HOW'S YOUR RELATIONSHIP?

CHAT ABOUT LOVE WITH THOSE YOU LOVE
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 . . .

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

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.

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.

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

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!

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?

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

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

Make chatting about relationships a normal part of life.

Ask a question - listen up - stay connected.
**WORD SEARCH!**

**CAN YOU FIND ALL THE WORDS HIDDEN IN THE PUZZLE?**

<table>
<thead>
<tr>
<th>FUN</th>
<th>KIND</th>
<th>LAUGH</th>
<th>LOVE</th>
<th>RESPECT</th>
<th>SMILE</th>
</tr>
</thead>
</table>

- Are these words how you feel about your friends? What other words would you like to find?

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Can you find all the words hidden in the puzzle?
Get the conversation started!

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 dating?
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.

Xtra fun!

Zany!
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.
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?

<table>
<thead>
<tr>
<th>Fun/enjoyable</th>
<th>Both people are having a good time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Respect</td>
<td>Both people share in decision making and are free to choose what is right for them</td>
</tr>
<tr>
<td>Drama</td>
<td>A lot of yelling, breaking up/making up, and/or possessiveness</td>
</tr>
<tr>
<td>Violence = passion</td>
<td>Grabbing, slapping, shoving as a way to show how ‘intense’ the love is</td>
</tr>
</tbody>
</table>
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.
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?
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.

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.
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!

love is respect.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.

Find links to these sites and more at wscadv.org/howsyourrelationship
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.

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?”

FEELING NERVOUS ABOUT WHAT MIGHT COME UP?
GET THROUGH THOSE AWKWARD MOMENTS WITH THESE TIPS.
YOU CAN DO IT!