



# Relationship Wellness Month

## Exploring Healthy Relationships with Your Student

February is Relationship Wellness Month. Talk with your student this month about what a healthy relationship looks like. It doesn't really matter if you're talking about the love of your student's life or a good friend. The basic tenets of healthy relationships are the same, regardless! Consider using this acronym to get the conversation started:

**V**itality **A**cceptance **L**ove **E**motion **N**atural **T**rust **I**nterdependence **N**ourishing **E**ffervescence.

<http://www.dwc.edu/paths/parents/healthy-relationships.shtml>

### HOW TO BE A GOOD FRIEND

**To have good friends you must be a good friend. Here are some of the ways good friends treat each other:**

- Good friends listen to each other.
- Good friends don't put each other down or hurt each other's feelings.
- Good friends try to understand each other's feelings and moods.
- Good friends help each other solve problems.
- Good friends give each other compliments.
- Good friends can disagree without hurting each other.
- Good friends are dependable.
- Good friends respect each other.
- Good friends are trustworthy.
- Good friends give each other room to change.
- Good friends care about each other.

<http://www.goodcharacter.com/YCC/BeingFriends.html>

### Teen Dating Bill of Rights

I have the right:

- To be treated with respect always
- To my own body, thoughts, opinions, and property
- To choose and keep my friends
- To change my mind at any time
- To not be abused-physically, emotionally or sexually
- To leave a relationship
- To say no
- To be treated as an equal
- To disagree and
- To live without fear and confusion from my partner's anger.

**Denton County Friends of the Family**  
**24 Hour Crisis Hotline**  
**940-382-7273 or 800-572-4031**  
**Goodcharacter.com**  
(books and videos)



### RESOURCES

[http://parentingteens.about.com/library/sp/quiz/dating/blteen\\_dating\\_quiz.htm](http://parentingteens.about.com/library/sp/quiz/dating/blteen_dating_quiz.htm)  
(teen dating quiz and contract)

<http://www.kidscape.org.uk/parents/mychildisabully.html>  
(bullying information)

