



SUPPORTING SURVIVORS &
VIOLENCE FREE COMMUNITIES

OUR MISSION

Providing safety and support to victims of domestic and sexual violence through education, advocacy, and shelter.

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TALKING TO CHILDREN ABOUT HEALTHY RELATIONSHIPS

Preventing relationship abuse starts with important lessons and conversations!

BROUGHT TO YOU BY YOUR FRIENDS AT  CADA

Early lessons about healthy friendships and treating others respectfully can equip your child with valuable skills for navigating complex relationships, including romantic relationships, as they grow older.

1 TALK TO YOUR CHILDREN ABOUT WHAT IT MEANS TO BE A GOOD FRIEND

- Share short stories or use picture books to illustrate the qualities of a good friend and the importance of kindness and sharing.
- Make a list together of what a good friend looks like
- Praise and reward good friend behavior, such as comforting a friend or using kind words, to reinforce positive actions.

2 TEACH CHILDREN ABOUT BOUNDARIES

- Teach children to ask before touching someone
- Talk to children about respecting personal space
- Help children to recognize signs of discomfort in themselves and others, including body language and verbal cues

3 PRACTICE COMMUNICATION AND COMPROMISE

- Encourage taking turns listening and talking
- Encourage them to express their thoughts and feelings clearly and calmly, using "I" statements to express their needs, such as "I feel" or "I want."
- Help children understand that compromise is a way to find solutions where everyone's needs are considered and met to some extent.

4 FOSTER EMPATHY AND EMOTIONAL REGULATION

- Teach children to recognize and label their emotions.
- Introduce age-appropriate regulation techniques like deep breathing, counting to ten, or taking a break when they're upset.
- Help children connect their actions to an emotional response, for example:
 - "When I take something from my friend, it makes them mad."
 - "When I give my friend a compliment, it makes them happy!"

5 PROMOTE OPEN COMMUNICATION

- When your child talks about their relationships, actively listen without judgment. Show them you're interested!
- Let them know they can talk to you if they ever feel uncomfortable.
- Help your child navigate challenges. Some examples:
 - "If he keeps tickling you and you don't like it, you can tell me and I'll help you ask him to stop."

6 BE A POSITIVE ROLE MODEL

- Demonstrate healthy relationships with other adults and talk to children about what makes those relationships healthy.
- Remember that children are observing your behavior - they will learn how to treat and talk about others from you.
- Apologize when you make mistakes and model being a good friend or partner.

You play a vital role in shaping your child's relationships.

By following these steps, you can help your children build strong, respectful, and fulfilling relationships that will benefit them throughout their lives.