

**THIS HAS THE POWER TO END
TEEN DATING VIOLENCE.**

PARENTS: START RELATING BEFORE THEY START DATING
www.startstrongparents.org

BE A PARENT THAT MATTERS!

Family dinners offer one of the most effective opportunities to check in with your young teens. Talk with them, listen to what your kids have to say, engage them.

With 1 in 5 high schoolers experiencing dating violence, table time offers an opportunity to talk with them about responsible choices, even if your kids aren't dating yet. See how super supper can be for your child's future well-being.

CONVERSATION STARTERS

- "Relationships are unique. What do you think makes a relationship good or bad?"
- "Mutual respect should be a key part of any relationship. What can you do if you hear a friend being disrespectful towards another friend or someone they are dating?"
- "Everyone has a right to communicate how they want to be treated by others. How can you tell your friends what's ok and what's not ok?"

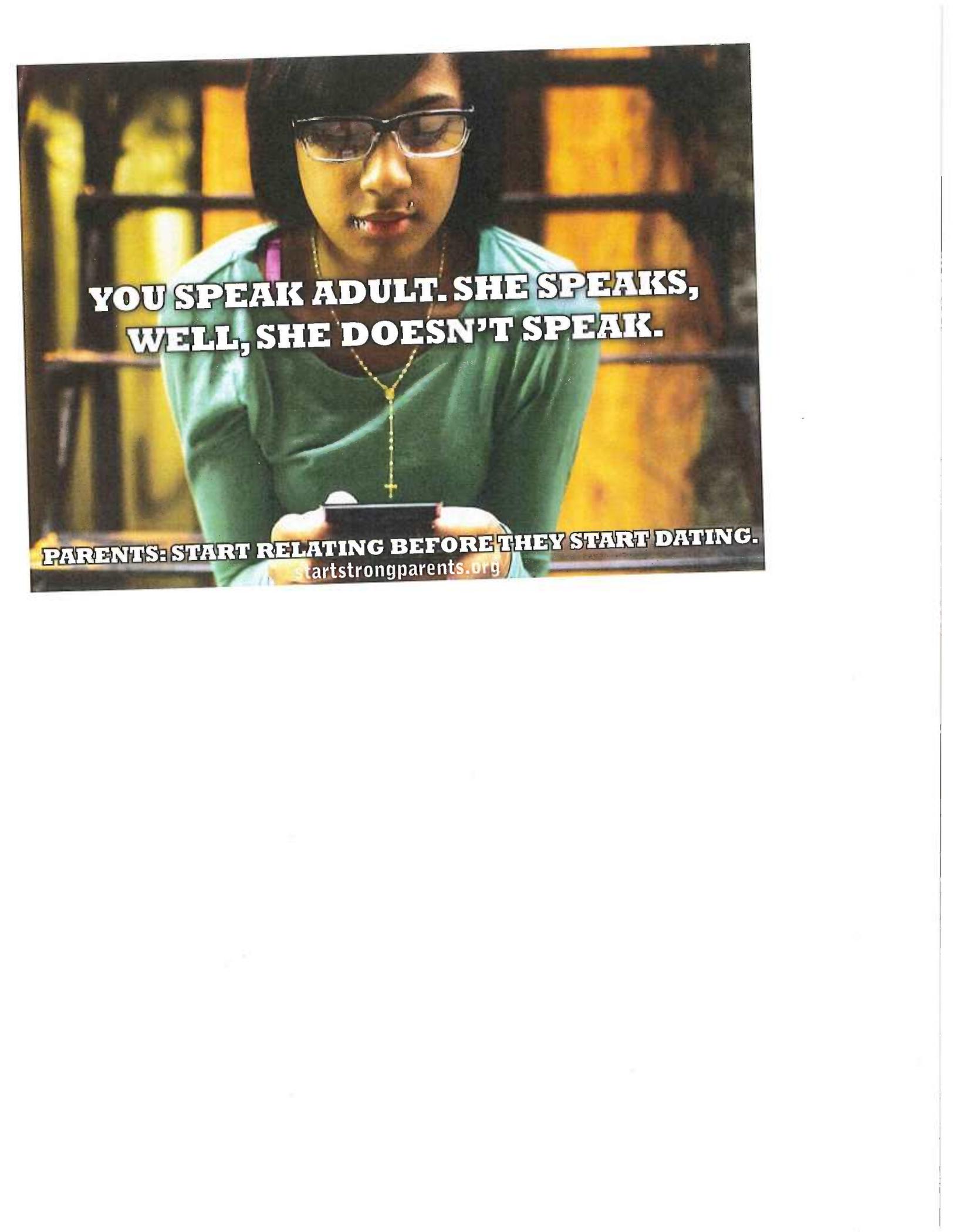
ACTIONS

- Your preteen's definition of "abusive behaviors" or "violence" might be different than your own. Talk to them about the difference between healthy and unhealthy relationship behaviors.
- Teach your child how to express his/her feelings (both good and bad) appropriately.
- Trust your instincts. Don't be afraid to talk to your child if you see warning signs of harassing or controlling behavior.

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For more information contact the Futures Without Violence 415.678.5500.

Support for Start Strong: Building Healthy Teen Relationships provided by a grant from the Robert Wood Johnson Foundation.

A young woman with dark hair, wearing glasses and a green long-sleeved shirt, is looking down at a smartphone she is holding in her hands. She has a lip ring and is wearing a gold necklace with a cross. The background is a library with bookshelves filled with books.

**YOU SPEAK ADULT. SHE SPEAKS,
WELL, SHE DOESN'T SPEAK.**

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More and more young teens go online and use texting to communicate with their friends.

Why not engage your children and ask them about their relationships? Take this opportunity to talk to your kids, and hopefully, help them make thoughtful decisions so that texting never turns provocative.

CONVERSATION STARTERS

- "It can be fun to call, text, and message with your friends. But sometimes you might feel like you need a break. How can you tell your friend or someone you like it's too much?"
- "I know some of your friends are on Facebook. What things do you normally do online?"
- "Feeling pressured to send nude or embarrassing pictures or messages is never okay. How would you respond if you felt pressured, controlled or threatened?"

ACTIONS

- Your children learn by watching you. Model responsible cell phone use.
- Rehearse ways your young teen can respond if asked to send or to forward mean or inappropriate texts.
- Get to know their communication world. Check out YouTube, Facebook, MySpace, and Twitter to see what social networking is all about.

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