



# Healthy Relationship Education Resources 2025

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## Davis County

Davis County Abuse Prevention Workgroup

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QR code to  
electronic version  
Link: [tinyurl.com/2kauv4ea](https://tinyurl.com/2kauv4ea)

# Purpose



Learning and practicing healthy relationship skills is important in preventing abuse and violence. These skills create a foundation of mutual respect, trust, communication, and understanding which are crucial for building strong, safe relationships. When individuals develop these skills, they are better able to navigate conflicts, set boundaries, and express their needs in a healthy way.

The purpose of compiling healthy relationship education resources is to understand what content is available to the community, assess provider needs in order to increase participation, and connect providers.

Healthy relationship education includes, but is not limited to, education in these forms: classes, programs, workshops, one-time events, curriculums, guides, trainings, etc. A broad approach to healthy relationship education is being used. This would include education that may not be marketed as healthy relationship education but teaches concepts about healthy relationships such as connection, support, respect, etc.

If there is feedback or changes that should be made, please contact the Health Strategy Bureau at [healthstrategy@daviscountyutah.gov](mailto:healthstrategy@daviscountyutah.gov).

# Definitions



## Course

A series of lessons or classes on a specific topic.



## Class

A scheduled teaching activity for a course. Classes are usually shorter than courses, and the length depends on the topic and how much instruction is needed.



## Program

A program can include a training curriculum, courses, and classes.



## Training

A structured process for training people that includes a training curriculum.



## Curriculum

A plan for instruction that includes a set of courses, learning experiences, and assessments. A curriculum can also be a set of objectives, resources, and tactics for building a training program.

# Topics & Page Number



| Topic                       | Page Number        |
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| Dating                      | 11, 15             |
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# Classes, Courses & Programs

## Adult STAR (Sexual Trauma & Recovery Group)

**Description:** Works with rape and sexual assault survivors to help them heal after an assault.

**Topics:** Boundaries, communication, consent, emotional regulation, respect, safety, services and resources, support, where to report abuse, self-esteem, self-care, trauma responses, triggers, and healthy coping skills

**Audience:** Adults

**Location(s):** 223 Larsen Lane, Layton, UT

**Language(s):** English

**Participation Type:** In person, virtual

**# of Sessions:** 6 or more

**Registration:** Call or email

**Cost:** Free

**Eligibility:** Must be 18+

**Organization:** Safe Harbor Crisis Center

**Contact:** [katy@safeharborhope.org](mailto:katy@safeharborhope.org)

**Website:** [safeharborhope.org/services/community-outreach](https://safeharborhope.org/services/community-outreach)

**Phone:** 801-444-9161

## Circle of Security Parenting

**Description:** Support and strengthen your parent-child relationship by learning about secure attachment.

**Topics:** Connection, safety, trust, healthy attachment

**Audience:** Parents

**Location(s):** Multiple locations

**Language(s):** English, Spanish

**Participation Type:** In person

**# of Sessions:** 6 or more

**Registration:** [Online](#) or call

**Cost:** Free

**Eligibility:** None

**Organization:** Davis Behavioral Health

**Website:** [dbh.utah.gov/parenting/circle-of-security](https://dbh.utah.gov/parenting/circle-of-security)

**Phone:** 801-797-2455

# Classes, Courses & Programs

## Couple LINKS

**Description:** This research-based course is suitable for adults in married or committed relationships and addresses topics such as intimacy and romantic love; development and maintaining trust; forgiveness; resilience and commitment.

**Topics:** Commitment, connection, forgiveness, intimacy, resilience, romantic love, trust

**Audience:** 18+

**Location(s):** Multiple locations

**Language(s):** English

**Participation Type:** In person, virtual

**# of Sessions:** Multiple sessions

**Registration:** [Online](#)

**Cost:** Free

**Eligibility:** Adult, 18+

**Organization:** USU Extension

**Contact:** Melanie Williamson, [melanie.williamson@usu.edu](mailto:melanie.williamson@usu.edu)

**Website:** [extension.usu.edu/hru](http://extension.usu.edu/hru)

## Dealing with Dementia Workshop

**Description:** Provides tips and strategies for caregivers looking after their loved ones. The goal is to give caregivers a better understanding of dementia, how to provide the best care and how to handle stress and burnout. Attendees will get a copy of the Dealing With Dementia Guide.

**Topics:** Understanding dementia, managing problem behaviors, handling stress, finding time for you

**Audience:** Caregivers of older adults, professionals working with dementia

**Location(s):** Central Davis Senior Center, Kaysville

**Languages(s):** English

**Participation Type:** In person

**# of Sessions:** 1

**Registration:** Call, email

**Cost:** Free

**Eligibility:** Family or professional caregiver, anyone can attend

**Organization:** Davis County Health Department - Senior Services

**Website:** [daviscountyutah.gov/health/aging-and-adult-services/home-based-services/caregiver-support-groups](http://daviscountyutah.gov/health/aging-and-adult-services/home-based-services/caregiver-support-groups)

**Contact:** Eve Larsen, 801-525-5048, [elarsen@co.davis.ut.us](mailto:elarsen@co.davis.ut.us)

# Classes, Courses & Programs

## Dementia Dialogues®

**Description:** 5-module training course designed to educate community members and caregivers (formal or informal) for persons who exhibit signs and symptoms of Alzheimer's disease and related dementias (ADRD).

**Topics:** Introduction to dementia, communication skills, safety, activities of daily living, quality of life, addressing challenging behavior, problem solving

**Audience:** Formal and informal caregivers for persons with dementia

**Location(s):** One of the three senior centers in Davis County (Clearfield, Kaysville, Bountiful)

**Languages(s):** English

**Participation Type:** In person

**# of Sessions:** 3

**Registration:** Call, email

**Cost:** Free

**Eligibility:** Anyone who wants to learn more about dementia

**Organization:** Davis County Health Department - Senior Services

**Website:** [daviscountyutah.gov/health/aging-and-adult-services/home-based-services/caregiver-support-groups](https://daviscountyutah.gov/health/aging-and-adult-services/home-based-services/caregiver-support-groups)

**Contact:** Sheryl Knight, 801-525-5127, [sknight@co.davis.ut.us](mailto:sknight@co.davis.ut.us)

## Educated Parents

**Description:** Help navigate important topics with your child such as child abuse prevention, healthy teen relationships, body safety, dating violence.

**Topics:** Communication, emotional regulation, support

**Audience:** Parents, Caregivers

**Location(s):** Virtual

**Language(s):** English

**Participation Type:** Virtual

**# of Sessions:** 2

**Registration:** Call or email

**Cost:** Free

**Eligibility:** None

**Organization:** Safe Harbor

**Contact:** [abigailw@safeharborhope.org](mailto:abigailw@safeharborhope.org)

**Website:** [safeharborhope.org](https://safeharborhope.org)

**Phone:** 801-444-9161

# Classes, Courses & Programs

## Emotion Coaching

**Description:** Give you the tools you need to become an emotionally responsive parent, and in turn, will help you create emotionally intelligent children.

**Topics:** Communication, emotional regulation, support

**Audience:** Parents

**Location(s):** Virtual

**Language(s):** English

**Participation Type:** Virtual

**# of Sessions:** 4

**Registration:** [Online](#) or call

**Cost:** Free

**Eligibility:** None

**Organization:** Davis Behavioral Health

**Contact:** Debbie Barley, [debbieb@dbhutah.org](mailto:debbieb@dbhutah.org)

**Website:** [dbhutah.org/parenting/emotion-coaching/](http://dbhutah.org/parenting/emotion-coaching/)

**Phone:** 801-797-2455

## Emotional Resilience Course

**Description:** Prepares individual to meet life challenges and deal with traumatic experiences.

**Topics:** Communication, compromise, connection, emotional regulation, healthy conflict, safety, support, triggers, grief, suicide

**Audience:** Teens/Youth, Adults, Parents, Couples, Families

**Location(s):** Local ward building; [search for upcoming classes](#) in your area. Link: [quickreg.churchofjesuschrist.org](http://quickreg.churchofjesuschrist.org)

**Language(s):** English, Spanish

**Participation Type:** In person, virtual

**# of Sessions:** 6 or more

**Registration:** None

**Cost:** Free

**Eligibility:** None

**Organization:** The Church of Jesus Christ of Latter-day Saints

**Website:** [churchofjesuschrist.org/self-reliance](http://churchofjesuschrist.org/self-reliance)

**Contact:** Local church leaders

# Classes, Courses & Programs

## Everyday Strong

**Description:** Learn how to start building everyday resilience in the children around you.

**Topics:** Communication, connection, support

**Audience:** Adults, Parents, Families

**Location(s):** Varies

**Language(s):** English, Spanish

**Participation Type:** In person

**# of Sessions:** 1

**Registration:** [Online](#) or call

**Cost:** Free

**Eligibility:** None

**Organization:** Davis Behavioral Health

**Website:** [dbh.utah.org/training/everyday-strong](http://dbh.utah.org/training/everyday-strong)

**Phone:** 801-797-2455

## GRANDfamilies Psychoeducational Classes

**Description:** Offers valuable information and resources in a supportive group setting. Provides practical guidance but also fosters a sense of community and peer support for caregivers navigating the complexities of raising relative children. Teen and children classes are held simultaneously.

**Topics:** Boundaries, communication, connection, emotional regulation, fun, respect, responsibility, safety, services/resources, support, trust, how to report abuse, kinship care, dynamics of kinship families, need for permanency, risk and protective factors, trauma, neuroplasticity, substance use, caregiver support

**Audience:** Children, Teens/Youth, Adults, Other

**Location(s):** 129 State Street, Clearfield (please reach out if you would like the locations for all 9 counties that we serve)

**Language(s):** English, Spanish

**Participation Type:** In person, virtual

**# of Sessions:** 6 or more

**Registration:** Call, email

**Cost:** Free

**Eligibility:** Must be a kinship caregiver (raising a relative's child or a child who is not your own but that you may be closely tied to/family friend)

**Organization:** Children's Service Society

**Contact:** [chelseah@cssutah.org](mailto:chelseah@cssutah.org)

**Website:** [cssutah.org/services/kinship-care](http://cssutah.org/services/kinship-care)

**Phone:** 801-614-1020

# Classes, Courses & Programs

## Healthy Relationships

**Description:** Teaching teens about healthy relationships helps them recognize abuse and be better relationship partners in the future.

**Topics:** Boundaries, communication, consent, emotional regulation, healthy conflict, independence, safety, services and resources, where to report abuse, dating abuse

**Audience:** Teens/youth

**Location(s):** High school, junior high

**Language(s):** English

**Participation Type:** In person

**# of Sessions:** 1

**Registration:** None

**Cost:** Free

**Eligibility:** None

**Organization:** Safe Harbor Crisis Center

**Website:** [safeharborhope.org](https://safeharborhope.org)

**Contact:** [abigailw@safeharborhope.org](mailto:abigailw@safeharborhope.org)

## Home Run Parents

**Description:** Uses the Relationship Attachment Model (developed by Dr. John Van Epp), how to manage your relationship with your children and takes the guesswork out of how to build respect, teamwork, loyalty, and appreciation between you and your kids.

**Topics:** Connection, communication, respect

**Audience:** 18+

**Location(s):** Multiple locations

**Language(s):** English

**Participation Type:** In person, virtual

**# of Sessions:** Multiple sessions

**Registration:** [Online](#)

**Cost:** Free

**Eligibility:** Adult, 18+

**Organization:** USU Extension

**Contact:** Melanie Williamson, [melanie.williamson@usu.edu](mailto:melanie.williamson@usu.edu)

**Website:** [extension.usu.edu/hru/](https://extension.usu.edu/hru/)

# Classes, Courses & Programs

## Learning to Breathe, Adults

**Description:** Focus on learning core mindfulness practices to support you as you work with stress & anxiety.

**Topics:** Communication, connection, emotional regulation, healthy conflict, respect, responsibility, support

**Audience:** Adults

**Location(s):** Multiple locations

**Language(s):** English

**Participation Type:** In person

**# of Sessions:** 3

**Registration:** [Online](#) or call

**Cost:** Free

**Eligibility:** None

**Organization:** Davis Behavioral Health

**Contact:** Debbie Barley, [debbieb@dbh.utah.org](mailto:debbieb@dbh.utah.org)

**Website:** [dbh.utah.org/adults/mindfulness-for-adults](http://dbh.utah.org/adults/mindfulness-for-adults)

**Phone:** 801-797-2455

## Learning to Breathe, Youth

**Description:** Learn about how to reduce symptoms of anxiety and depression, regulate difficult emotions, and increase stress management skills.

**Topics:** Boundaries, communication, connection, healthy conflict, honesty, responsibility, support

**Audience:** Teens/youth

**Location(s):** Multiple schools

**Language(s):** English, Spanish

**Participation Type:** In person

**# of Sessions:** 6 or more

**Registration:** Call

**Cost:** Free

**Eligibility:** None

**Organization:** Davis Behavioral Health

**Contact:** Debbie Barley, [debbieb@dbh.utah.org](mailto:debbieb@dbh.utah.org)

**Website:** [dbh.utah.org/mental-health/teens/](http://dbh.utah.org/mental-health/teens/)

**Phone:** 801-797-2455

# Classes, Courses & Programs

## Love Notes for Teens

**Description:** A healthy relationship class for teens.

**Topics:** Relationship development, communication skills, conflict resolution, dating violence prevention, sexual risk avoidance

**Audience:** Ages 14-19

**Location(s):** Multiple locations

**Language(s):** English

**Participation Type:** In person, virtual

**# of Sessions:** Multiple sessions

**Registration:** [Online](#)

**Cost:** Free

**Eligibility:** Youth ages 14-19

**Organization:** USU Extension

**Contact:** Melanie Williamson, [melanie.williamson@usu.edu](mailto:melanie.williamson@usu.edu)

**Website:** [extension.usu.edu/hru/](http://extension.usu.edu/hru/)

## Mindfulness Based Stress Reduction

**Description:** Mindfulness is the practice of cultivating awareness of what is happening in the present moment in a way that is compassionate, nonreactive, and nonjudgmental.

**Topics:** Communication, connection, emotional regulation, healthy conflict, respect, responsibility, safety, support, self-compassion, stress reduction.

**Audience:** Adults

**Location(s):** Davis Mindfulness Center, 476 Heritage Park Blvd, Layton

**Language(s):** English

**Participation Type:** In person

**# of Sessions:** 6 or more

**Registration:** [Online](#) or call

**Cost:** \$250, cost can be waived if participant cannot pay

**Eligibility:** None

**Organization:** Davis Behavioral Health

**Contact:** Debbie Barley, [debbieb@dbh.utah.org](mailto:debbieb@dbh.utah.org)

**Website:** [dbh.utah.org/mindfulness/mindfulness-based-stress-reduction/](http://dbh.utah.org/mindfulness/mindfulness-based-stress-reduction/)

**Phone:** 801-797-2455

# Classes, Courses & Programs

## Parent Series, Davis School District

**Description:** During the school year, anonymous webinars on mental health topics are available for parents and caregivers. A library of past recordings is available. These are provided in partnership with [parentguidance.org](https://parentguidance.org).

**Topics:** Confidence, compassion, anxiety, depression, mindfulness, bullying, body positivity, emotional regulation, substance use, healthy boundaries, ADHD, suicide, loneliness, screen time.

**Audience:** Parents, caregivers

**Location(s):** Virtual

**Language(s):** English, Spanish

**Participation Type:** Virtual

**# of Sessions:** 1

**Registration:** [Online](#)

**Cost:** Free

**Eligibility:** Parent, caregiver

**Organization:** Davis School District, [parentguidance.org](https://parentguidance.org)

**Website:** [davis.k12.ut.us/o/dsd/page/parent-series & parentguidance.org/mhsindex](https://davis.k12.ut.us/o/dsd/page/parent-series-&parentguidance.org/mhsindex) (enter state and school district)

## Parenting the Love and Logic Way

**Description:** Uses the Parenting the Love and Logic Way® curriculum and teaches parents how to raise responsible kids and enjoy parenting. Participants will learn how to end power struggles with their children, teach responsibility, and prevent arguments.

**Topics:** Confidence, connection, communication, respect, responsibility

**Audience:** Adult, 18+

**Location(s):** Multiple locations

**Language(s):** English, Spanish

**Participation Type:** In person, virtual

**# of Sessions:** Multiple sessions

**Registration:** [Online](#)

**Cost:** Free

**Eligibility:** Adult, 18+

**Organization:** USU Extension

**Contact:** Melanie Williamson, [melanie.williamson@usu.edu](mailto:melanie.williamson@usu.edu)

**Website:** [extension.usu.edu/hru/](https://extension.usu.edu/hru/)

# Classes, Courses & Programs

## Positive Discipline

**Description:** Parenting program designed to teach young people to become responsible, respectful, and resourceful members of their communities. Based on the best-selling [Positive Discipline parenting books](#) by Dr. Jane Nelsen, the program teaches important social and life skills in a manner that is deeply respectful and encouraging for both children and adults.

**Topics:** Accountability, belonging, concern for others, connection, contribution, cooperation, problem-solving, respect

**Audience:** Adult, 18+

**Location(s):** Multiple locations

**Language(s):** English

**Participation Type:** In person, virtual

**# of Sessions:** Multiple sessions

**Registration:** [Online](#)

**Cost:** Free

**Eligibility:** Adult, 18+

**Organization:** USU Extension

**Contact:** Melanie Williamson, [melanie.williamson@usu.edu](mailto:melanie.williamson@usu.edu)

**Website:** [extension.usu.edu/hru/](http://extension.usu.edu/hru/)

## QPR: Question, Persuade, Refer

**Description:** Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

**Topics:** Communication, respect, responsibility, safety, services, resources, support, suicide prevention warning signs

**Audience:** Teens, youth, adult, parents

**Location(s):** Multiple locations, as requested

**Language(s):** English

**Participation Type:** In person, virtual

**# of Sessions:** 1

**Registration:** None

**Cost:** Free

**Eligibility:** None

**Organization:** Davis County Health Department, trained community educators

**Contact:** 801-525-5070, [Linked form](#)

**Website:** [co.davis.ut.us/health/community-health-services-division/community-health-division/suicide-prevention](http://co.davis.ut.us/health/community-health-services-division/community-health-division/suicide-prevention)

# Classes, Courses & Programs

## Saprea Prevention Community Class

**Description:** Learn how to reduce the risk of child sexual abuse in homes and communities. The teaching materials and discussion guides are open for you to review and to use!

**Topics:** Top 5 Ways You Can Reduce the Risk, Teaching Your Child Healthy Sexuality, Teaching Your Child Consent, Teaching Consent for Teens, Awareness & Prevention of Sexual Abuse: How You Can Make a Difference

**Audience:** Adults, one teen class

**Location(s):** Virtual

**Language(s):** English, Spanish, French, and German

**Participation Type:** Virtual

**# of Sessions:** 1

**Registration:** [Online](#)

**Cost:** Free

**Eligibility:** Parents and caregivers

**Organization:** Saprea

**Contact:** [jrios@saprea.org](mailto:jrios@saprea.org)

**Website:** [saprea.org/community-education](https://saprea.org/community-education)

## Seven Principles for Making Marriage Work

**Description:** Based on the internationally acclaimed research of Dr. John Gottman as presented in his New York Times bestselling book -The Seven Principles for Making Marriage Work. This educational workshop is designed to help couples improve their friendship and conflict management skills.

**Topics:** Admiration, conflict management, connection, fondness, friendship, intimacy, romance

**Audience:** Adult, 18+

**Location(s):** Multiple locations

**Language(s):** English

**Participation Type:** In person, virtual

**# of Sessions:** Multiple sessions

**Registration:** [Online](#)

**Cost:** Free

**Eligibility:** Adult, 18+

**Organization:** USU Extension

**Contact:** Melanie Williamson, [melanie.williamson@usu.edu](mailto:melanie.williamson@usu.edu)

**Website:** [extension.usu.edu/hru/](https://extension.usu.edu/hru/)

# Classes, Courses & Programs

## Smart Dating: Avoid Falling for a Jerk or Jerkette

**Description:** This fun, free, and interactive virtual course teaches singles what to look for in a healthy relationship, and how to identify key markers of an unhealthy relationship.

**Topics:** The 3 most important warning signs of difficult partners, key areas to get to know someone you're dating, how to follow your heart without losing your mind

**Audience:** Adult, 18+

**Location(s):** Multiple locations

**Language(s):** English

**Participation Type:** In person, virtual

**# of Sessions:** Usually two-hour sessions for seven weeks

**Registration:** [Online](#)

**Cost:** Free

**Eligibility:** Adult, 18+

**Organization:** USU Extension

**Contact:** Melanie Williamson, [melanie.williamson@usu.edu](mailto:melanie.williamson@usu.edu)

**Website:** [extension.usu.edu/hru/](http://extension.usu.edu/hru/)

## Smart Steps for Stepfamilies

**Description:** Research-based course to help strengthen families.

**Topics:** Connection, communication, family unity, healthy conflict, strategies for successful co-parenting, stress management

**Audience:** Adults with a child from a previous relationship or stepchild through a current relationship

**Location(s):** Multiple locations

**Language(s):** English

**Participation Type:** In person, virtual

**# of Sessions:** Usually two-hour sessions for seven weeks

**Registration:** [Online](#)

**Cost:** Free

**Eligibility:** Adult, 18+

**Organization:** USU Extension

**Contact:** Melanie Williamson, [melanie.williamson@usu.edu](mailto:melanie.williamson@usu.edu)

**Website:** [extension.usu.edu/hru/](http://extension.usu.edu/hru/)

# Classes, Courses & Programs

## Strengthening Families Program

**Description:** Gives parents and children the tools they need to make family life loving, fun, and connected.

**Topics:** Compromise, connection, consent, emotional regulation, equality, fun, healthy conflict, honesty, independence, respect, responsibility, safety, services and resources, support, trust

**Audience:** Youth (ages 10-14), Parents

**Location(s):** Multiple locations

**Language(s):** English, Spanish

**Participation Type:** In person, virtual

**# of Sessions:** 7, 2.5 hour sessions

**Registration:** [dbh.utah.org/families](https://dbh.utah.org/families)

**Cost:** Free

**Eligibility:** None

**Organization:** Davis Behavioral Health

**Website:** [dbh.utah.org/families](https://dbh.utah.org/families)

**Other:** Dinner and childcare (1-9 years old) is provided

## The Road to Happiness and Meaning

**Description:** Provides both principles and practices that are related to personal joy and positive well-being while also recognizing that one's life is good, meaningful, and worthwhile. The content provides a foundation for healthy interpersonal relationships, and is beneficial for singles or couples.

**Topics:** Discovering, building, and using your strengths; understanding and managing stress and challenges; promoting positivity, happiness, and meaning; improving personal relationships

**Audience:** Adult, 18+

**Location(s):** Multiple locations

**Language(s):** English

**Participation Type:** In person, virtual

**# of Sessions:** Usually two-hour sessions for seven weeks

**Registration:** [Online](#)

**Cost:** Free

**Eligibility:** Adult, 18+

**Organization:** USU Extension

**Contact:** Melanie Williamson, [melanie.williamson@usu.edu](mailto:melanie.williamson@usu.edu)

**Website:** [extension.usu.edu/hru/](https://extension.usu.edu/hru/)

# Training

## Bystander Intervention

**Description:** How to recognize potentially harmful situations and take active steps to intervene by empowering them to safely step up as a “bystander” and potentially prevent negative outcomes.

**Topics:** Safety, services and resources, where to report abuse

**Audience:** Teens/youth, adults

**Location:** 223 Larson Lane, Layton, UT

**Language(s):** English

**Participation Type:** In person

**# of Sessions:** 1

**Registration:** Email

**Cost:** Free

**Eligibility:** None

**Organization:** Safe Harbor Crisis Center

**Website:** [safeharborhope.org](http://safeharborhope.org)

**Contact:** [abigailw@safeharborhope.org](mailto:abigailw@safeharborhope.org)

# Curriculum

## Conscious Discipline

**Description:** Offers every adult and child the inspiration, knowledge, and skills to self-regulate and create healthy relationships for generations.

**Curriculum Website:** [consciousdiscipline.com](http://consciousdiscipline.com)

**Topics:** Boundaries, communication, compromise, connection, consent, emotional regulation, equality, fun, healthy conflict, honesty, independence, respect, responsibility, safety, services and resources, support, trust

**Audience:** Children, Adults, Parents, Families

**Location(s):** Head Start classrooms

**Language(s):** English, Spanish

**Participation Type:** In person

**Eligibility:** None

**Organization:** Head Start

**Website:** [davis.k12.ut.us/page/early-childhood-programs](http://davis.k12.ut.us/page/early-childhood-programs)

**Contact:** [Kkemp@dmail.net](mailto:Kkemp@dmail.net)