



Help Your Child Develop Healthy Relationships

Basic respect is foundational to any good relationship. Respect means treating ourselves and others with consideration, dignity and caring how they feel. In a healthy relationship people feel safe to make their own choices and their views are valued. Trust, honesty and happiness are fostered and there is no control or abuse. By fostering self-respect in children, parents impart the following values and skills children require to express respect to others.

Value/ Skill	How to Foster
Understanding and Empathy	Can be modelled by striving to understand a child's point of view.
Empathic Listening	Can be modelled by hearing and considering a child's ideas or problems.
Anger Management	Manage your own anger and assist them with skills such as counting to ten or taking deep breaths to help them calm down.
Conflict Resolution	Model ways to have a difference of opinion with someone that is respectful, and how to accept 'NO' for an answer.
Problem Solving and Decision-Making	Help a young person to develop their own capacities and solve their own problems.
Honesty	Encourage honesty in your children by being honest with yourself and true to your own feelings.
Assertiveness	Stand up for yourself and say 'no' without being aggressive, you will also show your child how to stick up for themselves while still respecting others.

Adapted from Respectful Relations-Kids Helpline

<http://www.kidshelp.com.au/grownups/news-research/hot-topics/respectful-relationships.php#sthash.Q8ft16xv.dpuf>