

# THE HEALTHY RAIDER

A CANDID SPACE FOR HEALTHY RELATIONSHIPS AT RICKARDS HIGH



## Wishes for a Healthy Summer!

Hi, everyone!

We hope your summer vacations have been relaxing and fun! Who doesn't love long summer days of rest, good food, warm nights, and time with family and friends?! But sometimes all that extra time spent together can lead to some unhealthy behaviors. So, we want to give you a few quick tips to keep your summers healthy and happy!



## Tips: Be Proactive and Reactive

- Make sure your friends are okay
- Get another friend to check in on a situation
- Switch the conversation when it gets rude
- Distract your friends that are arguing with a funny joke or food
- Post on social media about keeping the peace
- Tell others how important the message of healthy relationships is to you!!

## *Check Us Out at School Next Year!*

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Want more info on healthy relationships? You're in luck! Check us out every month at our table outside the cafeteria. We'll be there to chat about healthy relationships, catch up and remind you to stay chill and have a great year!

## *Want A Club or Class Training On Bystander Intervention?*

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We offer 30 minutes – 6 hours of training on how to make your community immediately safer! Send us an email (or pass us along to a teacher) to set something up! We love what we do and we believe it **WILL** work!! Contact us at [receptionist@refugehouse.com](mailto:receptionist@refugehouse.com)