

LET'S TALK

Building Healthy Relationship

WITH OUR KIDS!



Tips for Successful Discussions

TALK WITH YOUR CHILD ABOUT THE SAFE PLACES AND PEOPLE THEY HAVE ACCESS TO IN THEIR SCHOOLS, COMMUNITIES, AND FAMILIES.

WHY IS IT IMPORTANT?

Children confide in adults other than their guardians so discussing how to recognize a safe space and person builds confidence in who they select.

IDEAS FOR PARENTS/GUARDIANS

Make a list with your child of safe and local adults and places that they can seek out for advice and support when/if needed.

Check out:

- [Kids in the Know: Where to Begin and What to Discuss](#)

TALK WITH YOUR CHILD ABOUT THE IMPORTANCE OF SETTING PERSONAL BOUNDARIES IN THEIR RELATIONSHIPS WITH OTHERS.

WHY IS IT IMPORTANT?

Teaching children about personal boundaries and having the choice to say “no” to physical touch is a personal safety strategy.

IDEAS FOR PARENTS/GUARDIANS

Discuss appropriate places and ways to say no to physical touch or being pressured into doing something they don't feel comfortable doing.

Model by asking permission for hugs and respecting when children say no, including with family members.

Make a list with your child about the qualities they value in a friendship.

Check out:

- [Consent](#)
- [Teaching about Consent to Kids](#)

TALK WITH YOUR CHILD ABOUT THE ROLE OF COMMUNICATING IN MAINTAINING RELATIONSHIPS.

WHY IS IT IMPORTANT?

All healthy relationships are based on mutual respect for the people involved. Relationships of all kinds require open communication from all parties.

IDEAS FOR PARENTS/GUARDIANS

What can this sound like in practice:

- “How does it feel to be in a relationship?”
- “What makes a relationship feel right?”
- “How might we communicate satisfaction or dissatisfaction in a relationship?”

Check out:

- [Healthy Communication for Kids](#)

TAKE OPPORTUNITIES TO DISCUSS WITH YOUR CHILDREN HOW RELATIONSHIPS CAN LOOK DIFFERENT FOR DIFFERENT PEOPLE. BE OPEN TO DISCUSSING QUESTIONS THAT ARISE.

WHY IS IT IMPORTANT?

Talking to your children about different types of relationships helps them to understand that there are many ways to make a family, form a partnership, or have friendships.

IDEAS FOR PARENTS/GUARDIANS

Expose your child to different kinds of relationships using books, media, and by attending cultural and community events hosted in the area.

Check out:

- [Diverse Children’s Books](#)
- [Embrace Race: Looking for Excellent “Diverse” Books for Children? Start Here!](#)

BUILD EMPATHY THROUGH MODELLING AND DISCUSSIONS ABOUT THE IMPACT OF WORDS AND ACTIONS ON OTHERS.

WHY IS IT IMPORTANT?

Building empathy is about understanding that other people have their own feelings and get to make their own decisions. This also helps children understand how to better handle conflict.

IDEAS FOR PARENTS/GUARDIANS

Encourage your child to take turns talking and listening.

Help them see the impact of their words and support them when an apology is needed.

Set rules and expectations about physical violence, name-calling, and teasing. These actions are never acceptable at home or in school.

Check out:

- [Fostering Empathy in Kids](#)
- [Cultivating Empathy](#)
- [Media Smarts: Empathy](#)

