

HEALTHY TEEN RELATIONSHIP CONVERSATION CARDS

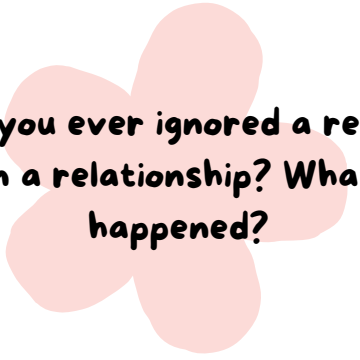
Healthy relationships—whether with friends, family, or partners—are built on trust, respect, and communication. These prompts are designed to help you reflect on the connections in your life and recognize what healthy (and unhealthy) relationships look like. Take time to think, talk, and grow. Find more resources at joetorre.com and loveisrespect.org.



What makes you feel truly heard in a conversation?



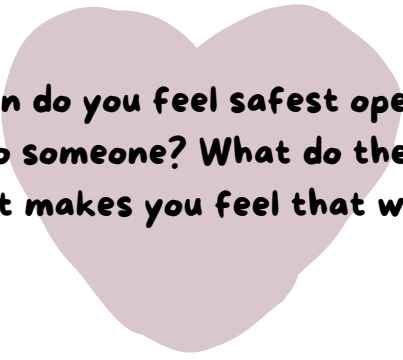
How do you know when a relationship (friendship, family, or romantic) is good for you?



Have you ever ignored a red flag in a relationship? What happened?



What does respect look like to you in different types of relationships?



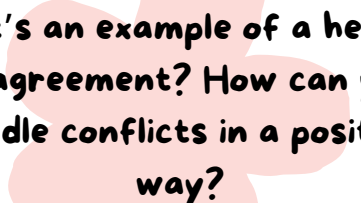
When do you feel safest opening up to someone? What do they do that makes you feel that way?



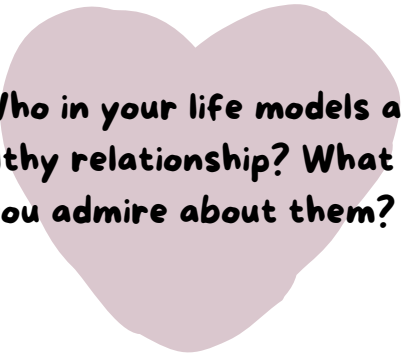
How do you set boundaries when someone is making you uncomfortable?



Have you ever felt pressured to do something in a relationship? How did you handle it?



What's an example of a healthy disagreement? How can you handle conflicts in a positive way?



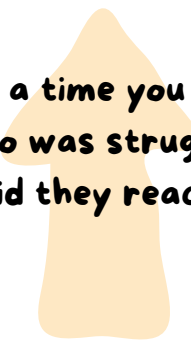
Who in your life models a healthy relationship? What do you admire about them?

CAREGIVER-CHILD CONVERSATION CARDS

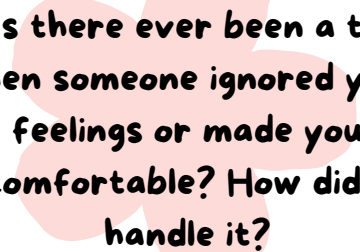
Talking about relationships, boundaries, and respect can feel tricky, but these conversations are important. These prompts are meant to be shared—caregivers and kids can both answer, creating a space for honesty and trust. No judgment, just listening. If something feels hard to talk about, that's okay—what matters most is knowing that support is always there. Find more resources at joetorre.com/resources and loveisrespect.org.



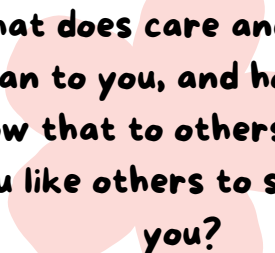
Do you feel comfortable talking to me about friendships or relationships? What could I do to make it easier?



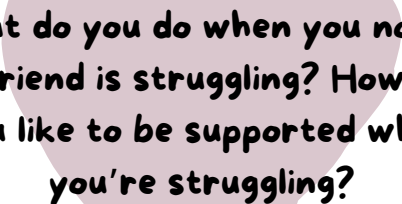
What's a time you helped a friend who was struggling? How did they react?



Has there ever been a time when someone ignored your feelings or made you uncomfortable? How did you handle it?



What does care and respect mean to you, and how do you show that to others? How do you like others to show it to you?



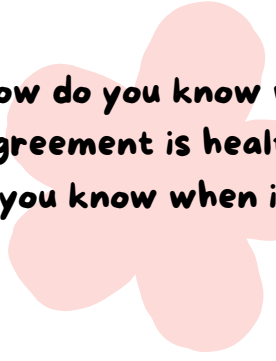
What do you do when you notice a friend is struggling? How do you like to be supported when you're struggling?



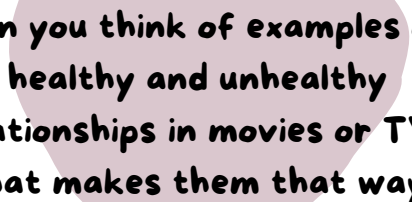
What does trust mean to you? How do you know when you can trust someone?



If you were ever in a situation where you didn't feel safe, who would you talk to?



How do you know when a disagreement is healthy? How do you know when it's not?



Can you think of examples of healthy and unhealthy relationships in movies or TV? What makes them that way?