



Life Skills Training

Bridges to Healthy Relationships

Relationship Development

Self-paced learning, unlimited access for participants and parent, video demonstrations, role plays, a guide for social media safety, and checklists for understanding.

Lesson 1: People Encounter?

Lesson 2: Different Types of Relationships

Lesson 3: What is a Friend?

Lesson 4: What is an Acquaintance?

Lesson 5: What is a Bully?

Lesson 6: Making Friends:

Lesson 7: Understanding social media

Lesson 8: How to Use social media

Lesson 9: Small Talk, Part 1

Lesson 10: Small Talk, Part 2

Lesson 11: Private Talk

Lesson 12: Secrets

Lesson 13: Personal Space

Lesson 14: Voice Volume

Lesson 15: Review of Friend, Acquaintance and Bully

Lesson 16: Breaking Social Boundaries & Likely Consequences, Part 1

Lesson 17: Breaking Social Boundaries & Likely Consequences, Part 2

Lesson 18: Types of Physical Affection

Lesson 19: General Consent

Lesson 20: Consent for Physical Affection

Lesson 21: Romantic Affection

Lesson 22: What is a Date?

Lesson 23: How to Prepare for a Date

Lesson 24: What to Do on a Date

Log in to the Portal is Easy.

- Access the internet from your computer, tablet, or phone.
- See your progress with home supplements.
- Download the handouts and checklists.
- Learn at you own pace with unlimited access. *

You will get a link to the Vista Choice portal where you can access the entire learning library, all modules, supplements, checklists, and video library. Email support from a licensed facilitator. You can log in any time, from your computer, tablet, or phone with internet connection. Linda@vistachoice.org 240-472-2846

[Start Learning Now!](#)