

FEBRUARY: HEALTHY RELATIONSHIPS

– What Caregivers Need to Know –

Why are healthy relationships important?

Positive connection plays an important role in maintaining your children's emotional & physical health, wellbeing, and growth. Positive relationships encourage children to embrace and pursue opportunities that foster a sense of purpose and meaning in life.

How to discern healthy vs. unhealthy relationships?

Healthy Relationships	Unhealthy relationships
Open communication. Thoughts, feelings, and concerns can be shared without judgement	Poor/Lack communication Not open to communicate or be a good listener. Lack of transparency or passive-aggressive.
Mutual Respect Respect boundaries, opinions, and personal space	Manipulation and Control Guilt-trip, domination, or micromanage
Empathy and Understanding Offer empathy and understanding to other's perspective	Isolation Discourage other relationships and create isolating feeling
Healthy boundaries Boundaries are understood and respected	Disrespect and Dismissal Belittled or feeling dismissed
Shared Responsibility Contributes and takes responsibility	Unequal Power Dynamic Unbalanced power creates harms

Resources and Links

This article [offers tips to navigate difficult conversations](#)

In this [podcast](#), the speaker shares what is healthy love.

[YouthGov](#) offers resources for teen dating violence.



