



# Me & You: Building Healthy Relationships

✦✦✦ A Newsletter for Parents: Volume 2

## It's about ME & YOU...

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.



## Inside this issue:

Ask the Expert	2
Tech Protect	2
Personal Rules	2
Me & You MISHMASH	3
Tips for Talking with Your Child	3
Warning Signs	3
QUIZercise	4
Parent 4-1-1	4

### ***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.

## **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.

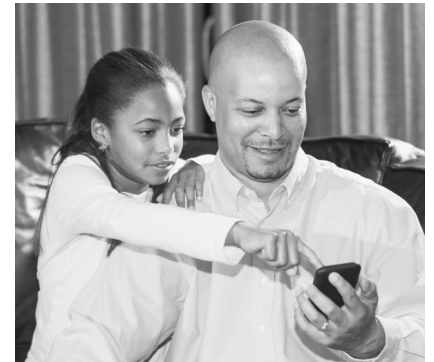
## Q: What can I do if I think my child is in an unhealthy relationship?

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.

## TECH PROTECT: Helping Kids Stay Safe Online



- Talk with your child about appropriate and inappropriate technology behavior (gossiping, sexting, bullying)
- Set rules for your child's use of technology, such as limiting which websites they can visit
- Ask your child to teach you how to use the technology they use or websites they like
- Search online for teen media trends to stay in the loop



**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).



## 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)

DEMFOER

(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!)

RECEST

(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

Me &amp; You: Building Healthy ...

ANSWERS:  
Healthy Relationship Characteristics: caring, trust, freedom, fun, respect  
Unhealthy Relationship Characteristics: controlling, jealous, verbal, physical, big age  
Phrase: 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**



### Reminder

*Your child has learned a lot already, so make sure to ask questions about what they are doing in class. Remember to complete the take-home activities.*

## WARNING SIGNS of an unhealthy dating relationship

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

# 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](http://www.healthychildren.org)

Talking with Kids about Tough Issues [www.talkwithkids.org](http://www.talkwithkids.org)

Break the Cycle [www.breakthecycle.org](http://www.breakthecycle.org)

Love is Respect [www.loveisrespect.org](http://www.loveisrespect.org)

Stop Bullying [www.stopbullying.gov](http://www.stopbullying.gov)

### REFERENCES

Centers for Disease Control and Prevention. Understanding Teen Dating Violence. Retrieved March 6, 2014 from <http://www.cdc.gov/violenceprevention/pdf/teen-dating-violence-2014-a.pdf>

The United States Department of Justice. "What is Dating Violence?" Retrieved March 6, 2014 from <http://www.ovw.usdoj.gov/datingviolence.html#dv>

Ackard, D. M., Eisenberg, M. E., & Neumark-Sztainer, D. (2007). Long-term impact of adolescent dating violence on the behavioral and psychological health of male and female youth. *The Journal of Pediatrics*, 151(5) 476–481.

Eaton, DK, Kann, L, Kinchen, S, Shanklin, S, Flint, KH, Hawkins, J, ... Wechsler, H. (2012). Youth risk behavior surveillance - United States, 2011. *MMWR*, 61(SS04): 1-162.

Halpern, CT, Oslak, SG, Young, ML, Martin, SL, Kupper, LL. (2001). Partner violence among adolescents in opposite-sex romantic relationships: Findings from the National Longitudinal Study of Adolescent Health. *American Journal of Public Health*, 91(10): 1679-1685.

Avery-Leaf S, Cascardi M, O'Leary KD, Cano A. (1997). Efficacy of a dating violence prevention program on attitudes justifying aggression. *Journal of Adolescent Health*, 21(1):11-17.

Silverman JG, Raj A, Mucci LA, Hathaway JE. (2001). Dating violence against adolescent girls and associated substance use, unhealthy weight control, sexual risk behavior, pregnancy, and suicidality. *JAMA: Journal of the American Medical Association*, 286(5):572-579.

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



Visit us!  
[www.meandyouhealthy.org](http://www.meandyouhealthy.org)