

TALKING ABOUT RELATIONSHIPS

With Children and Teens

WHAT EVERY PARENT NEEDS TO KNOW

EARLY IS BEST

Children are forming relationships from the time they are born. Early childhood relationships with family and friends can model healthy foundations for relationships later in life.



WHAT TO SAY



SAY

Be honest! If you don't know something, don't be afraid to educate yourself and bring it back to your child.

LATER

Teens may know a lot about dating, but they can still benefit from adult guidance. Start the conversation at any age and let them know you're there to talk (and listen)!

IS OKAY, TOO



HOW TO



START

Find a time and place that is comfortable for both of you. It doesn't have to be somber or serious! Relax, take a deep breath, and just talk!

FOR MORE INFORMATION

Visit joetorre.org/podcast and tune in to Episode 2 of our podcast **Safe Keeping** for more tips on talking to children and teens about healthy relationships!



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