

HCQU Consumer Trainings aimed at reducing I to I Abuse

Boundaries	<ul style="list-style-type: none"> ▪ Understanding of what “boundaries” are ▪ Learn the difference between external and internal boundaries ▪ Understand why it’s important to have “boundaries”
Getting Along with Others	<ul style="list-style-type: none"> ▪ Discuss how to talk to and listen to others ▪ How to handle disagreements ▪ Discuss the benefits of honesty vs. being dishonest ▪ Simple rules for getting along at work
Good Touch Bad Touch	<ul style="list-style-type: none"> ▪ Discuss good touch ▪ Discuss bad touch ▪ Discuss “secret touch” ▪ Discuss the five body safety rules
Anger Management	<ul style="list-style-type: none"> ▪ Name one sign of anger ▪ Name one thing that causes you to feel angry ▪ Name one thing you can do to feel less angry
Appropriate Workplace Behavior	<ul style="list-style-type: none"> ▪ List examples of horseplay in the workplace ▪ List examples of good work behaviors ▪ Differentiate between horseplay and appropriate workplace behavior
Preventing and Resolving Conflict	<ul style="list-style-type: none"> ▪ Define Conflict ▪ List benefits of effective communication ▪ Define authentic listening ▪ State rules for resolving conflict ▪ Identify effective steps for resolving conflict
How not to be a Victim – How not to be a Bully	<p>To identify and understand:</p> <ul style="list-style-type: none"> ▪ Various bullying behaviors ▪ Who bullies ▪ Strategies people can use to deal with bullying
Stress, Managing Yours	<ul style="list-style-type: none"> ▪ Define stress ▪ List signs and symptoms of stress ▪ Explain ways to manage stress
Social Skills	<ul style="list-style-type: none"> ▪ Demonstrate appropriate behavior when interacting with others ▪ Review appropriate communication ▪ Improve skills in within the community