Welcome back to “Me & You: Building Healthy Relationships,” a curriculum that your child is participating in this year. In this issue we talk about healthy and unhealthy relationships with a focus on future dating relationships. Your child may be a long way off from dating, but it is never too early to share your expectations about healthy dating relationships.

Did you know?
There are three different types of dating violence:

- **Physical** violence is when someone causes harm or injury to another person’s body or property
- **Emotional** violence is when someone says or does something, in person or electronically, that hurts another person’s feelings.
- **Sexual** violence is when someone forces unwanted sexual activity on another person.

All types of dating violence have serious consequences for both people involved.

Inside this issue:
- Ask the Expert
- Tech Protect
- Personal Rules
- Me & You MISHMASH
- Tips for Talking with Your Child
- Warning Signs
- QUIZercise
- Parent 4-1-1

Dating Violence 101
The United States Department of Justice defines dating violence as: Any type of violence committed by a person who is or has been in a relationship of a romantic or intimate nature with the victim.

The goal of Me & You is to teach youth the importance of having healthy relationships and how to make good decisions in their relationships.
Ask the Expert
Dr. Melissa Peskin

Q: How common is dating violence among youth?
It is more common than you might think and is important to address early because youth who experience dating violence are more likely to be in a violent dating relationship as adults.
- 1 in 5 teens is a victim of emotional dating violence
- 1 in 10 teens is a victim of physical dating violence
- In contrast to adults, both boys and girls may be equally likely to be victims and/or perpetrators.

Q: What can I do if I think my child is in an unhealthy relationship?
You may be concerned for your child’s safety and emotional well-being if you think he/she is in an unhealthy relationship. It’s important that you believe them and take them seriously. Be aware of the warning signs so you know what to look for. Continue to be supportive and understanding. Help your child build an escape plan for getting out of an unhealthy relationship. If needed, get outside help.

In Me & You, your child will be setting a personal rule to only have healthy friendships and future dating relationships.

How can you help your child stick to this rule?
- Think about when you feel it’s appropriate for your child to begin dating. Every family is different — clarify your own values and expectations before you start talking with your child.
- Communicate those expectations to your child and keep the conversation going.
- Be clear and specific about your rules and expectations (for example: setting curfews, establishing adult supervision when out with friends, or only allowing dates in a group setting).
- Know who your child’s friends are and how to get a hold of their parents to make sure your child is safe.
- Talk to your child about what to do if he/she ever experiences or witnesses dating violence or an abusive relationship (for example: come to you for help, tell a school counselor, or talk to another adult they trust).

www.meandyouhealthy.org
Me & You: Building Healthy Relationships

Ask yourself if you’re using the following TIPS:

- Start EARLY and talk OFTEN
- Be “ASKABLE”
- Be OPEN and HONEST
- Take the INITIATIVE
- Ask QUESTIONS
- Be a COACH

WARNING SIGNS of an unhealthy dating relationship

- Poor academic performance
- Physical injuries
- Lack of interest in school
- Isolation from family or friends
- Aggressive behavior or explosive temper
- Extreme jealousy, insecurity, or possessiveness
- Constant put-downs
- Acting out
- Checking a dating partner’s phone, email, social media accounts without permission

Me & You: Building Healthy Relationships

Phrases: The key to building healthy relationships: caring, respect, freedom, fun, respect, caring, respect, freedom, fun, respect, caring, respect, freedom, fun, respect, caring, respect, freedom, fun, respect

Unhealthy Relationship Characteristics: control, jealousy, verbal, physical, big age

Healthy Relationship Characteristics: caring, trust, freedom, fun, respect

Me & You MISHMASH

COMPLETE THE WORD PUZZLE BELOW:

Unscramble each of the words and write them in the boxes.

Then use the numbered letters to complete the phrase below!

HEALTHY Relationship Characteristics

GICANR

(Hint: Looking after one another and supporting each other’s needs)

TUTRS

(Hint: Feeling safe to talk about anything and being able to show our feelings)

DEMOFOER

(Hint: Allowing each other to make his/her own choices without any pressure)

NUF

(Hint: Enjoying each other’s company and having a great time!)

RECEPST

(Hint: Admiring and appreciating each other and accepting our differences)

UNHEALTHY Relationship Characteristics

NORLOCGNIT

(Hint: Wanting to be in charge of what others do)

SUJLOEA

(Hint: Wanting to control who others spend time with or are friends with)

BEVRAL

ABUSE

PSYCLIAH

ABUSE

GIB GEA

DIFFERENCE

www.meandyouhealthy.org
Me & You QUIZercise!

1. List two of your child’s friends.
   ______________________________

2. What are their parents’ phone numbers?
   ______________________________

3. Does your child have any social media accounts like Instagram, Facebook, Twitter? If so, which ones?
   ______________________________

4. List one of your expectations for your child about future dating.
   ______________________________

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

REFERENCES