

TALKING TO YOUR KIDS ABOUT

HEALTHY RELATIONSHIPS

Whether with friends, at work, in families, or in intimate relationships, healthy relationships are based on mutual respect, trust, honesty, support, fairness, equality, separate identities, and good communication.

Parents play a vital role in building healthy family relationships to prepare children to cultivate healthy relationships with people outside their families, throughout the course of their lives.

START TALKING ABOUT:

RESPECTING OTHERS

If you teach your children to respect themselves and others, they will learn its importance in healthy relationships.

ACKNOWLEDGING AND VALUING DIFFERENCES

Pretending that differences don't exist diminishes the experiences, self-expression, cultures, and values of other people.

SETTING PERSONAL BOUNDARIES

Help your children understand that they should be free to discuss their personal boundaries without fear of repercussions, and have these boundaries respected.



TALKING TO YOUR KIDS ABOUT

HEALTHY RELATIONSHIPS

DEEPEN THE CONVERSATION:

TEACH ASSERTIVENESS, NOT AGGRESSION

Show your children how to make their feelings known by stating their opinions, desires, and reactions clearly.

PRACTICE NEGOTIATION SKILLS

Teach your children to acknowledge difficult situations and give them the skills to state their point of view honestly to help create options that benefit all parties.

DEMONSTRATE HEALTHY MASCULINITY

Teach young boys how to break out of the “tough man” stereotype and call out gendered stereotypes in the community.



TAKE ACTION:

As you learn more and talk more about healthy relationships, you may find that youth or other adults confide in you that they are experiencing violence. It is important to know about the assistance that specialist services can provide.

BE PREPARED

Save the National Domestic Violence Hotline number in your phone. Access the [NO MORE Global Directory](#) for global resources.

For more tips, resources, and conversation starters, download the **NO MORE Talking Healthy Relationships** guide at [NOMORE.org/toolkit](https://www.nomore.org/toolkit).

