

PARENT CONNECTION FORM

Session 8.6: Healthy and Unhealthy Relationships

Dear Parent or Guardian,

Healthy Futures recognizes that the greatest joys and sorrows of life come about through relationships. As a relationship education organization, we are committed to helping teens learn the difference between healthy and unhealthy relationships.

We cautioned students to realize that it takes time to know whether or not another person will be truly caring and supportive of their choices to pursue their goals and dreams.

We join you in wanting your children to develop skills to avoid emotionally unhealthy relationships and choose healthy relationships based on respect.

Sincerely,

Rhea Gordon
Executive Director
Healthy Futures



Principal/Facilitator

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1. Today we watched a movie called All Falls Down that was about _____
couples and the c_____ that they made.

2. Name 4 qualities of a healthy relationship:

3. To know true qualities of a person you have to take time to _____

The Big 3:

- A healthy relationship is one that **builds up both people emotionally and physically.**
- It is important to know the **characteristics of a healthy relationship** so that you can know if you are in one.
- Choosing a healthy relationship can help you avoid risky behaviors and achieve your goals and dreams.

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My child, _____ and I discussed this handout.
First Name Last Name

Signature of Parent or Guardian

Date

Email Address (Please Print Clearly)

Parent or Guardian (Print Name)

School Name