



BUILDING HEALTHY RELATIONSHIPS

with an emphasis on sexual assault

The goal of the Building Healthy Relationships (BHR) program is to provide youth and young adults with the knowledge and tools to have healthy interactions and relationships. In recognition of National Sexual Assault Awareness Month, we have put together the following resource guide with links to accompany our BHR and Sexual Assault presentation.

THE MAN BOX



Tony Porter tells powerful stories from his own life to show how so many men and boys, can lead men to disrespect, mistreat, and abuse women and each other. His solution: Break free of the "man box."

A Call to Men by Tony Porter

CONSENT



In effort to help you better understand what consent is and what it might look or sound like, we recommend viewing the following videos:

Consent, It's Simple as Tea

Consent 101 by Laci Green

Consent for Kids

DENIM DAY



Denim Day is a campaign on a Wednesday in April in recognition of Sexual Assault Awareness Month. To learn more, visit the website:

www.denimday.org

SAFETY PLANNING



A safety plan is a personalized plan that includes ways to remain safe while in an unsafe relationship, planning to leave, or after you leave. Check out the following resources for more help with developing a safety plan:

[Loveisrespect Interactive Safety Planning](#)

[Loveisrespect Safety Planning for College Students](#)

[Loveisrespect Safety Planning for High School Students](#)