



parent discussion guide on youth healthy relationships

A national study of adolescent dating relationships and parenting determined that “positive parenting” contributed significantly to adolescents being less tolerant of unhealthy and abusive relationship behaviors.¹ As teens and young adults learn how to navigate relationships, parents and influencers (ex. teachers, coaches, and aunts/uncles) — like you — play a pivotal role in modeling healthy relationship behavior. **Youth want and crave our connection and support.**

While youth may be an open book to their friends, they may seem disengaged or uninterested in a conversation with you. Have you ever asked your child, “How are things going?” or “Tell me about your day?” only to be met with the answer of “It was fine” while they stared down at their phone? This guide will provide information and resources for having meaningful conversations with the youth in your life and empowering them to have relationships that are healthy, respectful, and free from abuse.

dating abuse is happening

Young people are still learning what makes a relationship healthy, unhealthy, or even abusive. The ideas and beliefs that enable abuse can be changed, so the earlier we intervene with education and support, the earlier we can prevent abuse. One national survey of teenagers showed that almost 70% of teens aged 12–18 who had been in a dating relationship in the past year [reported](#) experiencing some type of abuse. We know that the intersection of identities with youth on the margins presents challenges related to racism, homophobia, transphobia, ableism, and more, which can create even more risks for marginalized youth navigating relationships. Transgender people face significant discrimination, even from people in the gay community ([Read Kayden's story](#)).

have a conversation about healthy relationships

A healthy relationship has basic but **essential elements: respect, communication, trust, boundaries, honesty, and equality.** The absence of one or more of these elements can mean that a

relationship is unhealthy or even abusive. [love.is.respect](#) hosts several [online quizzes](#) that young people can take to determine their relationship's health status.

Have you considered having a discussion with a young person in your life about healthy relationships? This can be effective in helping them identify the healthy behaviors they should look for in a partner, and how to recognize unhealthy behaviors. Consider these key questions to get the conversation started:

What do you look for in a dating partner?

- A good dating partner always treats you with respect and understands you need to have your own goals in life.
- Sometimes you will disagree and that's okay as long as you feel you can have an open, honest discussion about your feelings.
- You should feel free to express yourself, share your opinions, and make decisions that are best for you. A partner who tries to control you (what you wear, who you see, where you go) isn't respecting you.

Sometimes a dating partner may ask someone to quit things they love, like cheerleading or basketball. What do you think about that?

- A dating partner should be supportive of your hobbies and your relationships with friends, family, and coworkers. If they ever pressure you to skip class or work, drop out of a club or sport, or stop seeing friends they don't like, that's not healthy.

When you go out with your dating partner, who pays?

- Regardless of who has more money, no one has the right to control someone else's finances. It's okay if you want to treat them to something or help them out (or vice versa), but you/they shouldn't feel pressured to pay, and you should have a discussion about your financial boundaries if it becomes a pattern.



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¹ Mumford EA, Liu W, Taylor BG. Parenting Profiles and Adolescent Dating Relationship Abuse: Attitudes and Experiences. *J Youth Adolesc.* 2015 May;45(5):959–72. doi: 10.1007/s10964-016-0448-8. Epub 2016 Feb 23. PMID: 26906008.

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