

Parent Prevention Post!

Prevention Curriculum

Today in class students learned about healthy relationships. Here are some topics we discussed!

- A healthy relationship is one where both people feel **safe, respected, supported, and free to be themselves**, while communicating **honestly and respecting each other's boundaries**.
- Signs of a healthy relationship:
 - Signs include mutual respect, trust, honesty, support, fairness, identity, communication & clear boundaries.
- Warning signs to watch for:
 - Possible signs of misuse include possible changes in sleep or appetite, increased irritability or anxiety, sudden academic pressure, or extreme energy followed by crashes.
- Why this is important:
 - **Teenagers are learning relationship habits now** that can shape their future friendships, dating relationships, and self-esteem.
 - Unhealthy behaviors aren't always physical-**emotional control, jealousy, isolation, and digital monitoring**.

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- **Communication & Getting Help:**
 - Keep **communication open** and **judgement free!**
Talking about **boundaries, consent** and **online behavior** - not just once, but consistent small conversations- help individuals feel safer to open up about concerns.
 - If you are concerned if your child is in an unhealthy relationship, start with a calm and supportive conversation!
 - Listen more than talk, try to avoid blaming and criticizing.
- **Resources:**
 - Knowing trusted resources in your community (school staff, hotlines, community supports) can help parents respond quickly if concerns arise.
 - CT Safe Connect (24/7), 1-888-774-2900
 - CT 211 United Way, Dial 211
 - Love is Respect (Teen focused), 1-866-331-9474
 - National Domestic Violence Hotline (24/7), 1-800-799-SAFE (7233)
- **Parents can model healthy relationships every day!** With families, friends and loved ones, parents can model how to communicate, handle conflict, and show respect!