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.

It’s about ME & YOU...

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.

www.meandyouhealthy.org

A Newsletter for Parents: Volume 1

Inside this issue:

Tips for Talking with Your Child 2
Parents are Key 2
Ask the Expert 2
Me & You Word Search 3
QUIZercise 3
Parent 4-1-1 3
Me & You and What to Do! 4
## 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

**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.

**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.

**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.
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. ____________

www.meandyouhealthy.org
**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)*

- Go to the movies

---

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

[Visit us!](www.meandyouhealthy.org)

**UTHealth**

The University of Texas Health Science Center at Houston