



# Healthy Relationships: Understanding Consent

*Spring 2023 Workshop for Students*

Is your relationship healthy? Relationships can bring a sense of fulfillment to our lives, but it's important to know when a relationship is functional and when it is dysfunctional. Learn about the components of a safe, consensual intimate relationship.

## **Date & Time**

TBA

### **What You'll Learn:**

- Important aspects of healthy relationships
- Factors to consider when assessing your relationship
- Healthy vs. unhealthy communication styles
- How to build a base of equality and respect
- Steps to maintain a healthy relationship

**NO CHARGE!**

**Register using your UNM Email to:  
studentcounseling@unm.edu**

**Deadline: 1 Business Day Before Workshop**