

The Relationship Safety Project:

Helping College Students Build Healthy Connections, Recognize Red Flags, and Protect Their Mental Health.

with Sheila Robinson-Kiss, MSW, LCSW



REAL
CONVERSATIONS.
SAFER
TOMORROWS.

RELATIONSHIP SAFETY AND PREPAREDNESS

Relationship Safety and Preparedness is a practical and lively program designed to equip college and university students with the skills to build healthy connections, recognize harmful behavior, and make informed choices that promote personal safety and well-being. Led by Sheila Robinson-Kiss, a therapist, YouTube content creator, the NJBIZ Blue Cross-Blue Shield Mental Health Educator of the Year and Psychology Today contributor, this engaging program empowers students with a ready-to-implement toolkit to manage relationships, protect their mental health, and navigate today's social pressures with confidence. Through relatable examples, meaningful discussion, and actionable strategies, students learn to communicate clearly, understand consent, uphold boundaries, and take responsibility for how their choices affect themselves and others.

LEARNING OBJECTIVES

By the end of the program, students will be able to:

-  **Confidently and proactively set emotional, physical, and psychological boundaries that promote safety**, and communicate those boundaries clearly in friendships, dating, and social situations.
-  **Recognize the differences between healthy and harmful relationship behaviors**, including manipulation, coercion, control, and disrespect, and identify when to seek support.
-  **Understand and practice clear, voluntary, and ongoing consent**, respecting another person's decisions and recognizing circumstances in which consent cannot be given.
-  **Navigate peer pressure, digital interactions, and emotionally charged situations** using practical tools that support mental health, sound judgment, and personal values.
-  **Respond when someone's safety or boundaries are at risk** by using safe bystander strategies, accessing campus resources, and supporting peers with care and accountability.



RETREATS | KEYNOTES | LIVE AND VIRTUAL PROGRAMS

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Contact **Sheila Robinson-Kiss, MSW, LCSW**

 sheila@robinson-kiss.com

 1.917.7029399

 www.rab.solutions