

Sara Armstrong



Change - Balance -Synergy

**Keynote
Break-out Sessions
Lunch and Learn
Half and Full day
Seminars**

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Don't Cross the Line – Relationships in High School

Having a boyfriend/girlfriend is important but fitting in is not worth your life. If staying in a relationship means doing what is uncomfortable, dangerous or what feels wrong, get out as soon as you can.

Someone who hurts you, humiliates you, controls you or makes you feel afraid doesn't love you. Sara Armstrong discuss this life-saving topic with honesty and age appropriate language.

You will learn:

- How to recognize relationship danger signals
- How to resist peer pressure
- When it is cool to tell
- How to build and maintain self-esteem and self-respect

Contact us today to book Sara Armstrong for your event.



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