

A white plate of spaghetti with a meat sauce, centered on a red background. The text is overlaid on the plate.

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

**PARENTS: START RELATING BEFORE THEY START DATING**  
[www.startstrongparents.org](http://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.

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