

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 |
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| 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.



