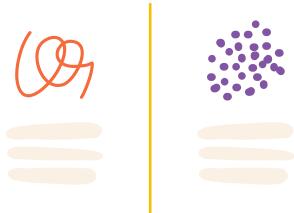




Prevention is possible. Your simple acts can make a difference.

PREVENTION TIPS PARENTS & FAMILIES



SUPPORT VICTIMS/SURVIVORS IN YOUR LIFE

Chances are you already know at least one victim/survivor, whether you are aware of it or not. Understanding how to support them lovingly and in non-judgmental ways will help you in maintaining connections with your children, family or friends so they continue feeling comfortable reaching out for help. The **National Domestic Violence Hotline** has tips for talking to teens about relationship abuse.

DISCUSS AND MODEL BOUNDARIES

Boundaries are our lines in the sand about things to which we will say yes and no. It is important to talk to children about boundaries including how to decide what theirs are, how to uphold their boundaries, and how to respect other people's boundaries. Everyone will have different boundaries, and they may shift over time. There are cases in which we can allow space for children to discover their own boundaries and as adults respect those boundaries. We can model holding and respecting boundaries in all the relationships in our lives.

FOSTER OPEN AND HONEST CONVERSATIONS ABOUT HEALTHY RELATIONSHIPS

Start the conversation and really listen. Having important conversations about healthy relationships and dating violence early and often will build a positive connection that can empower your teen to recognize when something isn't right. If they are not getting a safe and honest answer from you, they will look elsewhere and may not find the best information. The more open and honest you are with the youth in your life, the more likely they are to be open and honest with you.

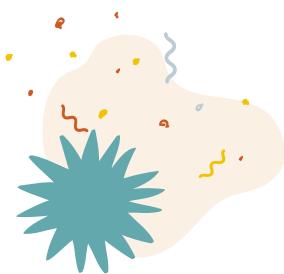
SHOW YOUR SUPPORT OF HEALTHY RELATIONSHIPS IN SCHOOLS

Do you know what your children's healthy relationships or health classes teach? Get connected with your local schools to know what youth are learning. If you feel there is not enough education being provided around healthy relationships use your voice and ask the school to do more. You can also connect with your local domestic violence/rape crisis agency for resources and to assist in providing education within schools. **Here is a list of curricula** for educating about healthy relationships to share with your schools.



BE AWARE OF MEDIA REPRESENTATION AND USE IT TO START CONVERSATIONS

Media is a powerful tool. There are countless movies, T.V. shows, and music videos in which sexual violence is portrayed as romantic and women's bodies are objectified. When sexual violence or abusive relationships are portrayed in media, it can be an opportunity to start conversations. Discuss why those actions or behaviors are not acceptable or healthy. Remind children and youth that what we see in the media is not always what reality is.



CELEBRATE THE ACTIONS OF BYSTANDERS

Being an active bystander means you are looking out for those around you and will intervene in situations that look suspicious, uncomfortable, or even potentially unsafe. When we hear of a bystander's intervention, we often breathe a sigh of relief rather than celebrating the bystander's actions. Use bystander moments or [this tipsheet](#) to start a conversation with children and family members about what they might have done. Remember safety matters and if you or your family feel unsafe, remind them to call enforcement or let an adult know.



BE A SUPPORT SYSTEM FOR YOUR CHILDREN AND THEIR FRIENDS

Let your children and their friends know they can come to you for help and will not be judged for it. Simply be ready to listen and offer to be a sounding board if they need advice. You may not always have all the answers, but knowing you are willing to hear them out and provide positive feedback is a good start. Don't be offended if your children confide in another family member or friend's family. It's important for kids to have multiple adults in their lives whom they can trust.



SHOW SUPPORT FOR PREVENTION

Express your values related to healthy relationships and violence by participating in prevention events with your family, wearing clothing with prevention messages, or putting prevention stickers on materials. These small behaviors support the social norm that violence is not tolerated and make it less likely for violence to happen.



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