



FEBRUARY: HEALTHY RELATIONSHIPS

– What Caregivers Need to Know –

The Basics

What is a healthy relationship?

Healthy relationships (be it between friends, work colleagues, family members, or romantic partners) are based on mutual respect, trust, honesty, support, equality, and open communication.

Respect: Being present

Being able to express your feelings without fear of being judged

Equality: Collaboration within the relationship

Discuss decisions together, use techniques to manage frustration such as deep breathing

Open Communication:

Discuss disagreements and be open to asking for forgiveness when it is appropriate. Apologizing can help teach kids that its okay to make mistakes.

How to talk to your child:

Learn to talk with your child instead of talking at them

Listen more than talking- without judgement

Cultivate open communication that goes both ways with your child

I think my child is in a toxic relationship. How do I help them?

- Listen to what they have to say
- Offer support and help
- Demonstrate concern with your words, for example letting them know “You deserve to be with someone who treats you with respect”
- Decide what next steps you will take together, including seeking support from others such as the school wellness team.

Additional Resources

- **Website:** [Love is Respect](#)
- **Article:** [How to help your child if they're in an abusive relationship](#)