

LET'S TALK

# Relationships

WITH OUR KIDS!

New Brunswick  
Nouveau Brunswick

PERSONAL WELLNESS 6-9  
RELATIONSHIPS STRAND

## Healthy Relationships

### BE CONSCIOUS OF HOW YOU TREAT YOUR CHILD AND OTHER FAMILY MEMBERS.

#### WHY IS IT IMPORTANT?

This sets an example of how your child should be treated and treat others.

#### IDEAS FOR FAMILIES

- Foster healthy home relationships through open communication and respect for boundaries.
- Model honesty, reliability and caring to establish trust in relationships.

### ALLOW FOR MORE INDEPENDENCE AND PRIVACY AS YOUR CHILD GETS OLDER.

#### WHY IS IT IMPORTANT?

By allowing your teen to discuss boundaries, they will feel respected. Boundaries should reflect your personal values.

#### IDEAS FOR FAMILIES

- Discuss boundaries when it comes to entering their room or looking through their personal belongings.
- Encourage input and assist them in problem solving.

### IDENTIFY AND DISCUSS "RED FLAG" BEHAVIOURS THAT MAY INDICATE AN UNHEALTHY RELATIONSHIP.

#### WHY IS IT IMPORTANT?

Teens need to be aware of how to recognize unhealthy behaviours in themselves and in their friends.

#### IDEAS FOR FAMILIES

Talk to your teens about "red flag" behaviours in a relationship:

- Controlling others (e.g., checking social media and phone)
- Humiliating others in front of peers
- Pressuring others to do things
- Being inconsiderate or disrespectful
- Being abusive (physical, verbal or emotional)
- Being dishonest or unreliable
- Demanding of others' time
- Asking others to pay for everything



# Communication

## TAKE TIME TO UNDERSTAND EMOTIONS.

### WHY IS IT IMPORTANT?

Feelings can provide insight into the real issues.

### IDEAS FOR FAMILIES

- Be aware that feeling uncomfortable is related to personal boundaries.
- Recognize that paying attention to feelings can help you identify an underlying issue quicker.
- Focus on the issue or behaviour that is causing the emotion— rather than being defensive—to help find a solution.

## TAKE TIME TO THINK BEFORE YOU SPEAK.

### WHY IS IT IMPORTANT?

This allows time for emotions to settle and to allow your brain to think rationally.

### IDEAS FOR FAMILIES

- Dedicate time for communication.
- Pick a time that is free from distractions.
- Make sure you are both calm and ready to talk.
- If privacy is needed, find an appropriate spot.

## PRACTICE AUTHENTIC LISTENING.

### WHY IS IT IMPORTANT?

This demonstrates that you have heard the sender's message and are trying to understand.

### IDEAS FOR FAMILIES

- Listen with empathy and understanding.
- Try to avoid judging the other person.
- Be aware of tone, volume, posture, and facial expression for clues of how the person is feeling.
- Summarize the message you heard at the end.
- Ask for clarification where needed.
- Do not jump to conclusions.

## DECIDE ON THE BEST METHOD OF COMMUNICATION.

### WHY IS IT IMPORTANT?

Face to face communication can provide important cues such as body language, tone, and expression.

### IDEAS FOR FAMILIES

- Be aware of your body language.
- To avoid miscommunication, be conscious that your tone and expression add to understanding.
- Have a clear limit in mind of where compromise is possible and where it is not.
- Recognize that it is okay to disagree.

## USE ASSERTIVE LANGUAGE.

### WHY IS IT IMPORTANT?

Using “I” statements allows you to explain how you feel in relation to the issue rather than laying blame.

### IDEAS FOR FAMILIES

- Use statements such as “I felt frustrated when you procrastinated and your assignment was late.”
- Role play how to communicate.
- Model how to get your point across and discuss effectively.

## SUGGESTIONS FOR RESOURCES TO EXPLORE WITH YOUR TEEN ABOUT HEALTHY RELATIONSHIPS:

- [Teen Talk](#)
- [Wellcast](#)
- [Teaching Sexual Health](#)
- [Bullying Canada](#)
- [The Fourth R - Strategies for Healthy Youth Relationships](#)

