



THE 4 C'S OF RELATIONSHIPS

C – COMMUNICATION

IS ABOUT SHARING YOUR FEELINGS AND THOUGHTS OPENLY SO THAT EVERYONE UNDERSTANDS EACH OTHER

C – CONSENT

MEANS RESPECTING EACH OTHER'S CHOICES AND BOUNDARIES

C – COMPASSION

IS ABOUT BEING KIND, UNDERSTANDING AND SUPPORTIVE. IT HELPS US BE THERE FOR ONE ANOTHER, ESPECIALLY DURING TOUGH TIMES

C – CARE

SHOWS THAT WE VALUE ONE ANOTHER. IT'S ABOUT LOOKING OUT FOR EACH OTHER'S WELLBEING AND BEING WILLING TO HELP WHEN NEEDED

