



Me & You: Building Healthy Relationships

✦✦✦ A Newsletter for Parents: Volume 1

It's about ME & YOU...

Welcome to "Me & You: Building Healthy Relationships," a curriculum that your child will get this year. Your child may have many relationships with family, peers, friends and future dating partners. The most important relationship they will have is with you. As a parent, what you do and say to your child makes a difference in how they act with others.

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Your child will learn about the following topics:

- * Healthy Friendships
- * Making Good Decisions
- * Managing Emotions
- * Communication Skills
- * Personal Rules and Responsibility
- * Future Dating Relationships



What can you do as a parent?

- * Ask your child questions about what they are learning in "Me & You: Building Healthy Relationships"
- * Complete the activities in the parent newsletters
- * Work through the Me & You Take-Home activities



The goal of **Me & You** is to teach youth the importance of having **healthy relationships** and how to make good decisions in their relationships.

Tips for Talking with your Child

Start EARLY and talk OFTEN

Continue these conversations throughout your child's life.

Be "ASKABLE"

Tell your child that they can ask you anything.

Be OPEN and HONEST

It's ok if you don't know the answer –work together to find what you need.

Take the INITIATIVE

Create "teachable moments"— for example, talk in the car about what you see on TV or hear on the radio.

Ask QUESTIONS

Ask your child about what he or she thinks about friendships and other relationships.

Be a COACH

Practice ways to deal with peer pressure and risky situations.



Ask the Expert

Dr. Melissa Peskin



Q: At what age should I begin to talk to my child about relationships, and dating?

You can talk about friendships as early as elementary school. Sharing stories about yourself and others is a good way to start. Give your teen the chance to make their own decisions, but also give them a clear message about what you expect.

Q: How can I start talking with my child?

The first step is to be warm and open. Let your child know that you are there for support - if he or she makes mistakes you will be there for them.

Q: What if my child doesn't want to talk, no matter what I do or say?

Some children may be unsure about talking with their parents. Make sure that you listen as much as you talk. Even if it seems like your child isn't listening, they probably are.

Parents are KEY



Children who feel close to their parents are less likely to use alcohol or drugs, or be violent or depressed. Even better, they are more likely to do well in school and have healthy relationships. Spending time with your child, knowing where they are, and who they're with helps to keep them safe and healthy.



ME & YOU Word Search

COMPLETE THE PUZZLE USING THE WORD LIST BELOW.
 Your child will learn these words in ME & YOU—try asking him or her what they mean throughout the program.

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

- | | | |
|---------|----------|---------------|
| SELECT | HEALTHY | FRIENDSHIP |
| DETECT | EMPATHY | COMMUNICATION |
| PROTECT | EMOTIONS | RELATIONSHIP |

Parent 4-1-1

Helpful resources for parents and children

Healthy Children

www.healthychildren.org

Talking with Kids about Tough Issues

www.talkwithkids.org

Break the Cycle

www.breakthecycle.org

Love is Respect

www.loveisrespect.org

Stop Bullying

www.stopbullying.gov

QUIZercise

How well do you know your child?

Take this fun quiz to find out. Then check with your child to see how you did!

1. What are your child’s favorite hobbies/activities?

2. What are your child’s favorite subjects in school?

3. Who are three adults your child feels comfortable talking to about life?

a. _____ b. _____ c. _____

4. What are three things that you and your child have in common?

a. _____ b. _____ c. _____

FUN ACTIVITY: Me & You and What to Do!

INSTRUCTIONS: Think of activities you enjoy doing with your child and fill in up to half of the circles with these activities. Have your child do the same with the other half of the circles, or as many as he/she can. Compare with your child and make plans to do a few of the activities you both came up with! *(1 circle is filled in as an example)*



Me & You: Building Healthy Relationships is a project of:



Visit us!

www.meandyouhealthy.org