

IMPACT

on **HEALTH & WELLNESS** for **FAMILIES**

FAMILY VOICES®
...keeping families at the center
of children's health care

PROMOTING HEALTHY SEXUALITY

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With an Improving Understanding of MCH grant, Family Voices IMPACT works to develop ways to improve health and wellness for all children and families, and to encourage partnerships between families and professionals for children's good health.

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FAMILY VOICES®

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Building Healthy Relationships

One of the most important life skills we can teach our children is how to build healthy relationships with others. This is the foundation for healthy sexual relationships. The American Academy of Pediatrics (AAP) provides helpful information:

Characteristics of Healthy Relationships

- **Respect:** Take the time to listen to find out what the other person is thinking. One person does not control the other.
- **Common Interests:** Share ideas and activities that both people enjoy. It isn't necessary that ALL interests and hobbies are in common.
- **Life Outside the Relationship:** It is good to have friends outside the relationship--and be okay with that.
- **Settling Disagreements Agreeably:** No two people agree on everything. An important sign of a healthy relationship is the ability to settle disagreements respectfully--and recognizing the right to disagree.

Characteristics of Unhealthy Relationships

Just as it is important to recognize healthy relationships, it is also important to recognize signs that the relationship is not healthy.

- **Lack of Respect:** One person dismisses the ideas and feelings of the other.
- **Holding Back:** One partner discourages the other from succeeding in school or sports.
- **Controlling Behavior:** One partner insists on knowing everything the other is doing.
- **Laying Blame:** One partner blames the other for anything that goes wrong.
- **Continual Jealousy:** Jealousy is a normal feeling, but when it becomes constant, it can damage a good relationship.

For more information on healthy relationships, go to:

- AAP: <http://www.healthychildren.org/English/ages-stages/teen/dating-sex/Pages/Expect-Respect-Healthy-Relationships.aspx>
- Healthfinder.gov: <http://healthfinder.gov/HealthTopics/Category/parenting/healthy-communication-and-relationships/talk-with-your-teen-about-healthy-relationships>

