



Guess What?

Discover more about what your student just learned in advisory

April 2024

2023-2024 Focus: Building Healthy Communities through Strengthening Relationships and Communication Skills

This month in Advisory we are continuing our focus on building a healthy community by focusing on Relationship Skills. Students are learning the markers of healthy relationships, as well as indications of an unhealthy or abusive relationship.

Using video clips and games, students were able to practice setting boundaries using Non-Violent Communication (NVC) strategies. Students were shown short video clips comparing healthy and unhealthy relationship dynamics. The students were provided with resources to seek assistance if they find themselves evaluating the health of their relationships and recognizing they may need support.

Here is the lesson your students engaged with: [SEL #4 Healthy Relationships](#)



Try it at Home!

Consider asking your students to define what some of the images above mean in their own words. Begin by trying to define the concepts yourself; for example: "I think Healthy Conflict means that if we disagree, we are going to work together to speak kindly and will work together to solve the issue. What do you think?" You may share the aspects of a healthy relationship that resonate most with you. Consider asking your student to share what struck them most about healthy vs unhealthy relationships. Importantly, let them know you are available to listen if there is anything they would like to talk about.

Words to know

- **Boundaries:** The limits we set for ourselves in a relationship
- **Escalate:** To increase quickly
- **Dynamic:** The way two people are with each other
- **Interpersonal:** Between people
- **Intensity:** Very strong feelings or pressure
- **Manipulation:** To lie, make excuses, blame you to hide truths, Make you feel bad.
- **Guilt:** Make someone feel regret on purpose
- **Volatility:** To change really fast and unpredictably
- **Integrity:** To be honest
- **Mutuality:** When both people or two things agree with each other
- **Interdependence:** relying on each other, while also taking care of ourselves, so we all do better

**These definitions are specifically for the context of this advisory.*

Resources

Care Solace

1 (888) 515-0595

www.caresolace.com/FUHSD

County Mental Health

1 (800) 704-0900

NEW Suicide and Crisis Lifeline

Dial 988

Refer your teen to a school-based mental health professional for help during the school day (8:00a-3:30p)

[Cupertino](#)

[Fremont](#)

[Homestead](#)

[Lynbrook](#)

[Monta Vista](#)

[Educational Options](#)