



HEALTHY RELATIONSHIPS AT WORK



AT WORK...

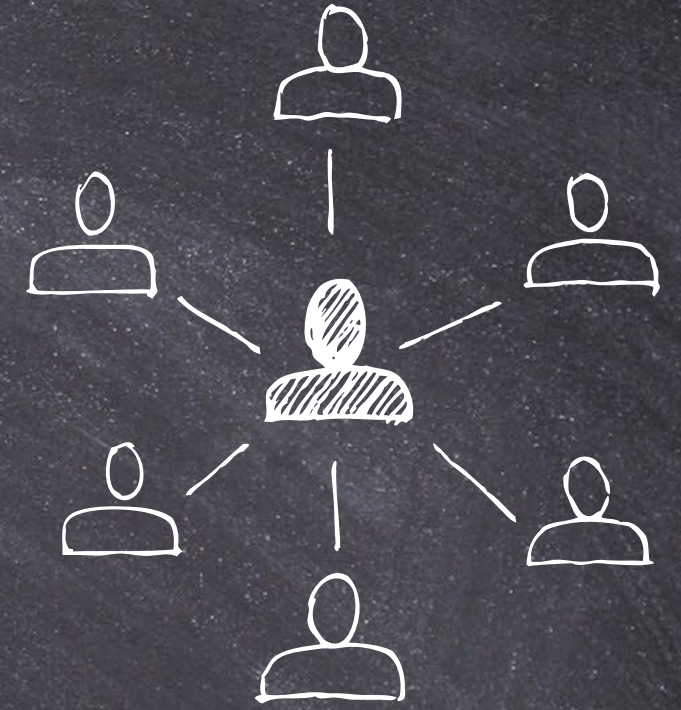


WHAT ARE WE TALKING ABOUT?

Today, we are discussing how caring for your body and understanding relationships can help you at work and beyond!



WHAT RELATIONSHIPS?



- BOSS, SUPERVISOR, OR MANAGER
- COWORKERS
- CUSTOMERS
- SUBORDINATES



YOU NEED TO GET ALONG WITH
ALL OF THESE PEOPLE! 

WHAT DO I NEED TO DO?




CARE FOR
YOUR BODY!



KEEP
ROMANCE
OFF THE JOB!



KNOW
BOUNDARIES
AT WORK!



• If you want to get along with people on the job, you can do
several things!

CARING FOR YOUR BODY

- If you do not care for your body, you might not get a job!
- You need to have good grooming
- Shower/bathe
- Shaved
- Hair combed
- Nail care
- Brush teeth
- You need to wear clean and appropriate fitting clothing





KEEP ROMANCE OFF THE JOB!

- WHEN YOU ARE AT WORK, BE AT WORK.
- You are not being paid to make friends or find love.
- Love is for when you are NOT working. Dating and romance is for when you are OFF.
- You can lose your job or even be arrested for harassing someone. Do not send texts or call coworkers without their consent. Do not send romantic texts or texts that are sexual to ANYONE that you are not dating but especially to people at your job.



KNOW YOUR BOUNDARIES!

- WE ALL HAVE SOCIAL RULES ABOUT HOW TO ACT AND THE RULES ARE DIFFERENT WITH DIFFERENT PEOPLE.

Friends

FRIENDS ARE PEOPLE YOU KNOW WELL, THAT SPEND TIME AT YOUR HOME AND YOU SPEND TIME AT THEIR HOME.

Friends are people that you can share private information

Acquaintance

ACQUAINTANCES (COWORKERS, BOSSES) ARE PEOPLE YOU KNOW A LITTLE AND STRANGERS (CUSTOMERS) ARE PEOPLE THAT YOU DO NOT KNOW AT ALL. You do not share private information. You do not ask them on dates. Coworkers and bosses are NOT your friends.

STRANGERS ARE PEOPLE YOU DON'T KNOW. YOU DO NOT SHARE PRIVATE INFORMATION. BULLIES ARE PEOPLE THAT ARE NOT NICE TO YOU.

Stranger / Bullies

PAID SERVICE PROVIDERS (LIKE JOB COACHES) ARE PEOPLE PAID TO HELP YOU. THEY ARE NOT YOUR FRIENDS.

Paid Service Provider



RELATIONSHIPS AT WORK



LOOKING FOR A
FRIEND OR A
DATE?

YOUR
BOSS



CUSTOMERS



COWORKERS



YOU!



SUBORDINATES



PEOPLE AT WORK ARE USUALLY NOT YOUR
FRIENDS.

You should not share personal or private
information, or act in a romantic way with
anyone.

WORK is about WORK!

YOU CAN DO IT!



YOU CAN BE SUCCESSFUL AT WORK IF YOU...

Care for Your body by showing up at work clean and well-groomed with appropriate clothing

Keep romance off the job

Understand the relationships and boundaries at work



HEALTHY RELATIONSHIPS CLASS

- CLASSES ARE HELD 2X A YEAR (BEGINNING IN MARCH AND AGAIN IN JULY/AUGUST) AT THE CPARC OFFICE IN CARLISLE
- Classes last 14 weeks
- Classes are free
- Module 1: Caring for Myself
 - Introduction and Washing Hands
 - Bathing & Showering, Dental Care
 - Toileting & Bathroom Etiquette, Bedroom Organization, Privacy
- MODULE 2: HUMAN SEXUALITY
 - Human Development/Aging
 - Male Genitalia, Female Genitalia
 - Sex, Consent
 - Pregnancy & Childbirth/Menopause
- MODULE 3: RELATIONSHIP DEVELOPMENT
 - People I Encounter, Acquaintances, Friends, Bullies
 - Making Friends
 - Social Media Safety
 - Small talk, Private Talk, Secrets
 - Personal Space, Voice Volume, Consequences of Breaking Boundaries
 - Types of Physical Affection, Romantic Affection, Review Consequences and Consent
 - Dating-What is a date? How to Prepare for a Date, What to do on a Date
 - Final Assessment, Certificates





THANK YOU!

To sign up for class...

717-249-2611

YOU'VE
TOTALLY GOT
THIS!