

# Transition Tuesday



Identifying

Healthy Relationships



## KENTUCKY SPECIAL PARENT INVOLVEMENT NETWORK

### MISSION

Empowering individuals with disabilities and their families to lead the fulfilling, productive and rewarding lives they choose.

### PEER SUPPORT

KY-SPIN staff is comprised of individuals with disabilities and immediate family members of an individual with a disability. This allows for greater understanding and information sharing of needed services and supports.

### EDUCATION

KY-SPIN has a diverse collection of resources such as infographics, short videos, and worksheets on a variety of topics.

### EMPOWERMENT

Educate and support individuals on their personal responsibilities and the necessary resources that can be used to make informed decisions.



### TRAINING

KY-SPIN provides training for youth, families, and professionals on a variety of topics. (ex: Special Education: IEPs and 504 Plans, Advocating for yourself or child, Transition to Adulthood)

### INDIVIDUAL ASSISTANCE

KY-SPIN provides one-on-one or group assistance for anyone needing access, information, or referrals to community supports and services.

### INFORMATION






KY-SPIN shares knowledge and links individuals, families and professionals to valuable resources and supports that can make a difference in their daily lives.



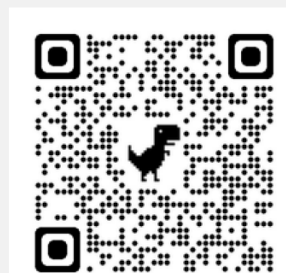
800-525-7746  
SPININC@KYSPIN.COM  
WWW.KYSPIN.COM



## IF YOU NEED HELP WITH

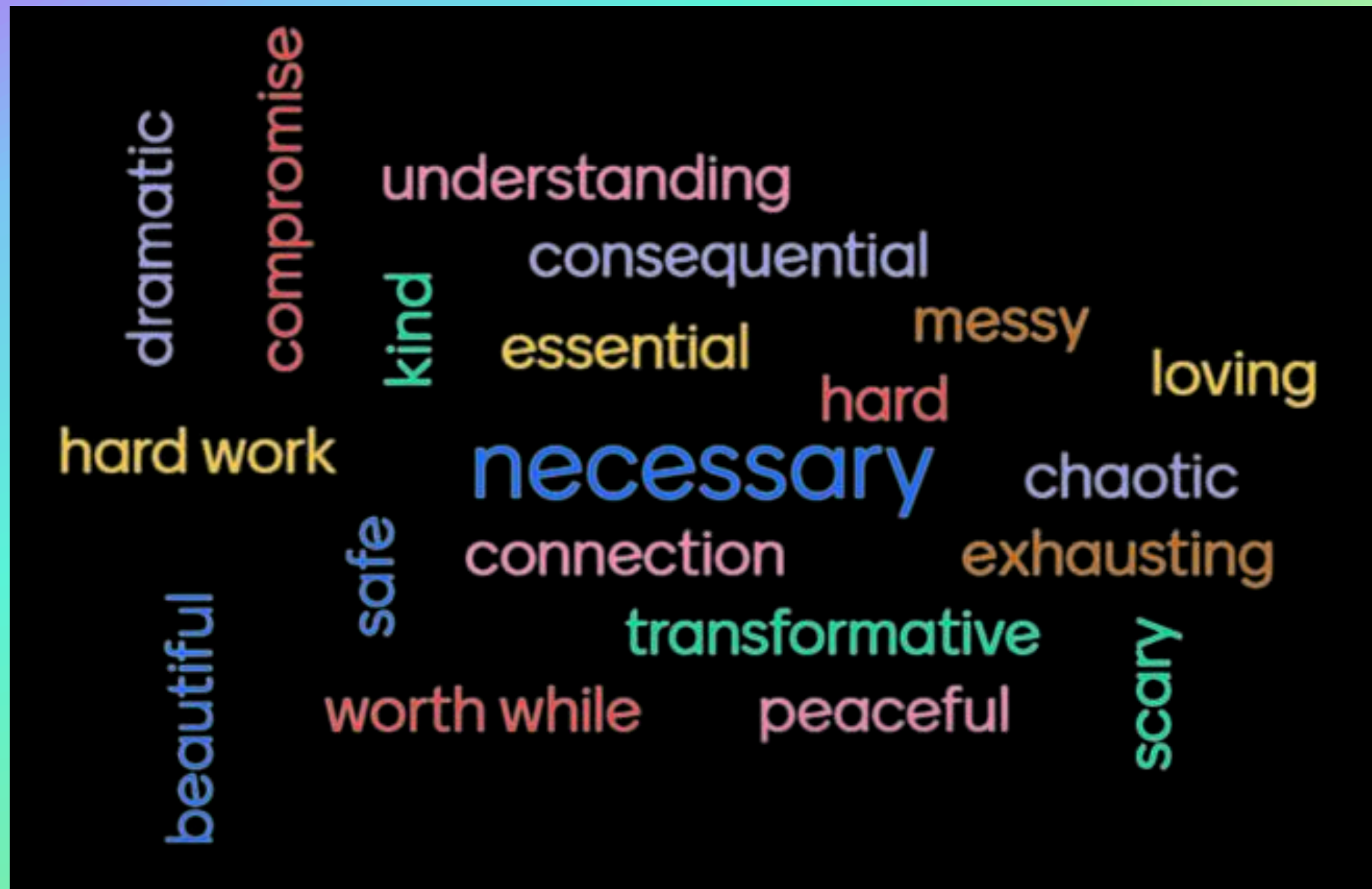
-  Special Education, Individualized Education Program (IEP), 504 Plans
-  Disability Resources
-  Transition to Adulthood
-  Program Navigation
-  Information, Referrals, and more

## CONTACT US



800-525-7746  
SPININC@KYSPIN.COM  
WWW.KYSPIN.COM

# RELATIONSHIPS



# IDENTIFYING HEALTHY RELATIONSHIPS

Friendships

Familial

Parasocial

Romantic

Acquaintances

Professional

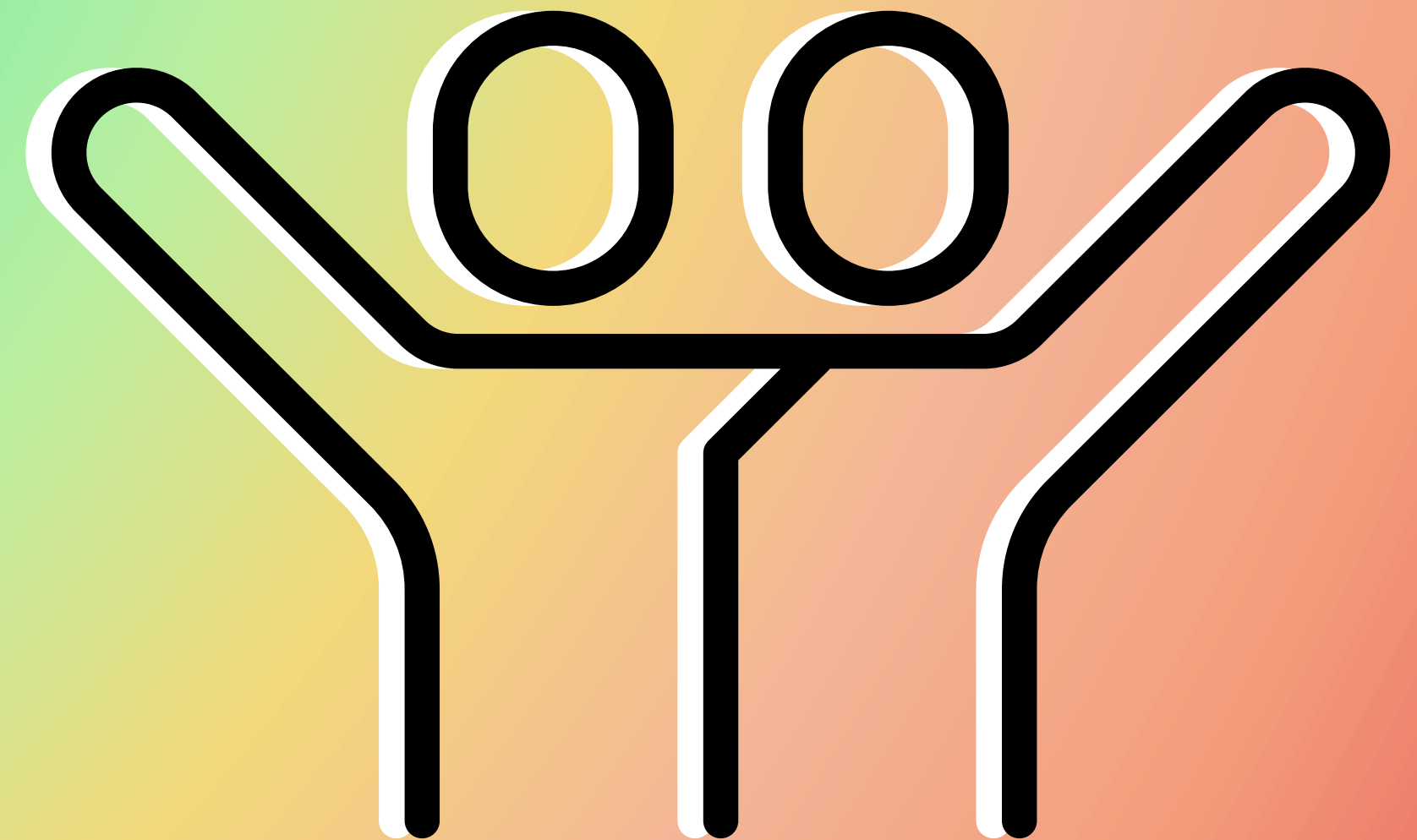




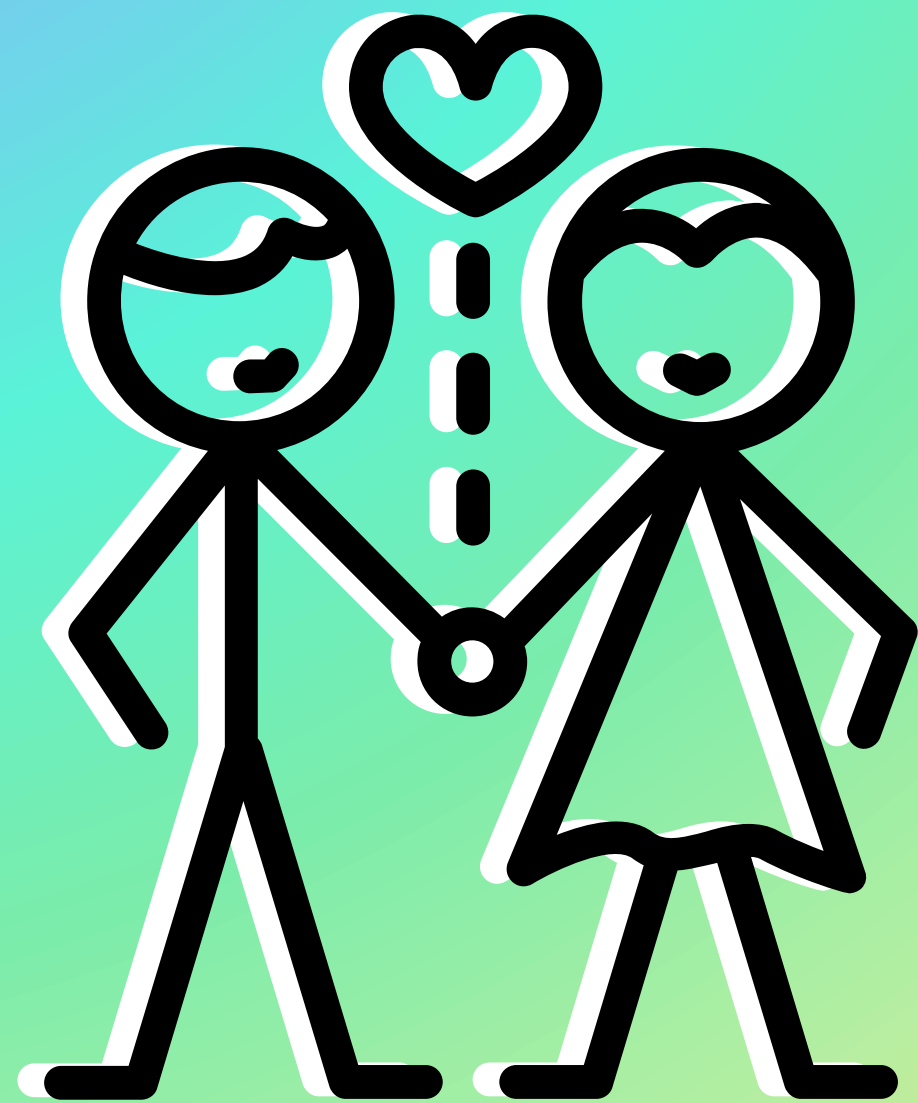
# Friendships



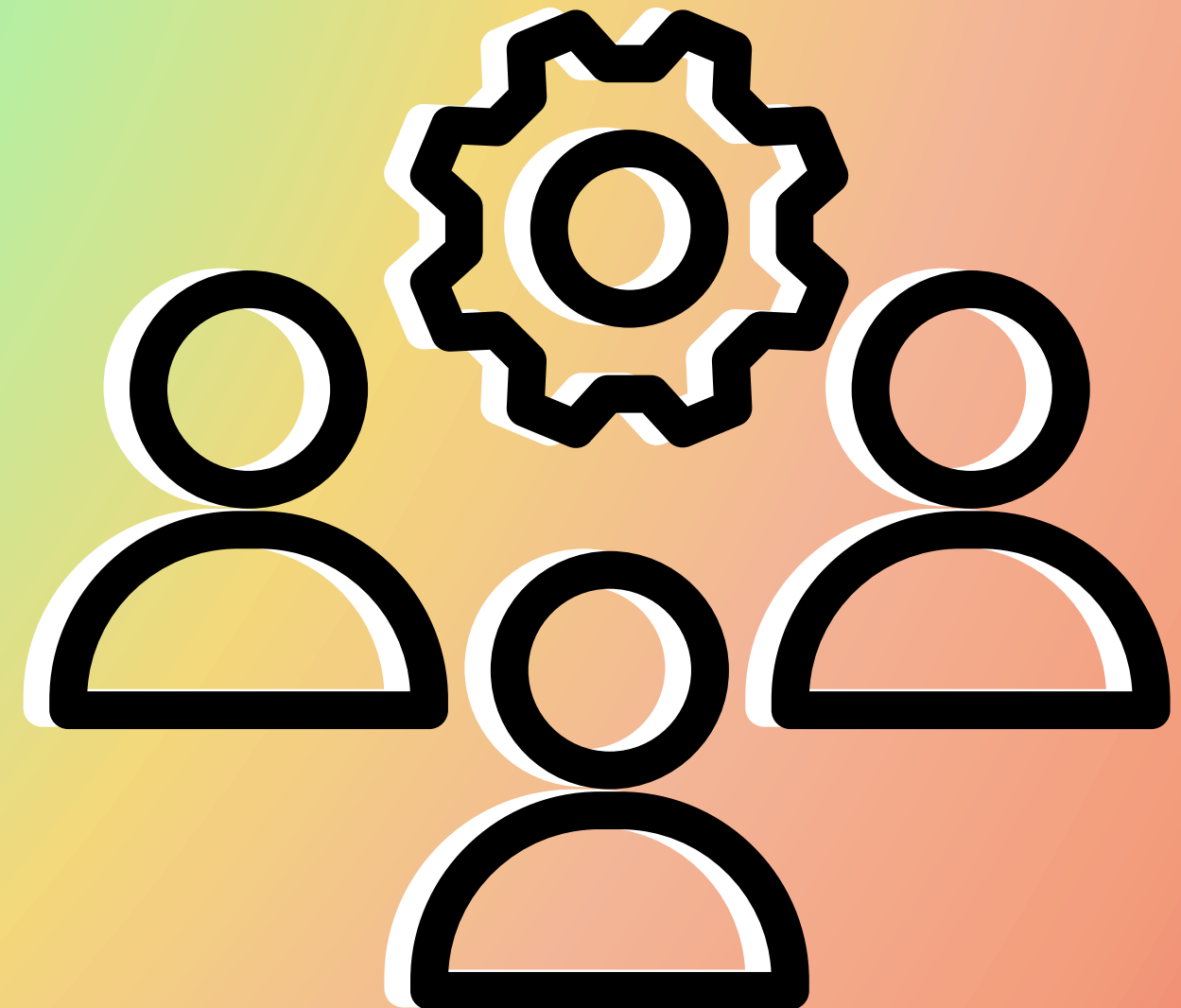
# Acquaintances



# Familial



# Parasocial



# Professional



# Romantic



**Break!**

***THIS  
WAY***







# KY State Bird



# Northern Cardinal



Healthy relationships are:

**BALANCED**

Equality

Respect





# Healthy Relationships

**Meaningful**



**Mindful**



**MORE THAN**

**1** in **5**

**YOUNG PEOPLE  
WITH DISABILITIES**

between the ages of 12 and 19 reports experiencing violence-  
**more than twice the rate of youth without a disability.**





# Healthy Relationships ARE NOT:

Verbally abusive

Sexually abusive

Physically abusive

Emotionally abusive

Neglectful

One-sided

Exploitative

Uncommunicative

Financially abusive

# SAFETY WARNING!

When engaging with someone new online, *always* verify their age and they are who they say they are. This is a serious issue that should not be taken lightly, as it can lead to lifelong consequences.

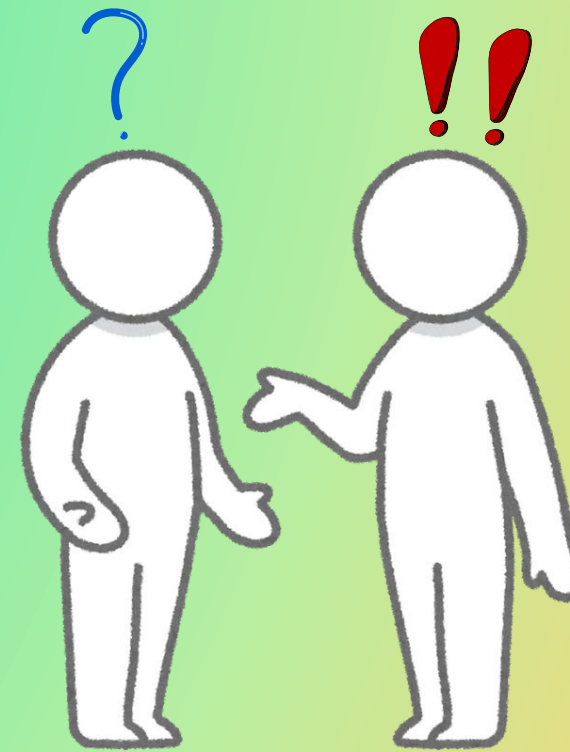
# Red Flags



LOVE BOMBING



RELATIONSHIP RUSHING



LYING



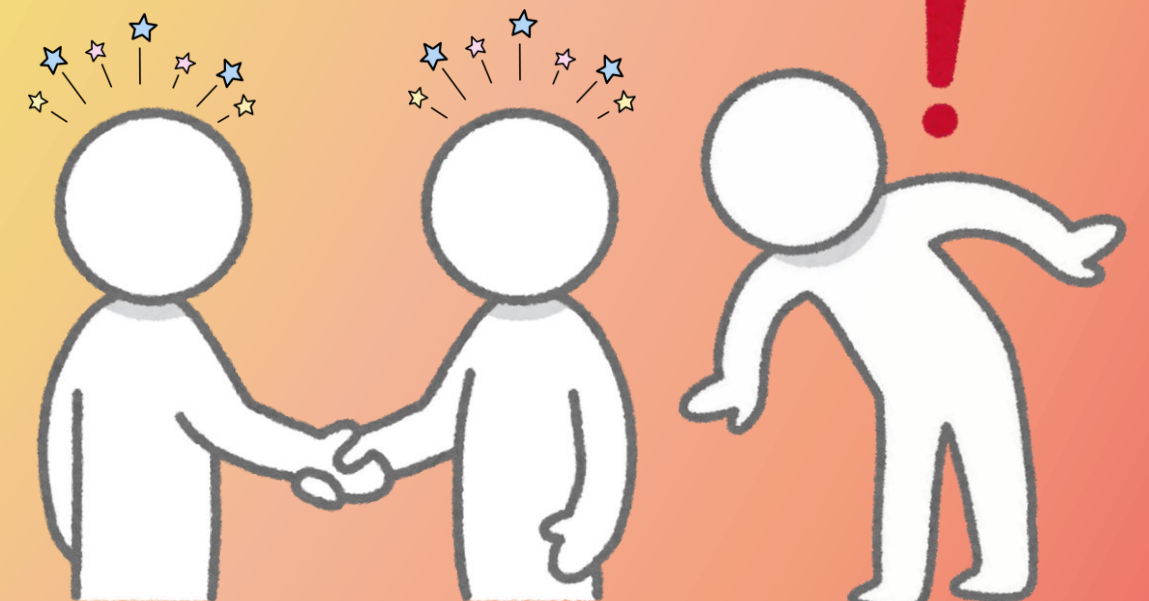
CONTROLLING BEHAVIOR



LACK OF COMMUNICATION



MANIPULATION



JEALOUSY



# How to Get Help

If you need help, please reach out to someone you trust. This could be a teacher, a caregiver or family member, a counselor, or a mentor, or you can call the national domestic hotline at 800-799-7233 or text 88788

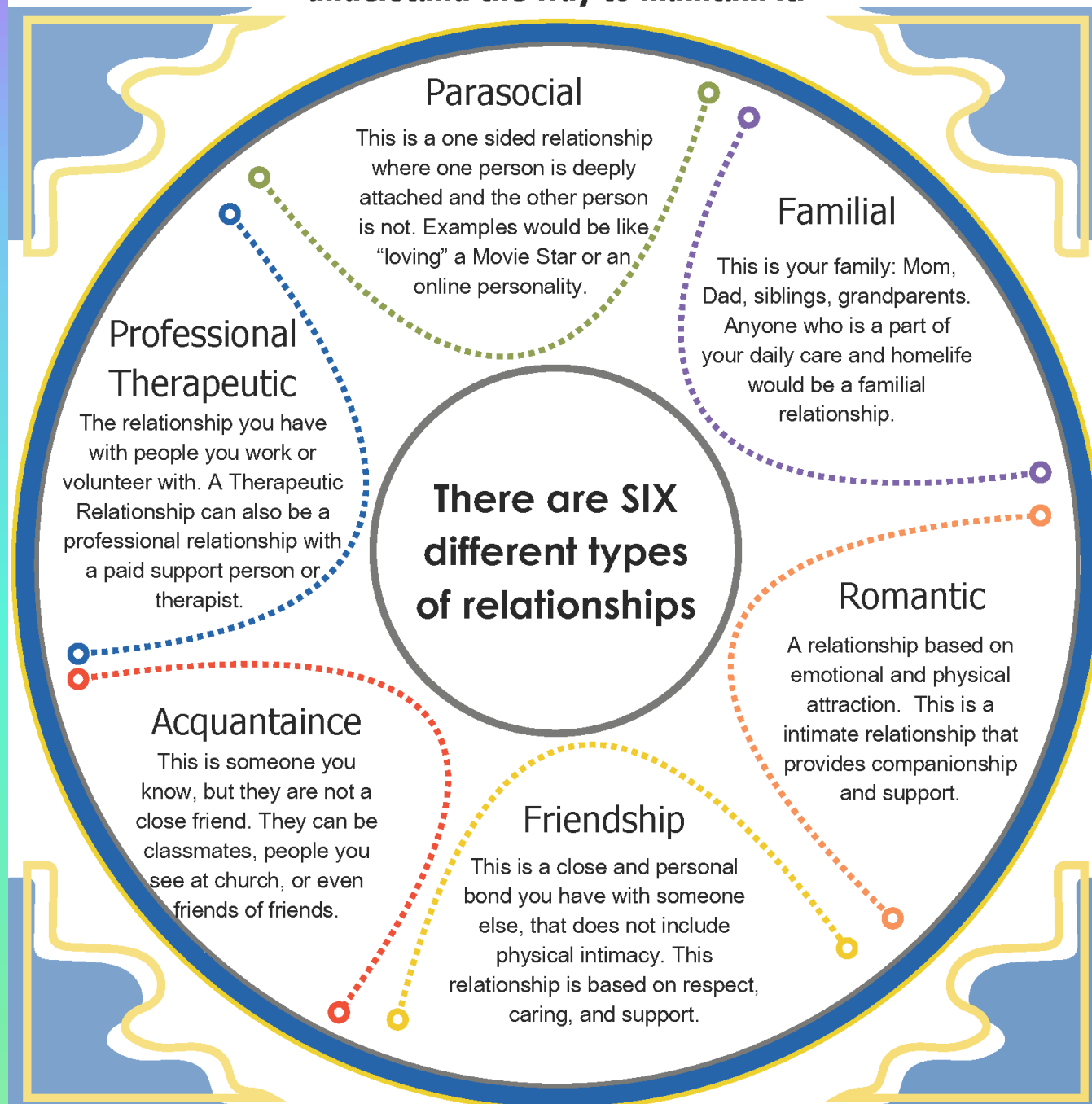




# IDENTIFYING HEALTHY RELATIONSHIPS

## 6 Different Types of Relationships

Knowing the type of relationship you have is a great way to understand the way to maintain it.

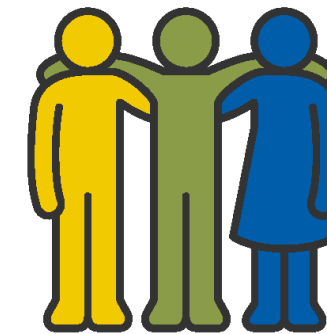


## Relationships

### Understanding Friendships

You are on a journey and the things you like to do and spend time on will change.

You and your friends will also change over time, and that's ok.



#### THINGS A FRIEND WOULD NOT DO

- Ask for money
- Call you names
- Hurt you physically or emotionally
- Keep you away from family or friends

70 % of people with disabilities experience some form of abuse



#### Maintaining a Relationship

- Take the lead, reach out once a week
- Make your friend feel special by listening
- Always respond to texts

For help, reach out to someone you trust. This could be a teacher, a caregiver or family member, counselor, mentor, or you can call the National Domestic Violence Hotline 800-799-7233 or text 88788

### FRIEND CHECKLIST



Is this person trustworthy AND dependable?



Does this person listen to me?



Does this person make me feel good about myself and I'm happy with them?



Do I feel like my opinion is important to this person?

# IDENTIFY YOUR RELATIONSHIPS

## My Relationships

Think about all the people you spend time with in your life, and put them in the correct category.



Familial

Friendship

Parasocial

Professional

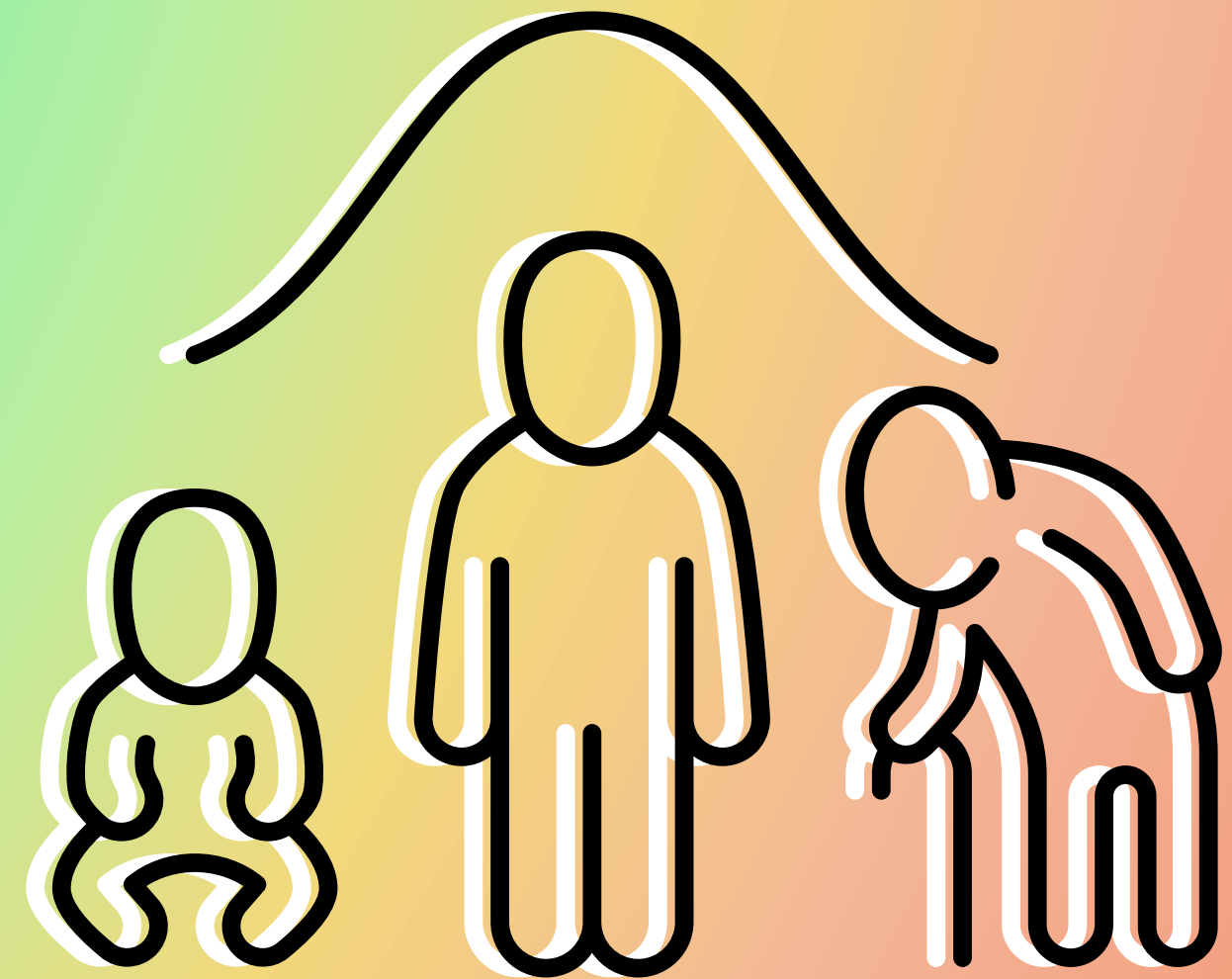
Acquaintance

Romantic



# Key Takeaways

1. Identify your relationships
2. Evaluate your relationships
3. Get help and support







# Online Webinars

## TRANSITION TUESDAYS

### Building a Strong Foundation for Youth with Disabilities

**WHEN: 4TH TUESDAY MONTHLY**

**TIME: 9:30AM - 10:15AM EST**

**Jan 28, 2025 Hey, Where's My Transition Plan?**

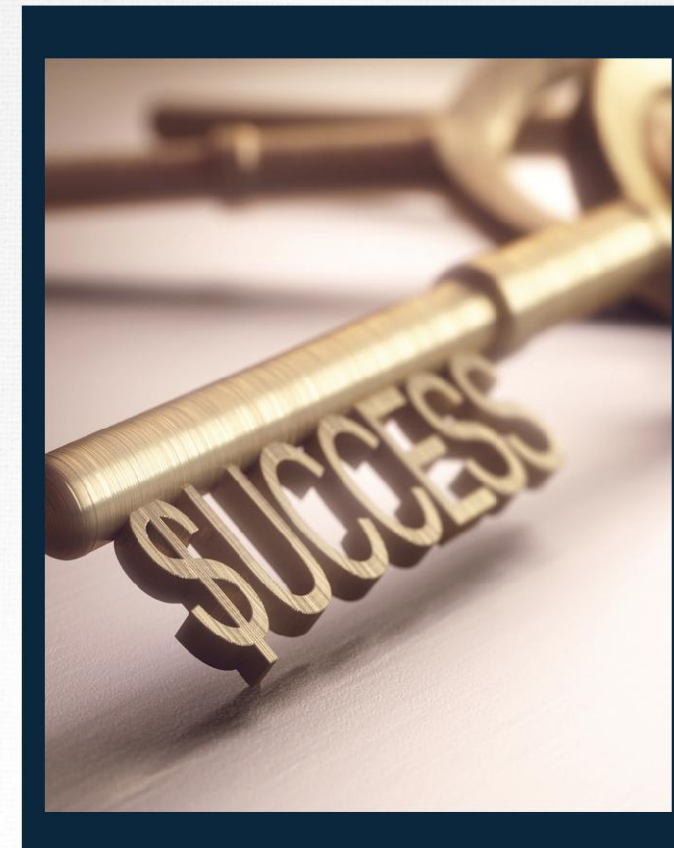
Transition planning is essential to success after high school. Join Nick as he explains to you what to consider in your transition plan and how to get the support you need.

**Feb 25, 2025 Identifying Healthy Relationships**

You will have many different types of relationships as you enter adulthood. In this session, Nick will explain different types of relationships you will need and how to recognize relationship red flags.

**Mar 25, 2025 Disability Disclosure**

What is Disclosure? When and why would you disclose? How should you disclose your disability? Nick will be explaining all of this and offering you great resources to help you learn what, when and how to disclose your disability to those around you.



### REGISTER HERE



**Educators and students encouraged to attend!**

**FOR MORE INFO CONTACT:**

**Davis Rodriguez      270-804-9927**

**DAVIS@KYSPIN.COM**

[www.kyspin.com](http://www.kyspin.com)

<https://tinyurl.com/5c6ytvac>

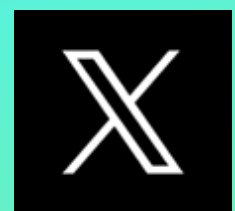






PLEASE COMPLETE  
OUR EVALUATION

FOLLOW US  
@KYSPININC ON



IF YOU STILL HAVE  
QUESTIONS...

(800) 525-7746

(502) 937-6894

SPININC@KYSPIN.COM

[www.kyspin.com](http://www.kyspin.com)

[Online Contact Form](#)



<https://forms.gle/Mpfvt6WRnptqPFC7A>

[KY-SPIN Resources](#) (infographic, short videos & more)