

POSITIVE RELATIONSHIPS: LOVE AND FRIENDSHIP

Talking about relationships with your teen helps them build positive bonds. Here are some questions to get started.



- **What makes someone a good friend?**
- **What makes you feel happy when you're with your friends?**
- **How do you know you can trust someone?**
- **Have you ever had a disagreement with a friend? How did you work it out?**

Important values

- ✓ Mutual respect
- ✓ Having fun together
- ✓ Trust and safety
- ✓ Mutual support
- ✓ Sharing thoughts and feelings
- ✓ Attentive listening
- ✓ Care
- ✓ Authenticity

Key takeaway

Taking the time to listen attentively will encourage them to open up to you.



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POSITIVE RELATIONSHIPS SHOULD START AT HOME.

Key takeaways

Listen to your teen's point of view and take it into account.

You can paraphrase what they say to show that you understand.



Show empathy toward your teen.

Validate their emotions even if you disagree.



Encourage your teen to take an active role in their relationships.

Let your teen suggest activities and express their needs.



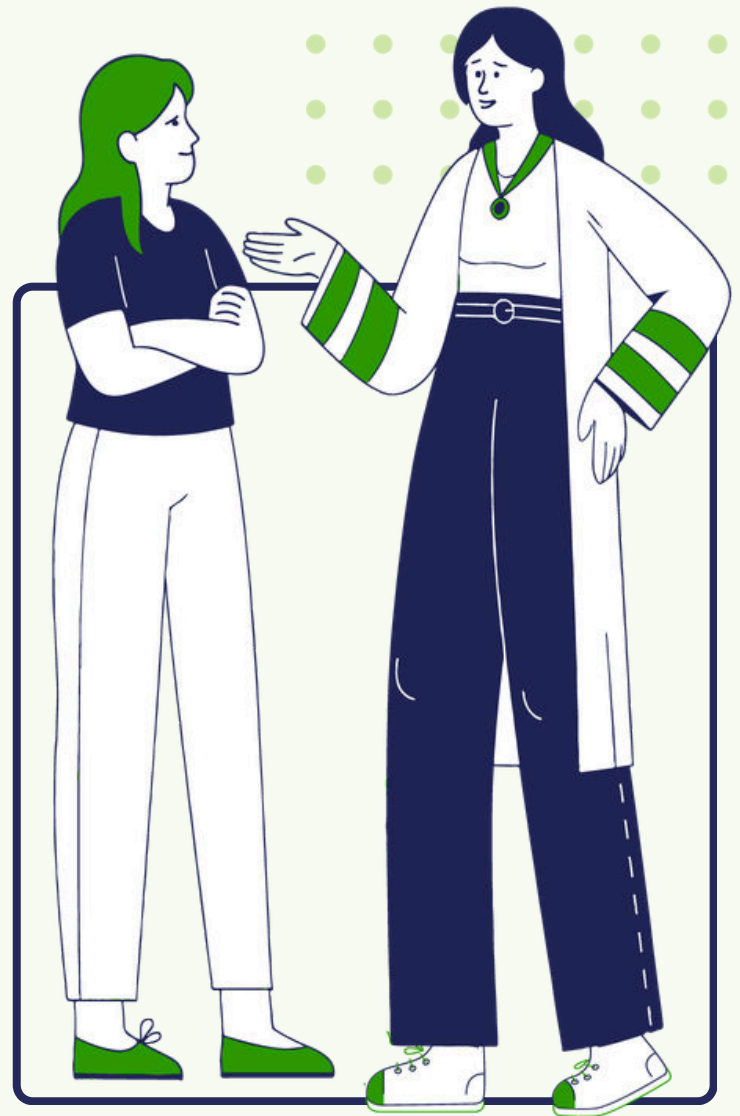
Promote openness, curiosity, and non-judgment.

Show that it's important to ask questions without trying to prove you're right.



Show your teen how to disagree respectfully.

Common techniques include keeping a calm tone, using "I" statements, and explaining your reasons.



Accept your teen for who they are, with their personality and interests. This is how your teen will thrive.