



## ACC Bridge Chats – Healthy Relationships

Link:

<https://www.youtube.com/watch?v=ON4iy8hq2hM&t=608s>

(Time: 12:13)



### Introducing: Katie Hood

Katie Hood is CEO of the **One Love Foundation** whose mission is to educate young people about healthy and unhealthy relationships to help end abuse. Prior to joining One Love, she served nine years as CEO for the Michael J. Fox Foundation for Parkinson's Research, and served as a philanthropic consultant and visiting lecturer at Duke University's Sanford School of Public Policy. Hood has served on the Advisory Board of the National



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Institutes of Neurological Disease and Stroke (NINDS) at the NIH, and as an advisor to the Institute of Medicine at the National Academies in Washington DC. She received her bachelor's degree in Public Policy from Duke University, and MBA from Harvard Business School.

### Synopsis

To help people understand and practice the art of healthy relationships, Katie Hood describes five indicators of an unhealthy relationship and provides ideas for showing people in our circle more respect, kindness and joy. "The ability to love better is a skill we can all build and improve on over time," she says.

### Notes for Leaders/Facilitators

The goal of this discussion is to strengthen relationships that support members through all stages of their life. Troubled relationships at work/home negatively impact a person's attitude and outlook about the future, their job performance, motivation, ability to concentrate and physical/mental health and wellness. Consider opening the discussion by sharing a story about a positive connection you have with someone and how this bond improves the quality of your life. Focus could be on a friend, partner or family member.

### Team Questions

- (1) What actions do you take to improve your personal and/work relationships?
- (2) Why is it important to learn how to have meaningful talks with friends?
- (3) You are worried that a friend's relationship is not healthy – what actions do you take?
  - a. Facilitator can discuss resource options
  - b. Emphasize importance of referring to professionals
- (4) Y/N – Has anyone been on the receiving end of unhealthy love? If so, what did you learn from the experience?
- (5) October is Domestic Violence Prevention month. If you'd like to be involved with base activities, contact your wing's Violence Prevention Integrator. (office symbol: CVI)

### Healthy Relationship Resources

- The **One Love** website, chock full of information, tools and resources: <https://www.joinonelove.org>
- A member of your chaplain team
- A military family life consultant (MFLC) or employee assistance program (EAP) counselor
- Military OneSource consultations are available by phone or video chat: Call 1-800-342-9647 to schedule an appointment
- ACC's "**The Bridge**" website contains info and inspiration on a variety of topics: <https://www.acc.af.mil/About-Us/The-Bridge/>

### Rules of Engagement: (1) Keep discussions professional and on topic. (2) Remember we're all on the same team.

The goal of the conversation isn't for one person to be proven right or to "win" the argument. We're here to have conversations and learn from one another. (3) **Avoid making it personal.** Avoid name-calling, personal attacks, or questions like "How could you believe that?" Assume everyone's intentions are good. (4) **Practice intellectual humility.** Respect everyone's viewpoints, and be open to changing your mind when necessary. (5) Above all else... **Demonstrate respect for human dignity!**