Having the Talks: Relationships

Sample Language for Key Messages

There are 4 key messages to communicate with kids when you're talking about relationships. Below is sample language you can use to convey those messages!

Key Message	Sample language
1 In a healthy relationship each person feels comfortable expressing their perspective without fear of being judged	"When you're in a healthy relationship you support and encourage one another. You can talk openly even when you disagree, and you apologize if one of you hurts the other person's feelings." "If someone makes you feel bad about something you believe in, then there's something wrong with that relationship."
2 A healthy relationship is characterized by communication, balance (of power) and mutual respect	"If a friend is pressuring you to do something, that may mean the relationship is a bit off." "In a healthy relationship people respect one another and don't try to push the other person into something they aren't comfortable doing."
3 Within a healthy relationship, disagreements occur	"It is OK to say no if you disagree with a friend. Being able to do that is actually a sign that you guys have a strong relationship." "Standing up for yourself may cause tension, but that's normal. If you guys can talk it out and still respect each other's opinions while disagreeing, that's a good thing." "When a relationship isn't healthy disagreements may result in one person shutting down and giving the other person the cold shoulder, or they may try to pressure the other person to agree with them."
4 It's normal for relationships to change	"Over time, some friendships may deepen while others might fizzle out. Changes in relationships are totally normal." "Rejection in a relationship is a common experience for people of all ages. It can hurt, but doesn't mean there is anything wrong with you." "If someone rejects you, don't act out. It's important to respect boundaries around rejection the same way you would want someone to respect a decision that you've made."

amaze.org