

Talking With Your Teen About Healthy Relationships

Your teen took part in a lesson on healthy relationships. Here is how to keep the conversation going at home.

What your teen learned

Your teen explored what makes friendships, family relationships and romantic relationships healthy. They learned that relationships sit on a spectrum from healthy to unhealthy to controlling, how to spot warning signs like jealousy, pressure and control, and how to say no and set boundaries respectfully.

Healthy

You feel safe and respected.

- Respect for your choices
- Honest, open talk
- Disagree without fear

Unhealthy

Some behaviors hurt you.

- Constant jealousy
- Guilt-tripping
- Teasing that hurts

Controlling or abusive

One person has power over you.

- Decides who you see
- Checks on you constantly
- Threats or humiliation

Conversation starters

- “What makes someone a good friend, in your opinion?”
- “Have you ever seen a friend being pressured or treated badly? What did you do?”
- “What would you do if a friend or partner tried to control you?”
- “Who could you talk to, besides me, if something felt wrong?”

Tips for parents and caregivers

- **Listen more than you lecture.** Teens open up when they don't fear an immediate reaction or punishment.
- **Model it at home.** How adults in the family handle disagreement, respect privacy and apologize is what teens learn first.
- **Respect their boundaries too.** Knock before entering, ask before sharing their stories, and accept a respectful no when you can.
- **Watch for changes.** Sudden withdrawal from friends or family, anxiety, dropping grades or losing interest in activities can be signs that something is wrong.
- **Stay calm if they share a problem.** Thank them for telling you, and focus on their safety before solving everything.

Where to get help

The school counselor is a good first contact. These lines in Lebanon can also help.

1564

National Lifeline for emotional support, open 24/7

LARA

Email for support and guidance:
laraa@laraa.org

112

Internal Security Forces, if someone is in immediate danger