

**You are your
child's most
important
teacher.**

A photograph of three young women sitting on a grassy field under a large, leafy tree. The woman on the left has long, dark, curly hair and is wearing a colorful plaid shirt and blue jeans. The woman in the middle has long, dark hair and is wearing a light blue long-sleeved shirt and blue jeans. The woman on the right has long, dark, curly hair and is wearing a blue denim vest over a white shirt and blue jeans. They are all smiling and looking at each other, appearing to be in a conversation. The background is a lush green field with a large tree and its branches hanging down.

**You must have
a message too.**



**If you want to know the end,
look at the beginning.**

- African Proverb

He who learns, teaches.

-Ethiopian proverb

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Healthy Relationships Toolkit

Empowering Teens to Build Safe & Supportive Relationships

Life Goals

Good Job • Good Education
Loving Relationships • Helps Own Community
Resists "Street" Pressures



Important Child Characteristics

High Self Esteem • Pride in Culture/Ethnic Heritage
(Traditions, Customs, History, Strengths)
Self Discipline • Healthy Physical Habits
Good School & Study Habits

**Talking to one another
is loving one another.**



**Let not what you
cannot do tear
from your hands
what you can.**



The bell rings
loudest in your
own home.
- Yoruban proverb



**If you are on
the road to
nowhere,
find another
road.**

- Ashanti Proverb

“Our greatest problems in life come not so much from the situations we confront as from our doubts about our ability to handle them.”

- Susan Taylor



Behold the turtle.
He makes progress
only when he
sticks his
neck out.

-James Bryant Conant






**To make preparation
does not spoil the trip.**
- Guinean proverb

**Don't worry that children
never listen to you; worry
that they are always
watching you.**

- Robert Fulghum



A photograph of a woman with long dark hair hugging a young boy from behind. The boy is smiling broadly and looking towards the camera. They are standing in a grassy field with some fallen leaves. The woman is wearing a dark blue dress and the boy is wearing a dark blue t-shirt and light-colored cargo shorts.

Actions speak louder than words; Let your words teach and your actions speak.

- Saint Anthony of Padua

**Ain't gonna let nobody
turn me around...**

– African American Spiritual



**A man who
stands for nothing
will fall for anything.**
- El-Hajj Malik El-Shabazz



Where you will sit when
you are old shows where
you stood in youth.
- Yoruban proverb

