



Healthy Relationships

WHAT PARENTS AND CAREGIVERS NEED TO KNOW

What is a Healthy Relationship?

This can look differently for each family. Overall, a healthy relationship should be based on core components that foster love, build respect, equity, and communication.

Respect: Be Present

Express your thoughts and feelings without fear of judgement.

- Don't: ignore, minimize, laugh at the conversation.
- Do: listen, ask questions, and validate if appropriate.
- If children are exposed to this dynamic of respect, they may be more likely to replicate it in their own relationships with others.

Equity:

An equal partnership of family cooperation and leadership.

Do:

- Discuss decisions together in private or, when appropriate, as a family.
- Cooperate and compromise; discuss disagreements openly, with calm and facts.
- Utilize a coping skill (pausing, deep breathing) to address frustrations.

Don't

- Control decision making and/or the relationship.
- Raise your voice.
- Walk away without reaching a decision and/or compromise

Express yourself:

- Without fear
- Discuss disagreements
- Be willing to apologize (when appropriate in front of the family)
- Apologizing normalizes to children /adolescents that people make mistakes, and it is okay to recognize them and apologize.

Tips to Try

Try holding a weekly family meeting! In the meeting, family members can share compliments and appreciations about other family members, discuss household concerns, and brainstorm solutions.

Additional Resources

- [How to talk with your kids about healthy relationships](#)
- [Teens and Romantic Relationships: Dos and Don'ts](#)
- [Family Meetings: How To Guide](#)