

The most important thing you can do for your young teen is to teach him or her the skills to develop healthy relationships and understand the qualities of a healthy relationship. In a healthy relationship there is mutual respect among the individuals.

You can help your child know what a healthy relationship feels like, looks like and sounds like by using the *RESPECT! Wheel* as a talking tool. Below are some examples of how respect can be expressed in relationships with a girlfriend, boyfriend, family member, or peer.

