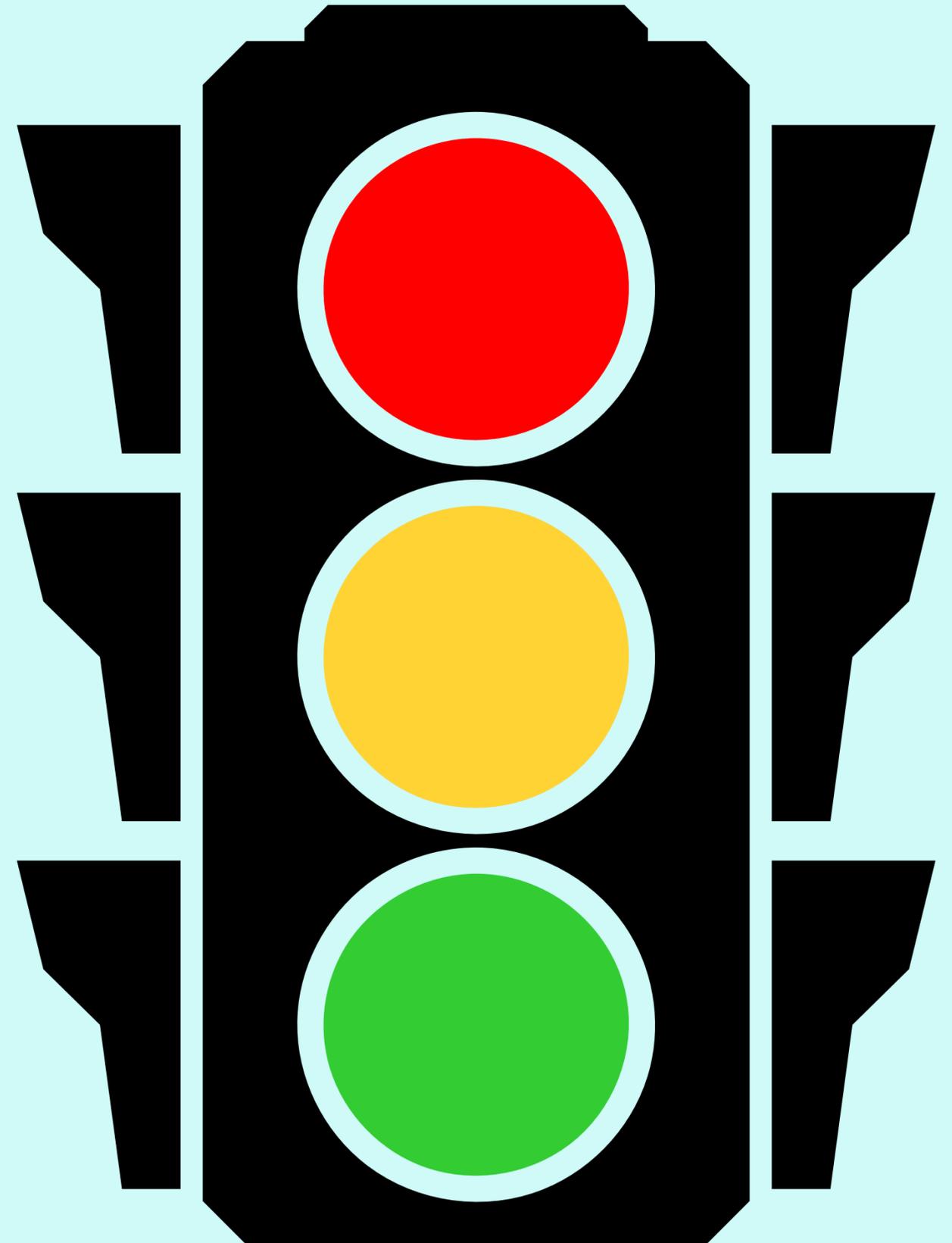
Think of relationships just like a stoplight!

There are always signals that tell us if something is going great or if something is wrong in our relationships.

RED=DANGER/UNSAFE

YELLOW=WARNING

GREEN=HEALTHY



GREEN: These relationships are healthy and positive! Everyone feels valued, cared for, and respected.

SAFETY

HONESTY

TRUST

FUN

RESPECT

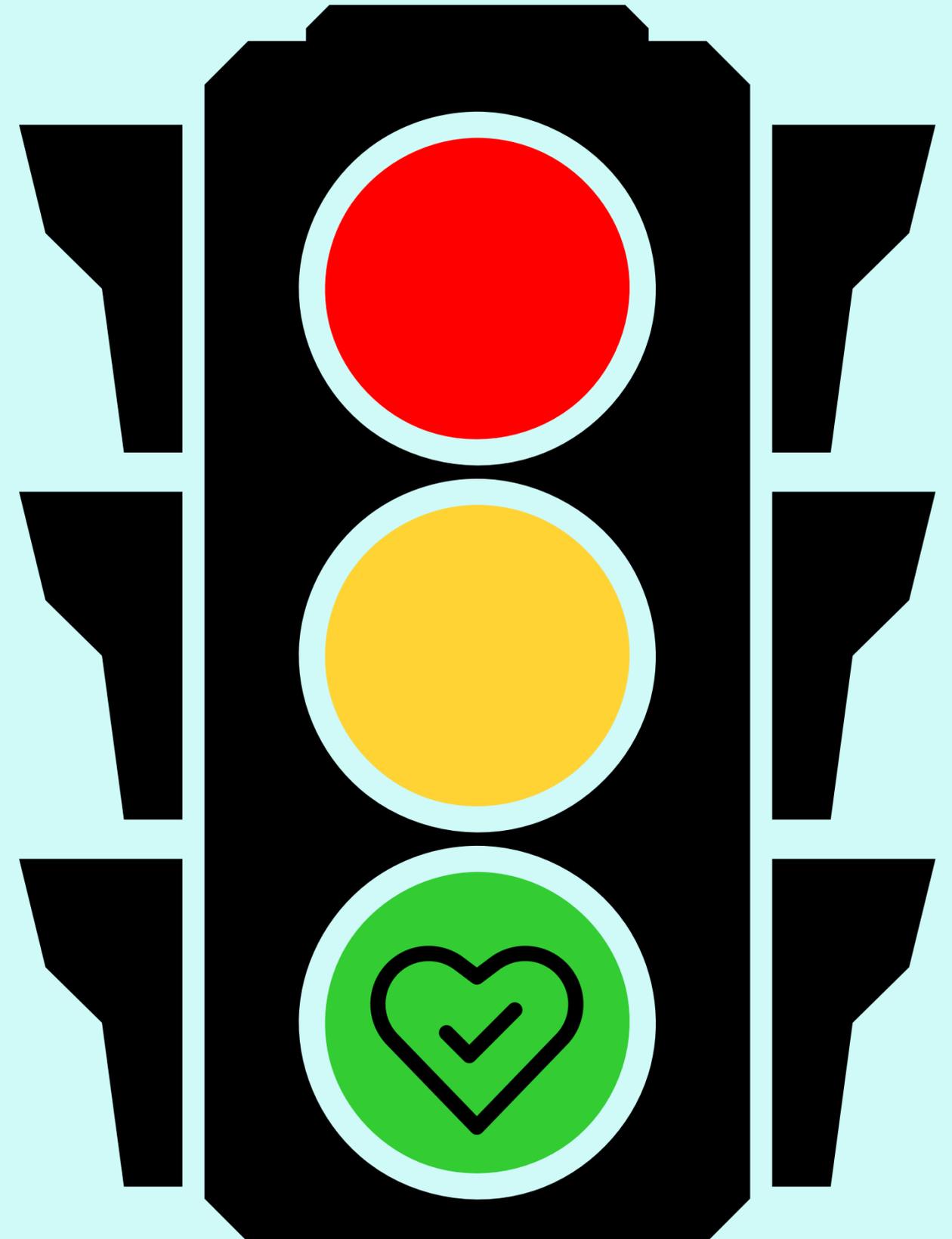
EQUAL

KINDNESS

**GOOD
COMMUNICATION**

LISTENING

SUPPORTIVE



YELLOW: These relationships have problems that need us to slow down and work on them before continuing to be in the relationship.

**POOR
COMMUNICATION**

THOUGHTLESS

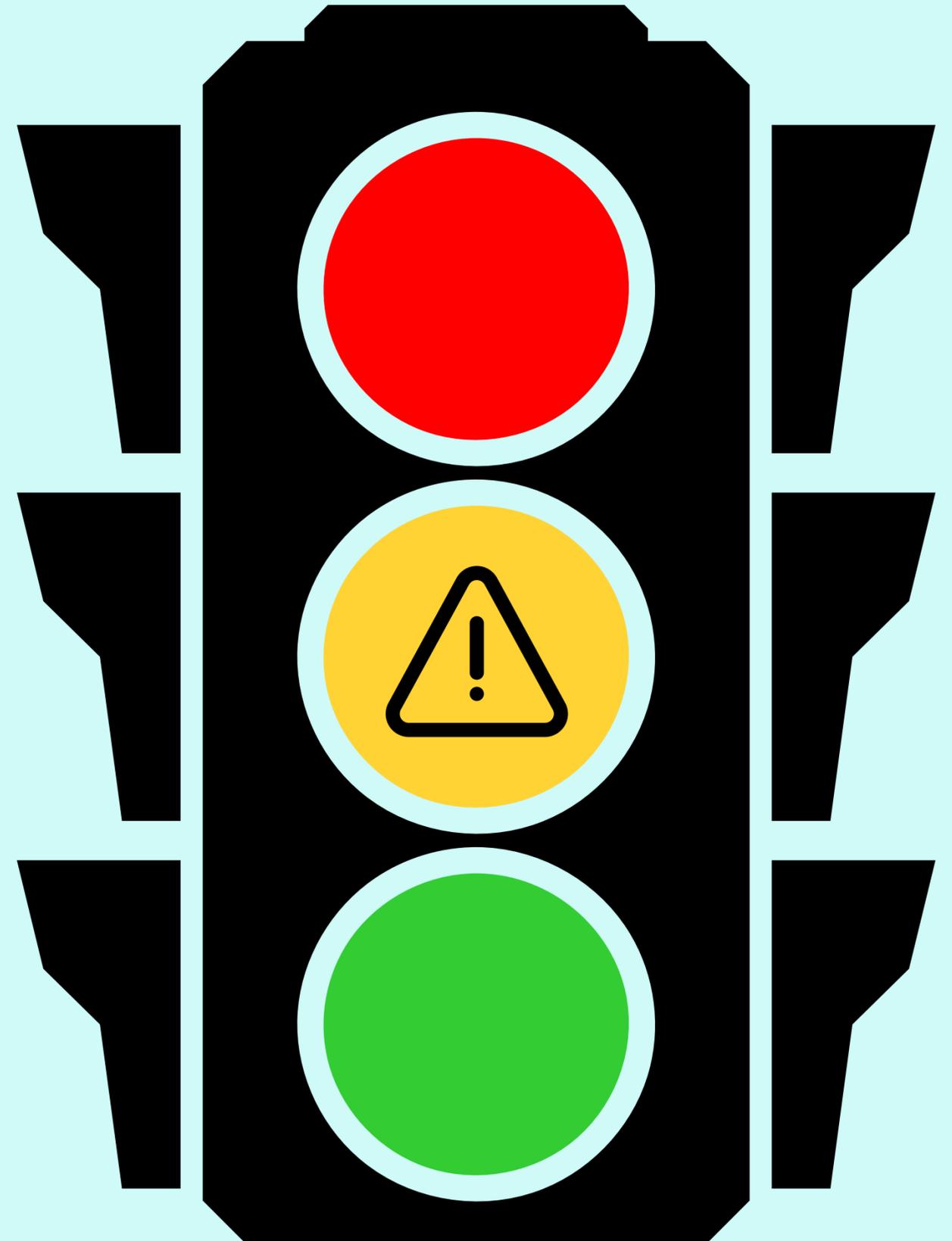
**POOR
LISTENING**

CARELESS

RUDE

SELFISH

UNRELIABLE



What should we do...

- ✦ If someone is showing some “yellow flags” in our relationship?



RED: These relationships are toxic or abusive. A relationship in the red zone is no longer safe & it must end, or you should get help from a trusted person or in some cases the police.

DISHONESTY

UNSAFE

**CROSSING
BOUNDARIES**

NOT EQUAL

AGGRESSION

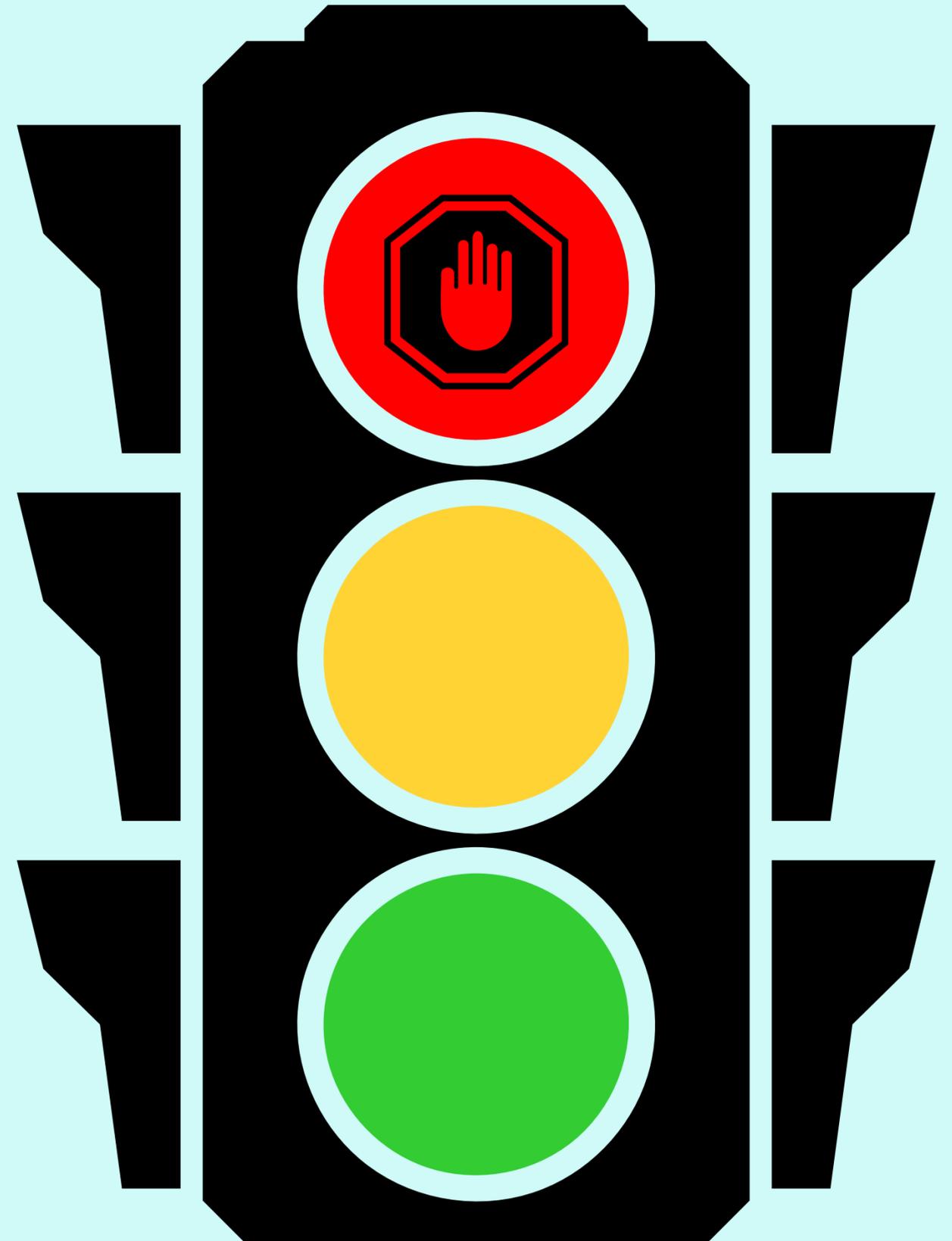
VIOLENCE

ISOLATION

**NO
CONSENT**

CONTROLLING

THREATS



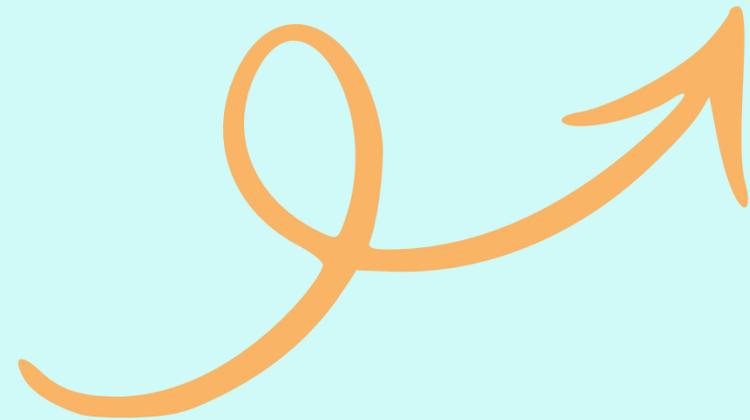
What would you do...

✦ If someone is abusive or toxic in your relationship?



We all make mistakes...

If YOU are the unhealthy person you can respond by...**MEND**

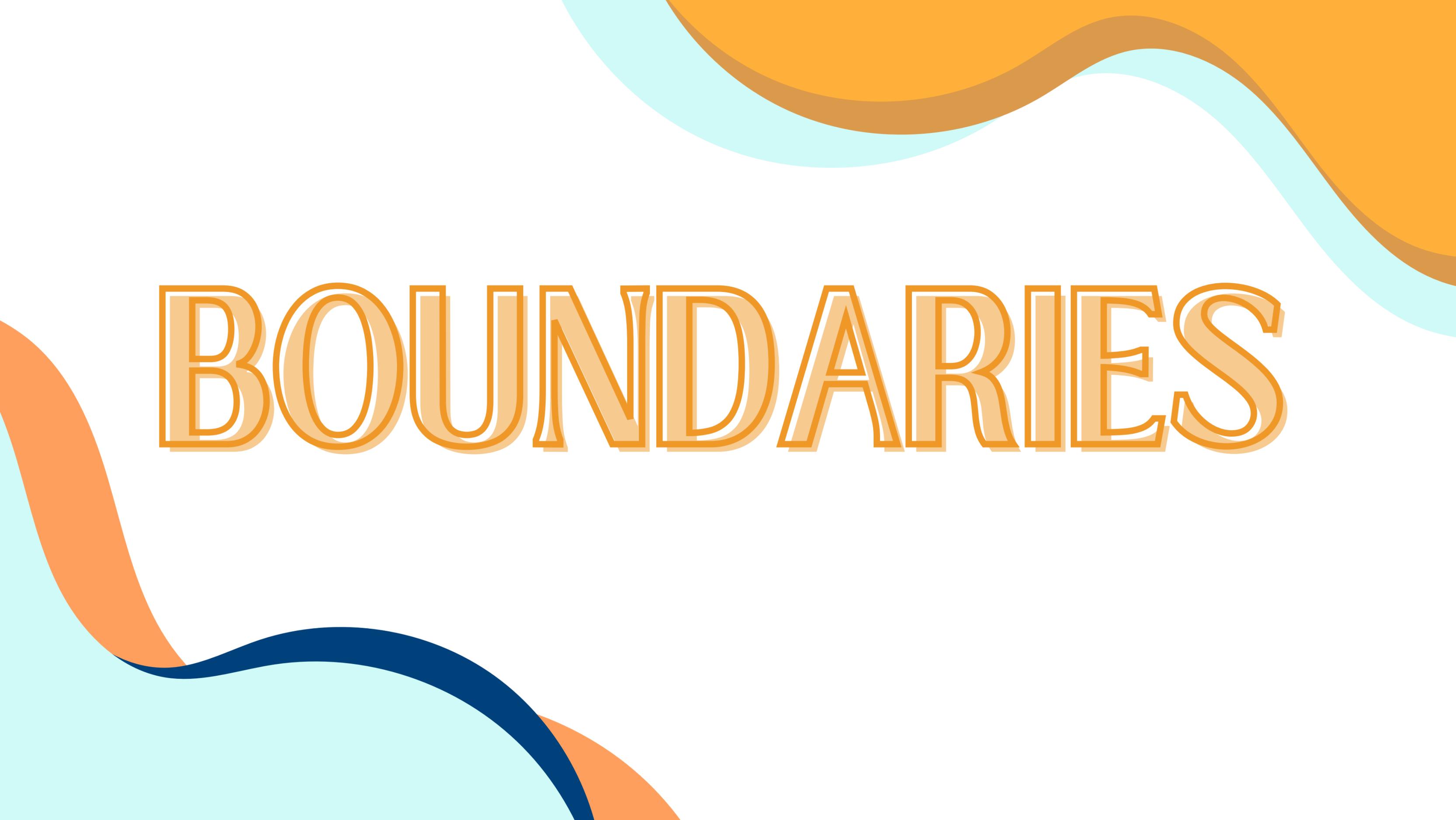


Message thoughtfully

Express feelings

Name what went wrong

Decide next steps



BOUNDARIES

What is a boundary?



A boundary can be:

- **A line that should not be crossed**
- **Rules we set for how we want to be treated**
- **Limits we set for ourselves and others**



Boundaries are unique to each person

Boundaries

✦ **Boundaries change depending on our relationship to the person**

✦ **Some boundaries are about things we can see & touch, and some are about things we cannot touch (like info, feelings, thoughts)**

✦ **Setting boundaries helps us protect our own safety, privacy, and possessions and do the same for others**



Physical



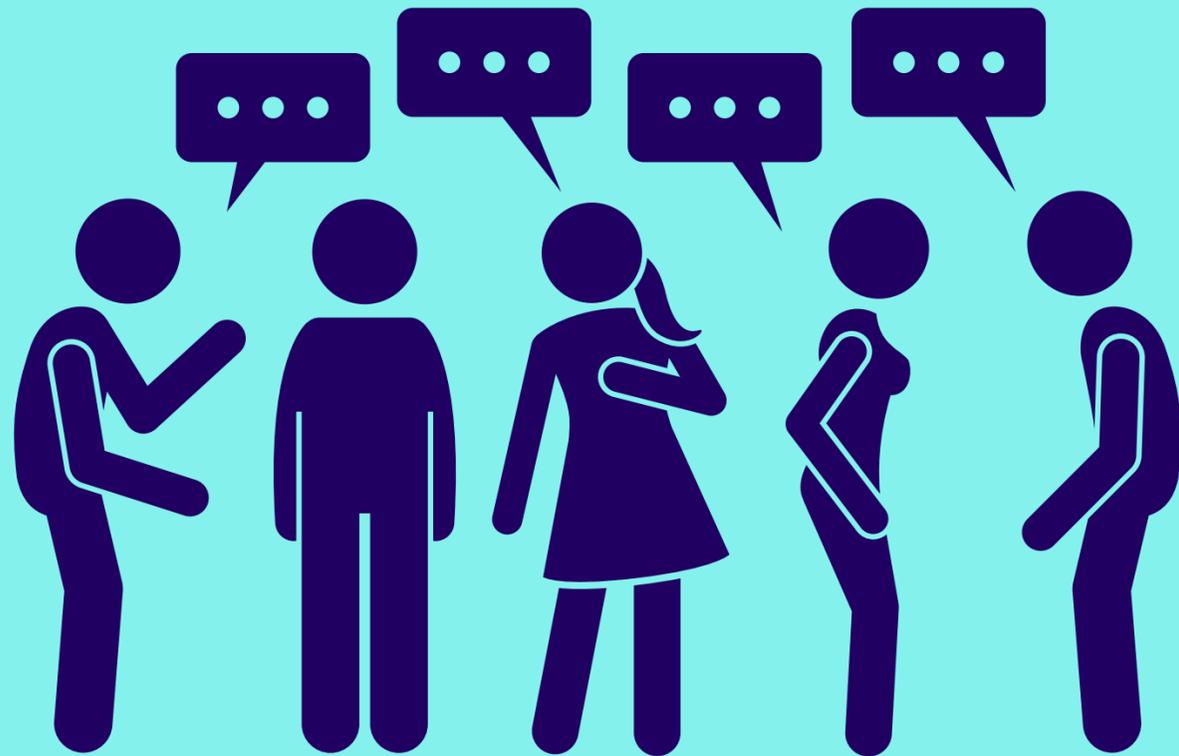
Space, bodies, privacy

Mental/Emotional



Feelings, info, thoughts

Social



Friends, groups,
relationships

Digital



Online, social media,
messages

Boundaries



✦ Boundaries help us create happy, healthy relationships by learning how to respect each other

✦ No matter how close we are to someone, it doesn't give them the right to cross our boundaries

How to set boundaries

1

IDENTIFY

what you want to protect

2

COMMUNICATE

clearly and directly

3

REINFORCE

the standards/limits you've set

EXAMPLES OF HEALTHY BOUNDARIES

- ✦ Asking for personal space
- ✦ Wanting your personal information kept private
- ✦ Saying “no” to friends or partners when you are uncomfortable
- ✦ Not touching what doesn't belong to us
- ✦ Letting someone know their words/actions hurt your feelings
- ✦ Asking to take a break

Healthy Boundary

- ✦ EMPOWERING
- ✦ ABOUT YOU
- ✦ “IF YOU SAY THIS, I WILL LEAVE THE TABLE”
- ✦ WITHIN YOUR CONTROL
- ✦ CREATES RESPECT

UNHEALTHY DEMAND



- ✦ DISEMPOWERING
- ✦ ABOUT CONTROL
- ✦ “YOU CAN’T SAY THIS”
- ✦ FORCE CONTROL ONTO OTHERS
- ✦ SHUTS DOWN OTHERS



DISCUSSION

✦ **Why is it harmful to violate someone's boundaries?**

✦ **What are the benefits to respecting boundaries?**



CONSENT

What is CONSENT?

Giving another person permission or agreeing to engage in any act or behavior. It can be as simple as...

- 1 Loaning someone a pencil
- 2 Going out with friends
- 3 Agreeing to go on a date, hold hands, etc.





Consent for Kids #ConsentForKids



Copy link

CONSENT



Watch on  YouTube

Consent IS

- ✦ Freely-given without pressure, force, or coercion (threats)
- ✦ Reversible
- ✦ Informed
- ✦ Enthusiastic
- ✦ Specific to one time or thing

Consent IS NOT

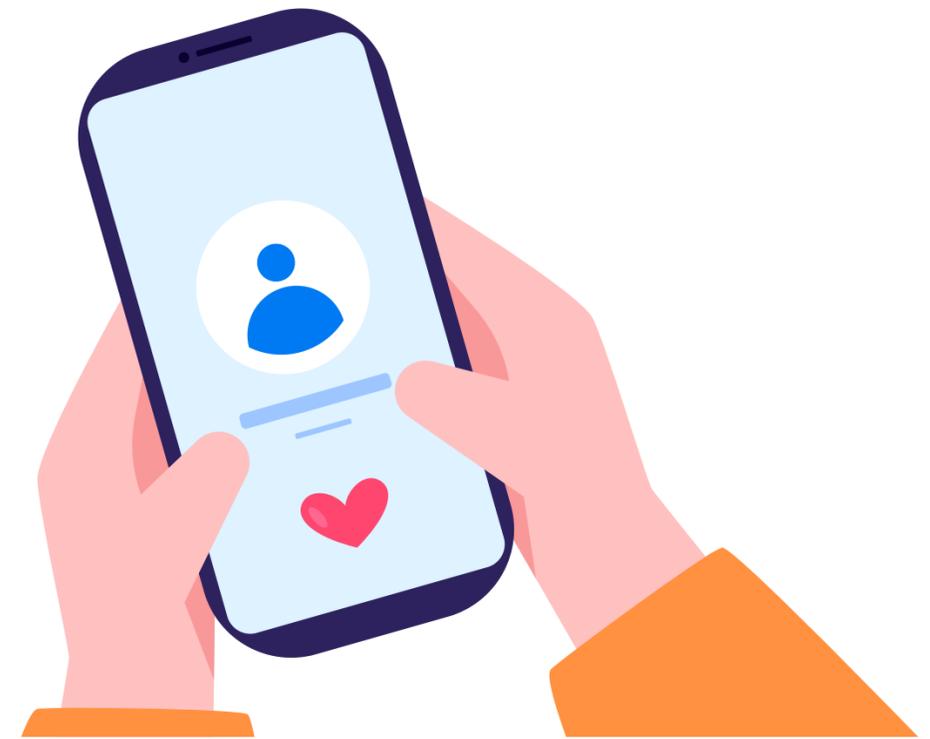
- ✦ Manipulation
- ✦ Punishing someone for changing their mind
- ✦ With-holding information or details
- ✦ Unsure
- ✦ One size fits all

Digital Consent

Digital consent are the ways we practice consent in digital spaces like texting, sharing photos, playing games, and using social media.

Digital consent can include:

- What platforms are you comfortable using?
- Are you comfortable with text, calls, video calls, etc.?
- Do you want to share photos? Are you comfortable with someone posting a photo of you?
- What are you comfortable talking about?

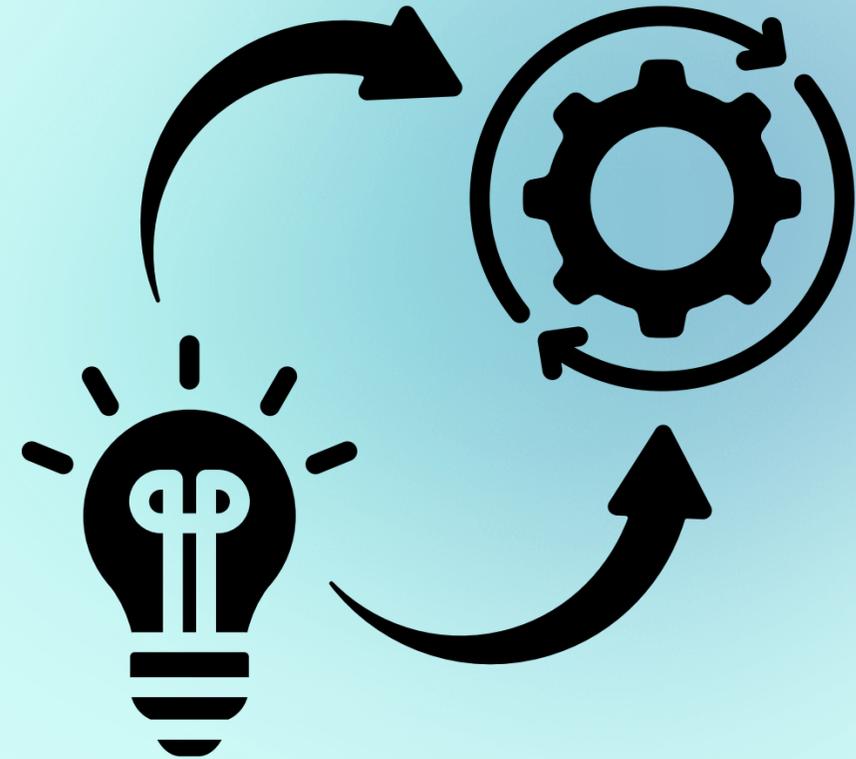


Practicing consent looks like...



Let's Practice!

✦ Consent or no consent.....



A large, stylized sun graphic in shades of orange and yellow, partially visible in the top right corner of the slide.

BYSTANDER

A stylized wave graphic in shades of blue and teal, partially visible in the bottom left corner of the slide.

INTERVENTION

Bystander Intervention

✦ A bystander is someone who witnesses violence, or the conditions that encourage violence.

✦ There are ways to safely intervene when we see harm being done--never risk your safety or others.

Discussion: Why do we not solve a violent problem with a violent solution?



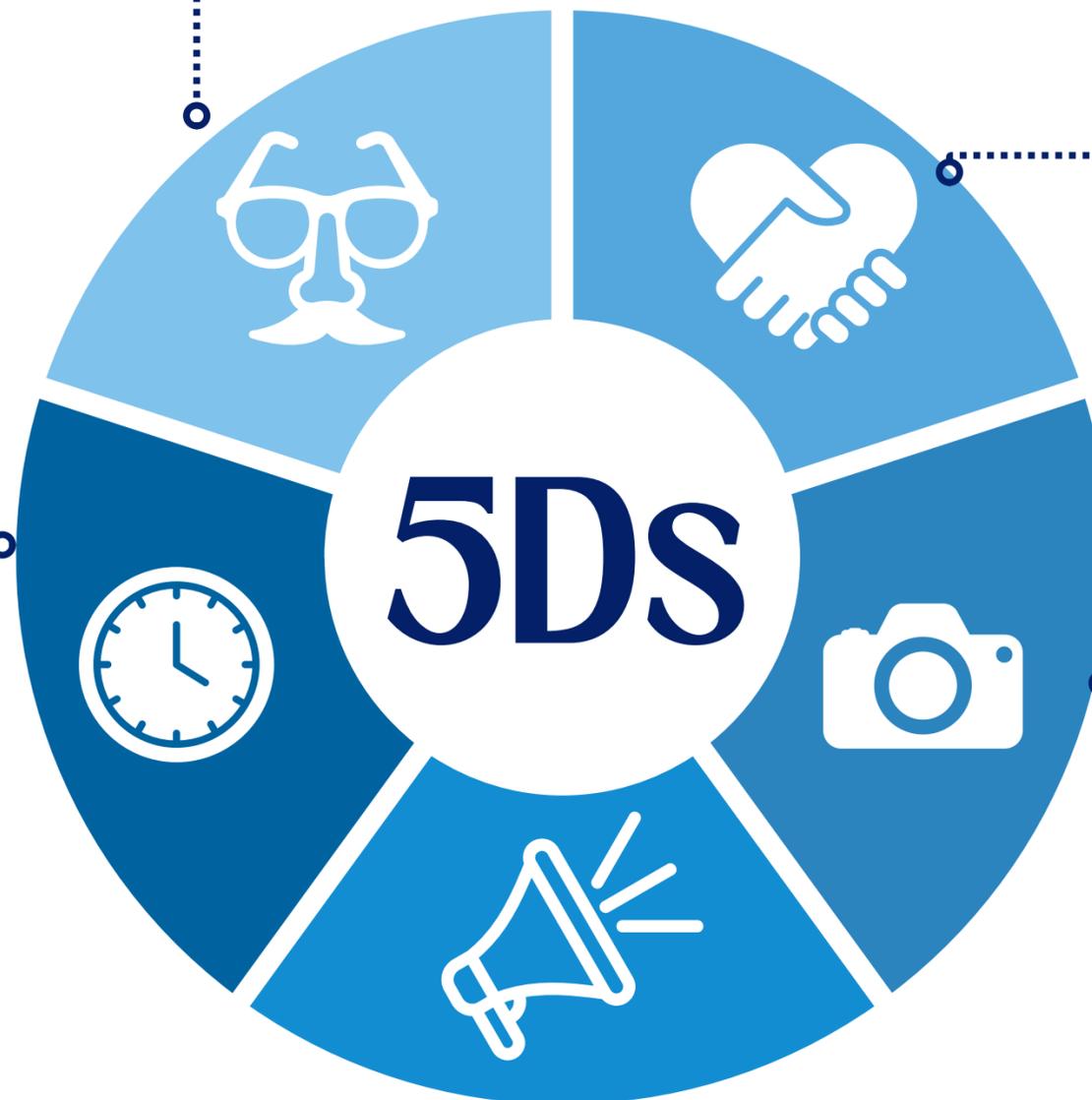
What are the 5Ds?

DISTRACT

TAKING THE ATTENTION AWAY FROM THE VICTIM

PROS: MORE LOWKEY, CALMS THINGS DOWN, LESS CONFRONTATIONAL

CONS: MIGHT NOT WORK, DRAWS ATTENTION TO SELF, NOT GOOD IN EMERGENCIES



DELEGATE

GETTING HELP FROM PROFESSIONALS/OTHERS

PROS: SAFE, MORE RESOURCES, MORE LIKELY TO STOP

CONS: SLOWER, ADULTS DON'T ALWAYS LISTEN, BACKLASH

DOCUMENT

RECORDING OR TAKING PHOTOS OF THE INCIDENT

PROS: PROOF, CAN BE USED IN COURT, CAN BE DONE FROM A DISTANCE

CONS: MISUSE, POSTING WITHOUT CONSENT, LEGAL CONSEQUENCES

DELAY

HELPING OR CHECKING IN AFTER THE FACT

PROS: SAFEST, THINK IT THROUGH, GET ADVICE, CAN HAPPEN ANYTIME

CONS: SLOW, MIGHT WAIT TOO LONG, DOESN'T UNDO THE HURT

DIRECT

TELLING SOMEONE TO STOP IN THE MOMENT

PROS: FAST, SHOWS YOU CARE, PROTECTS OTHERS

CONS: RISKY, BACKLASH, MIGHT NOT WORK, CAN MAKE THINGS WORSE

Barriers to Intervention



What do you think are common reasons why people DON'T intervene?

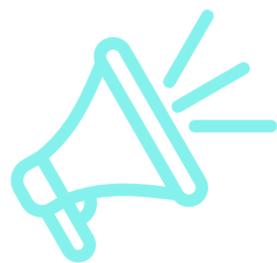


What are the consequences of not helping others?

Bystander Practice

There is a new member at your gym who doesn't speak English very clearly and wears different workout clothes.

You notice other gym members mocking his accent and making fun of his clothing. What would you do?



**CALL OUT MEMBERS
FOR BEING RUDE**



**ASK THE NEW
MEMBER IF IT
OFFENDS HIM & IF
YOU CAN HELP**



**RECORD THEM
MOCKING HIM &
SEND IT TO THE
OWNER**



**SHOW EVERYONE
YOUR NEW
NINTENDO SWITCH 2**

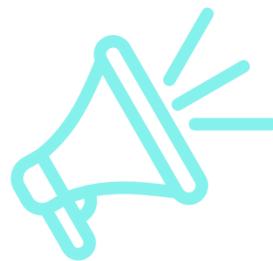


**ASK YOUR GROUP OF
FRIENDS TO HELP YOU
MAKE HIM FEEL WELCOME**

Bystander Practice

Your friend just got a new girlfriend. They are so excited, and you can tell they REALLY like her. But after a few days, you notice some red flags.

Your friend's girlfriend constantly calls demanding to know where they are, blames them for everything, & criticizes everything they do. You don't think this is a healthy relationship. What would you do?



TELL YOUR FRIEND DIRECTLY YOU THINK THE RELATIONSHIP ISN'T HEALTHY



ASK YOUR FRIEND IF THEY ARE OKAY & NEED TO TALK



SCREENSHOT THE MESSAGES YOUR FRIEND HAS SENT YOU ABOUT THE GF'S BEHAVIOR



TRY AND MAKE A JOKE WHENEVER THE GIRLFRIEND SAYS SOMETHING RUDE

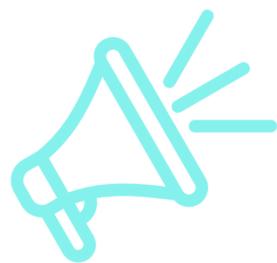


TELL YOUR PARENT/GUARDIAN ABOUT THE SITUATION SO THEY CAN HELP

Bystander Practice

Your friend Mark has been dating Ella for 3 months. One day you're hanging out with Mark & Ella starts blowing up his phone. Mark shows you the messages and they are mean and demand to know where he is.

Mark says this happens all the time. He wishes he could break up with Ella but she has threatened to hurt herself if he does. How could you intervene?



**LET MARK KNOW
ELLA IS SHOWING
ABUSIVE BEHAVIOR
& HE SHOULDN'T
DATE HER**



**WAIT AWHILE TO SEE IF
THE SITUATION
IMPROVES. YOU CHECK
IN WITH MARK OFTEN**



**SCREENSHOT MESSAGES
MARK HAS SENT ABOUT
ELLA'S BEHAVIOR**



**INVITE MARK TO GET ICE
CREAM TO CHEER HIM UP**



**TELL A COUNSELOR OR
TEACHER THAT YOU'RE
WORRIED ABOUT WHAT ELLA
SAID**

The background features a stylized sun in the top right corner, rendered in orange and light blue. Below the sun are wavy lines in orange, light blue, and dark blue, suggesting water or a horizon. The word "QUESTIONS?" is centered in a large, orange, 3D-style font.

QUESTIONS?



**THANK
YOU!**

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