

Download a free healthy relationship toolkit by clicking below:

<https://www.healthtyxyouth.org/uploads/files/resources/Healthy-Relationships-Toolkit.pdf>



Click below to download a free guide on Healthy Relationships, Sexuality, and Disability.

<https://www.mass.gov/doc/healthy-relationships-sexuality-and-disability-resource-guide-0/download>

Healthy Relationships and Boundaries

The world had to implement new rules with physical boundaries when the COVID-19 pandemic spread across the globe. Handshakes, hugs, and high fives were no longer part of the social experience. Parents had to teach their children about social/physical distancing to help keep themselves, and others, safe and healthy. Teaching children about **healthy relationships and boundaries** is the same idea. These conversations will help to make sure that your child can keep themselves safe and healthy—both physically and emotionally.

There are many types of relationships with variety of factors (age, culture, gender, values) that will influence what is considered to socially acceptable or unacceptable in the context of a relationship. It can be difficult for children to understand what is or is not socially acceptable; this is why it is important for parents to have these conversations. Educating young people about intimacy and sexual activity is only one small part of what children need to learn about **healthy relationships and boundaries**. Children need to learn these topics as it relates to school, community, friends, and family. Development of **healthy relationships and boundaries** are important to your child's overall health and wellness.

Here is a list of some of the topics to consider when having conversations with your child about **healthy relationships and boundaries**:

- Types of relationships (acquaintance, friend, family, intimate partner)
- Social rules and norms that apply to each type of relationship
- Public and private touching or affection
- Appropriate and inappropriate conversations
- Respect and trust
- Dating and intimacy

How To Educate Children on Relationships and Boundaries

- **Define** what a healthy and unhealthy relationships means in accordance with family values.
- **Model** healthy relationships, boundaries, and interactions. Have discussions about limits/boundaries that you modeled and why.
- **Give examples** of healthy and unhealthy relationships. Include examples related to social media, video games, and digital communication.
- Use **'teachable moments'**. A 'teachable moment' is an unplanned experience or opportunity that can be used to reinforce a previously taught skill through a spontaneously occurring event.

Upcoming Events

Date/Time	Topic	Link
Tuesday, April 13 6:00pm-8:00pm	What is Self-Direction?	https://parentnetworkwny.org/event/what-is-self-direction/
Thursday, April 15 7:00pm-7:45pm	Mindfulness Stress Reduction Series	https://parentnetworkwny.org/event/mindfulness-stress-reduction-series-3/
Saturday, April 17 8:45am-12:45pm	Putting the Pieces Together: A Biomedical Approach to ASD	https://autism-services-inc.org/resources/semi-annual-workshops/



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