

Here are 4 reasons why you should talk to your children about relationships:

- **Builds better friendships**

As kids get older it's more and more important for them to make the right decisions. For example, when they get to high school and peer pressure really kicks in, you'll hope your child makes the right choices.

Speaking to your child about good relationships (*this includes friendships*) will help them to make the right decisions when they're faced with choices. They'll have to knowledge to know if someone isn't being their friend and will hopefully make the decision to not continue toxic friendships.

- **Encourage good habits**

If you use every day examples for good relationships when your children are young, it'll soon become habit.

For example, like I mentioned above, my son can sometimes speak meanly to his little sister. It's easy for us to then use that as an example of how she should or shouldn't be spoken to.

We always ask him if he heard someone talking to her like that, would he like it?

Or when she's older and has a boyfriend and overhears her boyfriend speaking to her like that, would he tolerate it ?

His answer is always **no**, so it's a good way to remind him of how he could hurt her self esteem by speaking to her like that.

- **Help keep them safe**

Having conversations about healthy relationships can help teach safety too.

Speak to your child about relationships in **real life and online**. As technology is so popular in today's day and age, it's not unusual for children to communicate online.

Make sure they know the difference between healthy relationships and ones that could be more hurtful. Teach them to spot differences in how safe friends would speak to them compared to bullies.

- **Healthy relationships as adults**

And of course, the most obvious. Teaching good values in relationships as children will help them to develop healthy relationships as adults.

They'll have the confidence to remove unhealthy relationships from their life, which is what we ultimately want.

It doesn't have to be a specific sit down conversation but rather finding the examples in everyday and using those to your advantage.

I hope these have helped you to speak to your child about healthy relationships.