




The RAPP Reporter

News for RAPP Families & Friends



Hosts a conversation with

FEARLESS!

RECLAIMING OUR SAFETY

HOW TO TALK TO TEENS ABOUT HEALTHY RELATIONSHIPS

TUESDAY MARCH 19TH
6:30-7:30PM
18 SEWARD AVE, SUITE 300
MIDDLETOWN, NY 10940
REGISTRATION IS REQUIRED
YOUTH COMPONENT AGES 11 AND UP
RUNS CONCURRENTLY
CALL (845)344-1234 WITH QUESTIONS

Join us for a program for caregivers to learn skills to talk to their tweens/ teens about how to build healthy relationships.

A companion program for youth ages 11 & up will be run at the same time and focus on helping them build healthy relationships.

HEALTHY RELATIONSHIPS

(source from Youth.gov)

Respect for both oneself and others is a key characteristic of healthy relationships. In contrast, in unhealthy relationships, one partner tries to exert control and power over the other physically, sexually, and/or emotionally.

Healthy relationships share certain characteristics that teens should be taught to expect. They include:

- **Mutual respect.** Respect means that each person values who the other is and understands the other person's boundaries.
- **Trust.** Partners should place trust in each other and give each other the benefit of the doubt.
- **Honesty.** Honesty builds trust and strengthens the relationship.
- **Compromise.** In a dating relationship, each partner does not always get his or her way. Each should acknowledge different points of view and be willing to give and take.

- **Individuality.** Neither partner should have to compromise who he/she is, and his/her identity should not be based on a partner's. Each should continue seeing his or her friends and doing the things he/she loves. Each should be supportive of his/her partner wanting to pursue new hobbies or make new friends.
- **Good communication.** Each partner should speak honestly and openly to avoid miscommunication. If one person needs to sort out his or her feelings first, the other partner should respect those wishes and wait until he or she is ready to talk.
- **Anger control.** We all get angry, but how we express it can affect our relationships with others. Anger can be handled in healthy ways such as taking a deep breath, counting to 10, or talking it out.
- **Fighting fair.** Everyone argues at some point, but those who are fair, stick to the subject, and avoid insults are more likely to come up with a possible solution. Partners should take a short break away from each other if the discussion gets too heated.
- **Problem solving.** Dating partners can learn to solve problems and identify new solutions by breaking a problem into small parts or by talking through the situation.
- **Understanding.** Each partner should take time to understand what the other might be feeling.
- **Self-confidence.** When dating partners have confidence in themselves, it can help their relationships with others. It shows that they are calm and comfortable enough to allow others to express their opinions without forcing their own opinions on them.
- **Being a role model.** By embodying what respect means, partners can inspire each other, friends, and family to also behave in a respectful way.
- **Healthy sexual relationship.** Dating partners engage in a sexual relationship that both are comfortable with, and neither partner feels pressured or forced to engage in sexual activity that is outside his or her comfort zone or without consent.



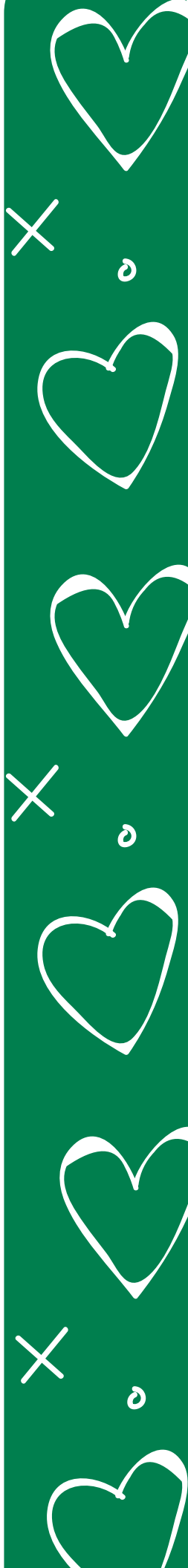
KIDS CORNER



Make a fun tic-tac-toe snack. Break off a square of Graham Cracker. Use frosting to create grid lines on the cracker. Then select two different colors of conversation hearts to represent Xs and Os in tic-tac-toe. Play a few rounds and then you both get to eat your gameboard!

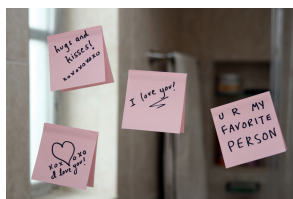


Create a special meal for the birds. Mix bird seed and leftover bacon grease together in a bowl. Shape into a heart and insert a string through the center. Place in freezer until it is solidified.



FUN WAYS TO CELEBRATE VALENTINE'S DAY WITH YOUTH

- Make heart-shaped, pink, pancakes, or use a cookie cutter to create heart-shaped French toast.
- Make heart-shaped garland or a wreath to hang to celebrate the holiday.
- Have everyone in the family create anonymous love notes for each other.
- Decorate your child's door with various colored hearts with reasons why you love them.
- Bake heart-shaped cookies together.
- Snuggle in and have a family movie night with popcorn and cupcakes.
- Read a fun Valentine themed bed-time story
- Teach your child Haiku and create a poem for them
- Create a random act of kindness together – nursing home, neighbor, elderly relative, teacher - and deliver together



UNHEALTHY RELATIONSHIPS

(source from Youth.gov Continue from Page 2)

Unhealthy relationships are marked by characteristics such as disrespect and control. It is important for youth to be able to recognize signs of unhealthy relationships before they escalate. Some characteristics of unhealthy relationships include:

- **Control.** One dating partner makes all the decisions and tells the other what to do, what to wear, or who to spend time with. He or she is unreasonably jealous, and/or tries to isolate the other partner from his or her friends and family.

UPCOMING EVENTS

- **Tuesday, March 19th How to Talk to Teens about Healthy Relationships**
18 Seward Avenue
Middletown, NY
6:30- 7:30 pm
Must pre-register to attend!
- **Unpacking the Teen Years**
Wednesdays, February 28
March 6, 13 and 20
7-9pm (Virtual)
- **Connecting with Your Child**
Monday, March 18
7:30-9pm (Virtual)

Registration and more information for these programs can be found on our website

<https://cceorangecounty.org/events>

REGULAR EVENTS:

- **RAPP Coffee and Conversation Middletown**
1st Tuesday of each month
6:30-8:00pm (September-June)
- **RAPP Coffee and Conversation New Windsor**
2nd Tuesday of each month
6:30-8:00pm (September-June)
- **RAPP Chats Port Jervis**
3rd Thursday of each month
10:30am
- **RAPP Chats New Windsor/Newburgh**
4th Tuesday of each month
10:30 am.



MEET THE MENTORS!



Wendy Nocar (she/her)

Age I became a kinship caregiver: 51

Who I raised: Granddaughter for 20 years

Years as a mentor: 16

Biggest challenge as a kinship caregiver: Managing childcare with work. Had to sacrifice a few jobs because of no childcare

Best reward as a kinship caregiver: Seeing her growth and accomplishments

Greatest strength as a mentor: My availability and understanding. Being able to listen

Fun Facts: Love to travel, garden, be with children

- **Hostility.** One dating partner picks a fight with or antagonizes the other dating partner. This may lead to one dating partner changing his or her behavior in order to avoid upsetting the other.
- **Dishonesty.** One dating partner lies to or keeps information from the other. One dating partner steals from the other.
- **Disrespect.** One dating partner makes fun of the opinions and interests of the other partner or destroys something that belongs to the partner.
- **Dependence.** One dating partner feels that he or she "cannot live without" the other. He or she may threaten to do something drastic if the relationship ends.
- **Intimidation.** One dating partner tries to control aspects of the other's life by making the other partner fearful or timid. One dating partner may attempt to keep his or her partner from friends and family or threaten violence or a break-up.
- **Physical violence.** One partner uses force to get his or her way (such as hitting, slapping, grabbing, or shoving).
- **Sexual violence.** One dating partner pressures or forces the other into sexual activity against his or her will or without consent.

It is important to educate youth about the value of respect and the characteristics of healthy and unhealthy relationships before they start to date. Youth may not be equipped with the necessary skills to develop and maintain healthy relationships, and may not know how to break up in an appropriate way when necessary. Maintaining open lines of communication may help them form healthy relationships and recognize the signs of unhealthy relationships, thus preventing the violence before it starts.

