

# HOW'S YOUR RELATIONSHIP?

**CHAT ABOUT LOVE WITH THOSE YOU LOVE**





*No one is too young or too old to think about what a healthy relationship looks like and feels like.*



We envision a world where everyone experiences healthy, fun, and safe relationships. How are we going to get there? By talking about relationships with—everyone!

Conversations build expectations about how we'll be treated by others and how we'll treat them. And talking to our loved ones lets us in on what they're going through.

So, let's start talking! Don't worry, you don't have to be an expert or have all the answers . . .

NOTHING HAS TO BE WRONG FOR IT TO BE THE RIGHT TIME TO TALK

Just ask a question or two, be genuinely curious and open-minded, and listen. It's that simple.

Keep the conversation open. Keep checking in. If we all do this, just think how much easier it will be to talk the next time a friend's relationship hits a bumpy patch or, even better, the first time a teen we know falls in love.

*Ready to roll? Choose one of the sample questions to get the conversation started with people of various ages.*



*Feeling nervous? Check out the "Stumped" card for what to do when you have no idea what to say and the "Resources" card for where to turn for more information.*

Get the conversation started!

young kids  
(2 to 7)



What does being a good friend look like?

How do you feel when you are around your friends?

What happens when you don't like what a friend is doing?

How do good friends treat each other?

Who can you talk to when you have a problem with a friend?

KIDS WANT PARENTS WHO LISTEN

Relate what you are talking about to real-life experiences or movies the child has seen.

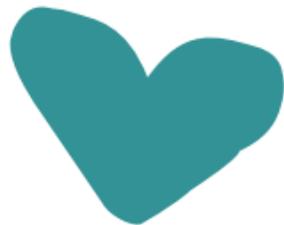
**Why?** Kids this age need clear examples to help them understand.

ASK A QUESTION - LISTEN UP - STAY CONNECTED

WHILE PLAYING  
THIS GAME,  
ASK YOUR KID  
TO NAME ALL  
THE PEOPLE  
THAT LOVE  
THEM.



**WHICH HEART MATCHES THIS ONE?**



Get the conversation started!

older kids  
(7 to 10)



What does being a boyfriend/girlfriend mean to you?

What does it mean to "like someone"?

How would you want a boyfriend/girlfriend to treat you?

What do you think is cool/cute about [insert name of pop star]?

Is there anything about relationships that you would like to ask me?

MAKE CHATTING ABOUT RELATIONSHIPS A NORMAL PART OF LIFE

Answer questions honestly and let kids know they can ask you anything.

**Why?** Kids this age want the truth, in age-appropriate doses.

**ASK A QUESTION - LISTEN UP - STAY CONNECTED**

ARE THESE  
WORDS HOW  
YOU FEEL  
ABOUT YOUR  
FRIENDS? WHAT  
OTHER WORDS  
WOULD YOU  
LIKE TO FIND?

## WORD SEARCH!

CAN YOU FIND ALL THE WORDS  
HIDDEN IN THE PUZZLE?

FUN  
KIND

LAUGH  
LOVE

RESPECT  
SMILE

N	E	F	M	L	I	L	H	A	S	H	K	T	O	P	Z	Y
Z	F	U	N	S	T	G	I	H	Q	M	C	A	Y	I	Q	B
J	F	E	Y	O	U	N	K	M	T	E	I	V	K	D	D	V
U	N	G	K	A	K	I	D	U	P	S	T	L	D	L	Q	H
H	C	C	L	Y	I	D	F	S	L	O	V	E	E	Y	B	J
G	D	X	K	R	N	D	E	Y	E	E	T	C	V	U	G	W
F	A	R	G	E	D	R	B	E	J	N	G	F	X	D	V	L

Get the conversation started!

tweens  
(10 to 14)

LOVE TO TALK?  
TALK ABOUT LOVE!

What do you think about having a boyfriend/  
girlfriend?

How would you like to be treated?

What are things that you  
wouldn't like?

Are any of your friends dat-  
ing?

What does respect look  
like in a relationship?



Stay calm and be a good  
listener.

**Why?** Kids this age have  
strong feelings that they  
need help handling.

ASK A QUESTION - LISTEN UP - STAY CONNECTED

YOU KNOW HOW YOU WANT TO BE TREATED. IF YOU HAVE A FRIEND WHO'S NOT TREATING YOU THAT WAY, TAKE A BREAK FROM THEM.

## ALPHABET GAME

THINK OF WORDS THAT DESCRIBE THE KIND OF PEOPLE YOU WANT TO HANG OUT WITH. TAKE TURNS GOING THROUGH THE ALPHABET.



*Get the conversation started!*

*older teens  
(14 to 18)*

*Do any of your friends have a boyfriend/girlfriend?*

*We used to call it dating. What do you and your friends call it?*

*What kind of person would you like to be with?*

*What is fun about dating? What is difficult?*

*What is scary?*

*How do you think people who are dating should treat each other?*

*Have this conversation in the car.*

**Why?** Eye contact can make things more intense. Talking while you are driving can help teens feel more comfortable.

*DON'T WAIT, JUST ASK*

**ASK A QUESTION - LISTEN UP - STAY CONNECTED**

MOVIE  
RELATIONSHIPS  
ARE ALWAYS  
DRAMATIC,  
BUT REAL-LIFE  
RELATIONSHIPS  
DON'T HAVE TO  
BE!

## RATED R?

GO SEE A MOVIE WITH A FRIEND AND RATE THE  
RELATIONSHIPS YOU SEE. DO YOU AGREE ON  
THE RATINGS, WHY OR WHY NOT?

### Fun/enjoyable

*both people are having a good time*



### Respect

*both people share in decision making and  
are free to choose what is right for them*



### Drama

*a lot of yelling, breaking up/making up,  
and/or possessiveness*



### Violence = passion

*grabbing, slapping, shoving as a way  
to show how 'intense' the love is*



Get the conversation started!

adults  
(18 and up)

How's your relationship?

Are you worried about any of your friends' relationships?

What do you think healthy arguments look like?

What is working well in your relationship?

What do you wish were different in your relationship?

EVERYONE NEEDS ONE PERSON THEY CAN TALK TO

Don't wait until you're worried about someone. Ask all your friends about their relationships.

**Why?** It's a lot easier for friends to turn to you when things aren't going well if chatting about relationships is something you already do.

ASK A QUESTION - LISTEN UP - STAY CONNECTED

IT'S ALWAYS  
FUN TO  
DISH ABOUT  
CELEBRITIES.  
AND IT CAN  
MAKE IT EASIER  
TO TAKE THE  
LEAP AND  
TALK ABOUT  
YOUR OWN  
RELATIONSHIP

## COFFEE DATE

**GRAB A CELEBRITY MAGAZINE, GO FOR COFFEE  
WITH A FRIEND, AND GOSSIP ABOUT THE  
CELEBRITY RELATIONSHIPS. WHO DO YOU THINK  
HAS A GREAT RELATIONSHIP? AN UNHEALTHY ONE?**





## Resources

This site is designed to address problems between teens who are dating or hooking up—such as constant and controlling texting, pressuring for nude pictures, and breaking into someone's email or social networking page.

**THATS  
NOT COOL  
.COM**

**SCARLETEEN**  
*sex ed for the real world*

This site is targeted for people in their teens and 20's, but it's great for everyone! Inclusive, comprehensive, and smart sexuality information and help.



Find links to these sites and more at [wscadv.org/howyourrelationship](http://wscadv.org/howyourrelationship)



**love is respect** <sup>TM</sup> **org**

The National Teen Dating Abuse Helpline is anonymous, confidential, and available 24 hours a day. Call 866-331-9474 (866-331-8453 TTY), chat online anytime, or text “loveis” to 77054.

**100** Conversations  
brought to you by P.O.P!

100 Conversations was created to help us all have “the talk.” It’s easier than you think. You will have one hundred conversations with your friends or family anyway, so why not make them count?

*Guess what? Looking at these with other people and asking what they think is starting a conversation!*



### **Don't know the answer?**

“Honestly, I don't know. Let me do some research and then we can talk more tomorrow.”

### **Conversation going nowhere?**

When you're getting silence or one-word answers, it's best to back off and try again a different day. Just asking the question lets people know you are someone they can turn to when they're ready.

FEELING NERVOUS ABOUT WHAT MIGHT COME UP?

GET THROUGH THOSE AWKWARD MOMENTS WITH THESE TIPS.

### **Not feeling great about your own**

**relationship?** You don't need to have it all figured out to support someone else. But check out the “Resources” card and think about who might be open to listening to you, even if they've never directly asked “How's your relationship?”

**Totally freaked out by what you just heard?** “I'm really glad you're talking to me. I want to keep talking, but it would help me to have some time to think about all this. Can we check in again next week?”

Stumped?



**YOU CAN DO IT!**



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