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.

<table>
<thead>
<tr>
<th>Helpful Actions</th>
<th>Meaning</th>
<th>How to Show Them</th>
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<tbody>
<tr>
<td>Respect</td>
<td>To demonstrate &quot;high regard&quot; for something or someone</td>
<td>Being present&lt;br&gt;Being able to express your feelings without fear of being judged</td>
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<tr>
<td>Equality</td>
<td>To respect each person’s interests and desires</td>
<td>Collaboration within the relationship&lt;br&gt;Discuss decisions together</td>
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<tr>
<td>Open Communication</td>
<td>To share information, ideas, and feelings between individuals respectfully</td>
<td>Discuss disagreements and be open to asking for forgiveness when it is appropriate&lt;br&gt;Apologize to help teach kids that it is okay to make mistakes</td>
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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](#)