

Teaching about Positive Relationships

Relationships Are Not Just About Sex

Overall, a relationship is just the way in which people think of and behave towards each other.

There are many different types of relationships, and they all have their own unique way of working. Relationships come in all shapes and sizes, and they're all special in their own way.

Let your kids know that positive relationships can be with friends, family, trusted adults in their life, and even themselves!



Positive Relationships Have These Qualities...



- Kindness
- Comfortable
- Caring
- Respectful
- Listens to you
- Safe
- Encouraging
- Fun
- Supportive

Positive Relationship Teaching Points

- Boundaries and their importance
- When to speak up or tell trusted adult
- Problem-solving techniques
- Communication skills
- Teamwork and individuality

Modeling Positive Relationships

- Practice active listening
- Practice open communication
- Demonstrate healthy conflict resolution
- Practice self care
- Show appreciation for friends and family

One of the best ways to teach about positive relationships are to model communication, equity, trust, and fun in your own relationships!

Practice Makes Perfect

Here are examples of activities that you can do with children in your life that can help them understand positive relationships

Circle of Friendship

Take turns sharing what kindness means to each of you, give examples of kind things each of you has done or thought about, or talk about what you want to do in the future to be kind.



Relationship Charades

This activity provides an engaging and entertaining way for members of the family or community to learn about the foundations of healthy relationships, emphasizing positive communication and cooperation in their interactions with friends and peers.

Friendship Chain

Give your child strips of construction paper. Have them decorate and write and finish the sentence "I like friends who..." on the strips. You and your child can take turns adding your strips to the chain.



Circle of Respect

Invite family and friends to share their thoughts on respect, such as what respect means to them, examples of respectful behavior, their feelings when respected, and how they demonstrate respect to friends and family or experience it from teachers.

Ad for a Friend

Ask children to think about the qualities they would like a new friend to have, how those qualities would contribute to the development of a healthy relationship, and create an "ad for a friend." Discuss the fact that not everyone values the same qualities in a friend, so it is okay if siblings, friends, or parents have different ideas.

