



## GCAPP PARENT TOOLKIT:

# What is a Healthy Relationship?

Young people need to know that **shared values, respect, and kindness** are the foundation of all healthy relationships whether those are with friends, dating partners, or family members. As a parent or caregiver, you play a key role in helping your teen recognize what a healthy relationship looks and feels like.

You don't need a formal sit-down talk to start this conversation. Look for natural opportunities during a movie, a TV show, listening to music, sharing a meal, or doing an activity together. These relaxed moments can open the door to meaningful discussions about dating, friendships, and emotional well-being.

## Start the Conversation Gently

You can open with something simple and sincere, such as:

1. "I want you to be in relationships with people who truly respect you."
2. "I want you to feel safe and comfortable being yourself in any relationship."
3. "You deserve relationships that are caring, fulfilling, and with people who genuinely want the best for you."

## Ask Open-Ended Questions

To go deeper, try asking questions that invite your teen to reflect on what matters to them. These can help spark honest, thoughtful conversations:

1. What would your ideal relationship be like?
2. What are some green flags you look for in a partner or a friend?
3. Do you know anyone who's in a healthy relationship? What makes it healthy?
4. What are the most important qualities you're looking for in a friend or boyfriend/girlfriend?
5. When you hear the phrase "real love," what comes to mind?
6. What do you think are some red flags in a relationship? What would an unhealthy or abusive relationship feel like?
7. If you or a friend were in an unhealthy relationship, would you feel comfortable.

## WHY THESE CONVERSATIONS MATTER?



By sharing your own values and most importantly **listening** to what your teen thinks, you help them clarify what they want and deserve in relationships.

These talks **build trust**, open lines of communication, and give your teen tools to navigate their social world with confidence and clarity.

## REMEMBER

One conversation won't cover it all. Keep the dialogue open, judgment-free, and ongoing.



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For more information about healthy relationships for teens, visit [www.loveisrespect.org](http://www.loveisrespect.org)