



3

What strategies do you use to deal with peer pressure?

4

How do you make friends with someone?



2

What are some traits that you have that make you a good friend or potential partner?

1

What values does our/your family have about relationships?

8

How do you feel about the values our/your family has about relationships? Do you agree or disagree with any of the values?

7

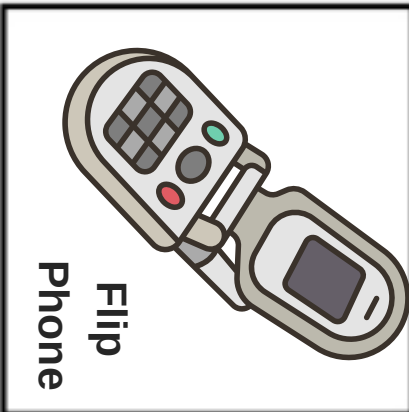
Which qualities make a good friend/partner? Are you a good friend/partner according to these qualities you shared?

6

Describe your idea of a healthy relationship.

5

Have you ever upset a friend? If so, how did that feel? How did you resolve the conflict?

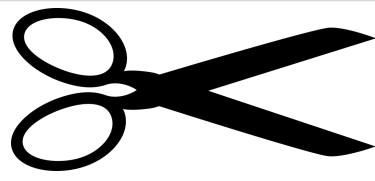


1

What values does our/your family have about relationships?

8

How do you feel about the values our/your family has about relationships? Do you agree or disagree with any of the values?



CUT HERE along the solid black line above to make a square



Alternative Option - Chatterbox Questions

Relationships Chatterbox 4

This document contains a list of every question that appears on Chatterbox 4. The ARH team wants to provide parents, caregivers, and trusted adults an alternative to using the folded Chatterbox to ensure accessibility. Follow these steps when using this alternative Chatterbox structure – 1) Print this page, 2) Individually cut-out each question, 3) Place the questions in a container, and 4) The adult and young person/s will take turns drawing a question.

What values does our/your family have about relationships?
How do you feel about the values our/your family has about relationships? Do you agree or disagree with any of the values?
What qualities make a good friend/partner? Are you a good friend/partner according to these qualities you shared?
Describe your idea of a healthy relationship.
Have you ever upset a friend? If so, how did that feel? How did you resolve the conflict?
How do you make friends with someone?
What strategies do you use to deal with peer pressure?

Continued on next page

What are some traits that you have that make you a good friend or potential partner?

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Glossary of Terms

Relationships Chatterbox 4

This document provides definitions of terms that align with the questions on Chatterbox 4. This is a resource for parents, caregivers, and trusted adults to support their ability to have meaningful conversations with the young people in their lives.

Conflict – A difference of opinion, disagreement, argument, or fight.

Dating Violence – Controlling, abusive, and/or aggressive behavior within the context of a romantic and/or sexual relationship. It can include verbal, physical, sexual, emotional, economic, and/or psychological abuse and happen in any relationship.

Domestic Violence – A pattern of abusive behavior in a relationship by one individual to gain or maintain control over another individual, if those individuals live in the same domestic setting. This may include verbal, physical, sexual, emotional, economic, and/or psychological abuse as well as control, intimidation, threats and/or stalking. It can happen to all people in relationships.

Healthy Relationships – A relationship between individuals that consists of mutual respect, trust, honesty, support, fairness/equity, separate identities, physical and emotional safety, and good communication.

Interpersonal Violence – Violence between individuals that is subdivided into domestic and intimate partner violence and community violence. The former category includes child maltreatment; dating violence, intimate partner violence; and elder abuse, while the latter is broken down into acquaintance and stranger violence and includes youth violence; assault by strangers; violence related to property crimes; and violence in workplaces and other institutions. Interpersonal violence includes sexual violence.

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Intimate Partner Violence – Physical, sexual, and/or emotional abuse, violence, or aggression that occurs in a close relationship. It includes threats of violence and coercion and can include verbal, physical, sexual, emotional, economic, and/or psychological abuse, and violation of individual rights. Intimate partner violence is defined by abusive behavior and can occur in all types of intimate relationships and does not require sexual intimacy.

Peer Pressure (also referred to as Peer Influence) – A person being influenced to participate in something to feel accepted by their peers. It can be positive or negative. An example of positive peer pressure could be a young person wearing their seatbelt in the car because all their friends are wearing a seatbelt. An example of negative peer pressure could be a young person drinking alcohol at a party because others are drinking alcohol and they don't want to feel left out or be made fun of.

Sexual Violence - An all-encompassing, non-legal term that refers to any completed or attempted sexual act that occurs when consent is not obtained or not freely given. It includes sexual assault, rape, sexual abuse, domestic violence, dating violence, and intimate partner violence.

Value - A belief or opinion about the morals or ethics of an issue—right and wrong, good and bad, and/or the relative importance or what one should or should not do.

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Chatterbox Questions with Resources

Relationships Chatterbox 4

This document provides question specific resources for Chatterbox 4. These specific resources will help parents, caregivers, and trusted adults provide accurate information during the discussion. For each resource, we state what type of resource it is (web article, video, quiz, etc.) and who the resource is geared towards (adults, young people, or both). The resources included for young people should be reviewed by parents, caregivers, and trusted adults to determine if it is a resource they want to share with the young people in their lives.

Chatterbox Question	Resource(s)	Resource Type	Who Is This For?
What values does our/your family have about relationships?	<ul style="list-style-type: none">No additional resources		
How do you feel about the values our/your family has about relationships? Do you agree or disagree with any of the values?	<ul style="list-style-type: none">No additional resources		

Chatterbox Question	Resource(s)	Resource Type	Who Is This For?
What qualities make a good friend/partner? Are you a good friend/partner according to these qualities you shared?	• Teens Talk Relationships Friendship Edition	• Video	• Young People (Adults Review)
	• What Kind of Friend Are You?	• Quiz	• Young People (Adults Review)
Describe your idea of a healthy relationship.	• Fighting Fair Do's and Don'ts	• Attachment 1	• Both
	• 5 Tools to Maintain Healthy Relationships	• Web Article	• Young People (Adults Review)
	• Healthy Relationship Checklist	Quiz	• Young People (Adults Review)
	• Healthy Relationships Infographic	• Attachment 2	• Both
	• Healthy vs Unhealthy Relationships	• Video & Tipsheet	• Both
	• Is My Relationship Healthy or Abusive? And What to Do	• Video	• Young People (Adults Review)
	• Is Your Relationship Healthy?	• Quiz	• Both
	• Teens Talk Relationships Dating Edition	• Video	• Young People (Adults Review)
	• 10 Signs of a Healthy Relationship	• Web Article	• Both

Chatterbox Question	Resource(s)	Resource Type	Who Is This For?
Have you ever upset a friend? If so, how did that feel? How did you resolve the conflict?	<ul style="list-style-type: none"> No additional resources 		
How do you make friends with someone?	<ul style="list-style-type: none"> No additional resources 		
What strategies do you use to deal with peer pressure?	<ul style="list-style-type: none"> Helping Teens Deal with Peer Pressure 	<ul style="list-style-type: none"> Web Article 	<ul style="list-style-type: none"> Adults
	<ul style="list-style-type: none"> How to Help Your Teenager Deal with Peer Pressure: 6 Tips 	<ul style="list-style-type: none"> Web Article 	<ul style="list-style-type: none"> Adults
	<ul style="list-style-type: none"> I Got a Friend - Peer Pressure 	<ul style="list-style-type: none"> Video & Tipsheet 	<ul style="list-style-type: none"> Both
	<ul style="list-style-type: none"> One Simple Skill to Overcome Peer Pressure 	<ul style="list-style-type: none"> Video 	<ul style="list-style-type: none"> Both
	<ul style="list-style-type: none"> The Real Secret to Fighting Peer Pressure 	<ul style="list-style-type: none"> Video 	<ul style="list-style-type: none"> Both
What are some traits that you have that make you a good friend or potential partner?	<ul style="list-style-type: none"> Am I a Good Partner? 	<ul style="list-style-type: none"> Quiz 	<ul style="list-style-type: none"> Both
	<ul style="list-style-type: none"> 11 Qualities of a Good Friend & Ways to be an Even Better One 	<ul style="list-style-type: none"> Web Article 	<ul style="list-style-type: none"> Both
	<ul style="list-style-type: none"> Healthy vs Unhealthy Relationships 	<ul style="list-style-type: none"> Video & Tipsheet 	<ul style="list-style-type: none"> Both

FIGHTING FAIR

Do's & Don'ts



Do's:

- Speak calmly and warmly
- Take time to relax
- Be specific
- Stick to the current issue
- Value your friendship
- 5 times as much positive interaction than negative



Don'ts:

- Talk about an issue while you are emotionally upset
- Dump by bringing up multiple problems or complaints
- Bring up past issues
- Focus on who is to blame
- Use sarcastic or insulting remarks, threats, or other forms of violence

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Gottman, J., & Silver, N. (2015). *The seven principles for making marriage work: A practical guide from the country's foremost relationship expert.* Harmony.

Rueda, H. A., Yndo, M. C., Williams, L. R., & Shorey, R. C. (2021). Does Gottman's marital communication conceptualization inform teen dating violence? Communication skill deficits analyzed across three samples of diverse adolescents. *Journal of Interpersonal Violence*, 36(11-12), NP6411–NP6440.

Healthy Relationships: Assess, Improve, Take Action

Relationship Spectrum

HEALTHY

- Equality
- Good communication
- Honesty
- Respect
- Trust

UNHEALTHY

- Struggles for control
- Poor communication
- Dishonesty
- Inconsiderate behavior
- Pressure

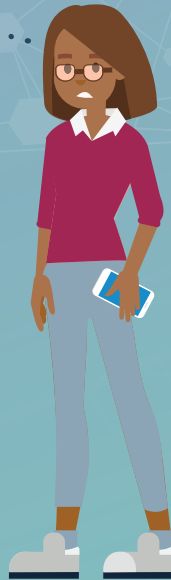
ABUSIVE

- Imbalance of power
- Manipulation
- Accusations
- Blame shifting
- Isolation

I'll have to tell dad what happened in class today. It was embarrassing, and I know he'll understand . . .



I don't understand why Alex posted that picture that I asked him not to in his Instagram Story. I thought we were friends . . .



I wish Jennifer wouldn't threaten to break up with me if I hang out with my friends. I really miss them . . .



Relationships can range from healthy to unhealthy to abusive. Think about your relationships and where they fall on the spectrum. The next page has tips and strategies to support healthy relationships and resolve conflicts. If you need help with an abusive relationship, text LOVEIS to 22522.

4 C'S TO SUPPORT HEALTHY RELATIONSHIPS AND RESOLVE CONFLICTS

COMMUNICATION



is sharing information. Good communication is open, honest, and straightforward.

COOPERATION



is working together for the good of everyone.

COMPROMISE



is resolving issues by finding common ground.

COMMITMENT



is respecting yourself and the other person. This includes trust and acceptance.

Feeling frustrated or upset with your family, friend, or romantic partner? Work together to find a solution. Here are tips to try:



Stop and think: Stay calm or calm yourself by taking deep breaths, going for a walk, taking a break during an

argument, listening to music, journaling, or drawing. Talk about your own feelings and try not to call each other names, shout, or try to hurt the other person's feelings.



Understand the issue: Share how you feel about the situation and listen to the other

person's perspective. If they are upset, try to understand why they might be upset. If you are upset, try to explain why you are upset.



Think about potential solutions and try one: Talk with the other person about solutions to avoid the situation in

the future and/or fix the current situation. Then, give it a try and have another conversation to find another solution if it isn't getting better.

I'm so mad! I gotta take a walk and let off some steam before I send a text I'll regret.

I have to ask Alex why he did that. Maybe he wasn't trying to be a jerk.

Alex agreed not to post any more pictures of me without permission.





FOR HELP

If you are feeling overwhelmed, unsafe, or need to talk to someone about a relationship, here are some places to call:

Love is Respect

Chat at www.loveisrespect.org

Text "LOVEIS" to 22522

Call 1-866-331-9474

National Domestic Violence Hotline

www.thehotline.org

Call 1-800-799-7233

National Runaway Safeline

Chat or visit message board at

www.1800runaway.org

Text 660008

Call 1-800-RUNAWAY

Teen Line Talk Now Hotline

teenlineonline.org

Text "TEEN" to 839863

Call 1-800-TLC-TEEN

TXT 4 HELP

www.nationalsafeplace.org

Text 2chat to 4HELP (44357)

RESOURCES

- Characteristics of healthy and unhealthy relationships: <https://youth.gov/youth-topics/teen-dating-violence/characteristics>
- Healthy relationships, dealing with conflict, friendships, dating, and family relationships: <https://www.girlshealth.gov/relationships/healthy/index.html>
- Healthy relationships, better communication, conflict resolution, setting boundaries, and a relationship quiz: <http://www.loveisrespect.org/>
- Healthy relationships for LGBTQ youth: <https://www.loveisrespect.org/healthy-relationships/healthy-lgbtq-relationships/>
- Conflict resolution: <https://www.loveisrespect.org/healthy-relationships/conflict-resolution/>
- Dating abuse: <http://www.breakthecycle.org/learn-about-dating-abuse>

SOURCES

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- American College of Obstetricians and Gynecologists, Committee on Adolescent Health Care. (2018). Promoting Healthy Relationships in Adolescents. ACOG committee opinion (758). Washington, DC: American College of Obstetricians and Gynecologists. Retrieved from <https://www.acog.org/Clinical-Guidance-and-Publications/Committee-Opinions/Committee-on-Adolescent-Health-Care/Promoting-Healthy-Relationships-in-Adolescents?IsMobileSet=false>
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