

Healthy or Unhealthy?

These scenarios are a great way to start the conversation with your children if talking about these topics isn't already a habit, or comfortable. Go over these situations together and discuss whether they are healthy or unhealthy.

Some tips:

- *Practice some things you want to say, either in front of a mirror, with a spouse, partner, or friend*
- *Keep calm, and try not to blame, lecture, judge or embarrass anyone*
- *Think about what you want the outcome of the conversation to be, and what steps YOU need to take to get to that outcome*
- *It's okay to disagree – everyone has their own boundaries. The most important factors are that everyone feels safe in their relationships, and there's respect and empathy from all around. Some of these examples would be fine for some, and not for others. Relationships are about respect and compromise for the people involved.*

Some things for you and your child to consider in each example:

- *What if you were in this relationship? How would you feel?*
 - *If you weren't comfortable with something happening in the relationship, would you feel comfortable bringing it up? How would you bring it up?*
 - *If you weren't comfortable bringing it up, why not? What would you do?*
 - *How do you currently discuss disagreements in your personal relationships? Is there a better way you could communicate?*
 - *Are you coming from a place of love, respect, and empathy when you disagree or want to discuss something that bothers you or is on your mind?*
1. A couple has an agreement that they won't put passwords on their phones and can check each other's texts and social media accounts whenever they feel like it.
 2. A guy walks his girlfriend to school every morning, meets her for lunch every day, and picks her up to walk her home at the end of each afternoon.
 3. A couple has been together for a year. One partner wants to have sex. The other says they're not ready, but after talking about it, gives in and has sex, even though they didn't want to.
 4. One partner usually decides when, where, and what they do together. The other partner says they don't like making decisions and is fine with this.