



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 openly about them with your students. With elementary-aged students, you may choose to discuss:

- Healthy friendships like what it means to be a good friend
- Work on building empathy and respecting boundaries by reminding students to use their words and “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, romantic partners, and social media use. See the resources linked below for ideas! The wellness team at your school may have tips or advice on how to bring up these topics as well.

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

Listen: Actively 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.

Connect: Tell your students that you take what they tell you seriously and that you believe them. The wellness team might be a good option for further support.

Additional Resources

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