



Healthy Relationships

Teacher's Guide

The Basics

Components of a healthy relationship include emotional maturity, individuality, boundary setting, communication, and honesty.

Healthy Qualities

- Trust
- Safety
- Cooperation
- Support

Red Flags

- Jealousy & Control
- Lack of boundaries
- Emotional, Physical, or psychological harm

Tips to Engage in Healthy Relationships

- Honor your emotions
- Maintain who you are individually within relationships
- Communicate your needs
- Communicate what's acceptable and unacceptable
- Accountability
- Set healthy boundaries when needed
- Take inventory of your current relationship with yourself and others.

Additional Resources

- [Love is Respect: High School Educators Toolkit](#)
- [5 ways to set boundaries to protect your peace](#)
- [Teaching children about healthy relationships](#)
- [Healthy Teacher Happy Teacher podcast](#)

What to do if you suspect a student is in an unhealthy relationship:

- Listen-listen to what the student is telling you, and let them know you care
- Be Prepared- Be aware of mandated reporting requirements that apply to you as a teacher, and when you may need to report
- Be clear and connect- tell your student that you take what they tell you seriously, and that you believe them. Connect them to the wellness team for further supports.