



# Healthy Relationships: Understanding Consent

*Fall 2022 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 healthy, long-term relationship and the components of a relationship that may be harmful to you.

## **When & Where**

Thursday, October 6  
11:00 AM-12:30 PM  
Via Zoom

## **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!**

**RSVP: [studentcounseling@unm.edu](mailto:studentcounseling@unm.edu)**

Deadline to Register: 1 Business Day Before Workshop