

FEBRUARY: HEALTHY RELATIONSHIPS

– What Caregivers Need to Know –

The Basics

What is a healthy relationship?

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

Helpful Actions	Meaning	How to Show Them
Respect	To demonstrate "high regard" for something or someone	Being present Being able to express your feelings without fear of being judged
Equality	To respect each person's interests and desires	Collaboration within the relationship Discuss decisions together
Open Communication	To share information, ideas, and feelings between individuals respectfully	Discuss disagreements and be open to asking for forgiveness when it is appropriate Apologize to help teach kids that it is 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 judgment!

Cultivate open communication that goes both ways with your child

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

- 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.”

Additional Resources

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