



Prevention *for parents*

Preventing Teenage Dating Violence

Whether or not your teen is in a romantic relationship, Valentine's Day is the perfect excuse to talk about dating. If they're in a relationship, how is it going? If they're not, what are they looking for in a relationship when they are ready?

Now is the time to make sure they are forming healthy, positive relationship habits. The more they understand about what is and isn't healthy, the more

prepared they will be when they do enter a relationship or need to end one. Here are a few topics to talk about with your teen:



- What is consent and how does it work?
- How do you set boundaries? What are your boundaries?
- How to get help if you are not feeling safe in a relationship.
- What are healthy vs abusive behaviors in a relationship?

Not sure what to tell your teen? Check out the resource section for some helpful tips.

Crucial Conversations Challenge: *Black History Month*

February is Black History Month, and this year there is a lot to talk about since we are living in history. The continued fight for racial justice has been prominent in the media this year, and your child has surely noticed.

Take time to talk with them about what they are seeing and hearing and ask them what they

think about it.

As their brain develops they can think more critically, but they need help to navigate the news and process it all.

- What do they know about the history of Black people in this country?
- How do current events



relate to Black History Month?

- What more do they want to know?
- Where can they find reliable information?

Coming Back to Connection

As the pandemic develops and we see hope on the horizon for a return to “normal” life, what does that transition look like?

When we are able to come back to school, your child and family might experience a mix of emotions like anxiety, excitement, joy, fear, and much more.



Take some time to talk as a family and come up with some ideas for how to handle the different feelings that might arise when it's time for your teen to turn on those social skills again.

What Would You Like To See In The Next Issue?

Contact Colleen Chan with any suggestions, comments, or questions.

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Cultivating Kindness During a Pandemic

February brings us a week to celebrate and focus on kindness, which can actually boost our own mental wellness!

Random Acts of Kindness Week takes place February 14-20th this year. What are some kindness projects or ideas you and your teen can work on? Bonus points if you do it together for some quality time.

Here are some ideas to get you started:

- Write a few notes to people telling them what you appreciate about them and send them
- Put together a Blessing Bag for someone going through a hard time and

drop it on their doorstep

- Think about how to make kindness a daily practice and plan out a 2021 kindness plan for yourself or as a family
- Post uplifting or encouraging content on social media



Check out the link in the Parent Resource section for more ideas and resources on how to incorporate kindness into yours and your child's life.

Parent Resources

[Kindness Ideas—Random Acts of Kindness Foundation](#)

[Celebrate Black History Month: A Conversation Guide](#)

[About Civil Rights for Families—Scholastic.com](#)

[Madam Vice President Is a Woman of Color—Teaching Tolerance](#)

[Preventing and Responding to Teen Dating Violence for Parents and Caregivers—VAWnet.org](#)

[Healthy Relationships—loveisrespect.org](#)