

Building Healthy Relationships*

****Course Description:****

This course explores the principles and practices necessary for establishing and maintaining healthy relationships. Topics include communication skills, conflict resolution, emotional intelligence, boundaries, and self-care.

****Week 1: Introduction to Healthy Relationships****

- Definition of a healthy relationship**
- Importance of healthy relationships for overall well-being**
- Common misconceptions about relationships**

****Week 2: Communication Skills****

- Active listening techniques**
- Effective expression of thoughts and feelings**
- Nonverbal communication cues**

****Week 3: Conflict Resolution****

- Understanding different conflict styles**
- Strategies for resolving conflicts peacefully**
- Negotiation and compromise**

****Week 4: Emotional Intelligence in Relationships****

- Recognizing and managing emotions**

Syllabus



- Empathy and perspective-taking
- Emotional regulation techniques

****Week 5: Boundaries and Self-Care****

- Establishing and maintaining personal boundaries
- Respecting others' boundaries
- Self-care practices for maintaining individual well-being within relationships

****Week 6: Intimacy and Connection****

- Different types of intimacy (emotional, physical, etc.)
- Cultivating intimacy in relationships
- Balancing autonomy and closeness

****Week 7: Diversity and Inclusivity in Relationships****

- Recognizing and respecting diverse relationship structures (e.g., LGBTQ+ relationships, polyamory, etc.)
- Overcoming biases and stereotypes in relationships

****Week 8: Building and Sustaining Healthy Relationships****

- Strategies for building trust
- Nurturing long-term relationships
- Red flags and warning signs in relationships

****Week 9: Relationship Dynamics****

Syllabus



- Power dynamics in relationships
- Gender roles and expectations
- Addressing inequality in relationships

****Week 10: Reflection and Integration****

- Reflecting on personal growth throughout the course
- Developing a plan for applying course concepts to real-life relationships
- Resources for ongoing learning and support

****Assessment:****

- Weekly reflections on course topics
- Case studies and role-playing exercises
- Final project: Personal relationship improvement plan