



FEBRUARY: HEALTHY RELATIONSHIPS

– What Teachers Need to Know –

The Basics

February is Teen Dating Violence and Healthy Relationships Awareness Month.

Healthy relationships involve mutual respect, communication, trust, safety, cooperation, and support. Red Flags may include jealousy and control, lack of boundaries, and emotional/physical/psychological harm.

In The Classroom:

One way to emphasize healthy relationships in the classroom is to talk about them with your students. With elementary-aged students, you may choose to discuss; healthy friendships, what it means to be a good friend, and work on building empathy and respecting boundaries by reminding kids to use their words and use “I” statements to share how they feel with one another.

With middle and high school students, you may choose to discuss healthy relationships in the context of friendships and romantic partners. See some of the resources linked below for some ideas. Healthy use of social media may be a topic of interest in the classroom as this often comes up in the context of healthy vs. unhealthy relationships. Ask the wellness team at your school for tips or advice on how to bring up the topic in the classroom!

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.

Additional Resources

- [Toolkit](#) for High School Educators
- [Toolkit](#) for Middle School Educators
- [Love is Respect](#) website and [Instagram](#) page