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