

## **Tips for Continuing the Conversation**

Parents, caregivers and mentors often express discomfort about broaching these topics with their 11 to 14-year-olds because they don't think their children are ready for these conversations.

Some say they are waiting for their children to bring up these issues.

***The truth is, you may be waiting a long time or it may never come.***

It helps if you can find the right language to have proactive conversations about healthy relationships, creating a comfort level.

Here are some questions and conversations starters for talking to kids and teens about violence:

- What does an abusive relationship look like or sound like to you? What about positive and healthy ones?
- Have you ever worried that a friend of yours is being treated badly in a relationship?
- Have you ever been in a similar situation?
- What would you do if you felt uncomfortable, controlled, pressured, or threatened?

### **Here are some suggested talking points:**

Abuse or violence in a relationship doesn't just mean physical abuse. It can include using hurtful language, or even technology, to control, pressure or threaten someone. It's NEVER okay for anyone to use pressure, control or threats in a relationship.

In a healthy relationship, there should be respect, safety, support, individuality, fairness and equality, acceptance, honesty and trust, communication—and it should be fun.

If you ever feel uncomfortable or unsafe in a relationship, there are people who care and can help like me (or another trusted adult like a teacher or counselor).

If you ever see abuse or hear that it's happening to a friend, please let me know—or tell another adult you trust immediately.

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<http://teachearly.org/playbook-en.html>