

Additional Resources for Talking With Youth About Healthy Romantic Relationships

You can use the resources below to access additional information about components of healthy relationships, building communication skills, boundaries/limits, and shared power.

Resource name and link	Resource description	Use this resource to ...
National Healthy Marriage Resource Center, The Annie E. Casey Foundation, and Innovation Center for Community and Youth Engagement (2019) Relationships matter: Strengthening vulnerable youth	This report reviews the importance of healthy relationships among youth and how to discuss them with youth.	Gain knowledge and comfort about healthy romantic relationships.
John Hopkins University (2020). 12 elements of healthy relationships	This blog explores elements of healthy relationships and provides links to resources for additional information.	Gain additional examples of how to talk with youth about healthy relationships.
Youth.Gov (n.d.). Characteristics of healthy and unhealthy relationships	This webpage describes characteristics of healthy relationships for teens and unhealthy relationship characteristics.	Gain knowledge of healthy relationships and signs of healthy and unhealthy relationships.
Forbes Health (2024). How to communicate in a relationship, according to experts	This article outlines different forms of communication and provides examples of good and bad communication. It also provides additional examples of conversation starters to use with youth.	Prepare for conversations with youth and see prompts for starting those discussions.
Positive Psychology (2024). How to Set Healthy Boundaries and Build Positive Relationships	This article defines boundaries, provides examples of healthy boundaries, and includes links to other helpful resources.	See examples of additional conversation starters to use with young people.

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Therapist Aid (2016). What are personal boundaries?	This article provides different types of boundaries and characteristics of people within each boundary type.	Provide youth with examples of different types of boundaries and utilize the self-reflection questions in your work to help youth set boundaries.
Mass.Gov (n.d.). Boundaries in healthy relationships	This webpage provides components of healthy and unhealthy relationships, provides guidance on how to think about and set boundaries, and offers conversation prompts to discuss boundaries with partners.	Inform your work by reviewing additional information on healthy and unhealthy relationship components.
OurPath (2021). Healthy boundaries for partners of trans people	This article provides information around boundaries during and after transition where one partner identifies as transgender.	Explore boundaries and considerations when working with youth who are transgender or whose partner(s) are transgender.
Eastland County Crisis Center (n.d.). Relationship Equality Wheel for Teens	This infographic provides information on different components of equality.	Talk through different elements of a relationship as they work through shared power in their relationships.
Love is Respect (n.d.). Power and Control	This webpage provides information on different power dynamics and ways that partners may control one another.	Review aspects of healthy and unhealthy relationships to explore potentially controlling behavior.
Love in Respect (n.d.). 4 things that make a relationship healthy or unhealthy	This blog provides information on characteristics of a healthy and unhealthy relationship. The resource provides different elements of shared power.	Identify different elements of shared power.



Excerpted from: Rosenberg, R., Naylor, K., Simone-Woods, N., Rust, K., Beckwith, S. (2024). *Crucial Conversations about Healthy Romantic Relationships: A Toolkit for Youth Supporting Professionals*. Child Trends.

To access the full technical assistance tool, please scan the provided QR code or visit: <https://activatecenter.org/resource/crucial-conversations-about-healthy-romantic-relationships>