Healthy Relationships, Communication, and Consent

Contact Information
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Length of Presentation 50/75 minutes

Presenter Information
☑ Professional Staff
☑ Graduate Students
☑ Undergraduate Students

UNIV 101 Learning Outcomes IIa, IIb, IIIb

Abstract
“Healthy Relationships, Communication, and Consent” is an interactive presentation that educates students on consent, healthy relationships, and interpersonal violence. By defining and explaining consent, we will discuss how consent helps to foster healthy relationships and describe what a healthy relationship feels like. The presentation will also examine three forms of interpersonal violence: sexual assault, stalking, and intimate partner violence, and identify the resources on and off campus for support and further education. Through discussions, students are able to reflect on their personal values, explore the parameters of consent, and learn more about how to recognize healthy and unhealthy relationships.

Presentation Learning Outcomes
As a result of this presentation, students will be able to:
- Understand what consent is and recognize how consent fosters our relationships and interactions with others.
- Describe what constitutes a healthy relationship and warning signs of an unhealthy relationship.
- Identify resources on and off campus for reporting and help.

Outline of Presentation
I. Introduction (goals, guidelines, definitions, and statistics)

II. Consent
   a. Video – Tea & Consent (an explanation of consent)
   b. Activity – Consent and Handshakes
   c. Definition and connection to the Carolinian Creed
   d. Connection to alcohol

III. Healthy relationships – Ideals, boundaries, and deal breakers

IV. Activity – Red Flags of Relationships

V. Intimate partner violence overview (physical, psychological, sexual, financial, and digital)

VI. Resource overview & assessment