

Healthy Relationships Toolkit

Training for Parents

The **Healthy Relationships Toolkit** (HeaRT) offers a free, self-paced online training for parents and caregivers of 11 to 14-year-olds. Parents, learn how to support your child's healthy development and start important conversations at home.



Explore interactive lessons, scenarios, and videos of real parents and teens. Learn how you can empower your child to have safe and supportive relationships throughout their lives.



In this training, you will:

- Practice healthy communication skills
- Learn about risks and challenges in adolescence
- Help your child navigate their teen years with confidence and support



Get started here:
vetoviolence.cdc.gov/apps/heart-parent-training

This training consists of two parts. Each part takes about 60-90 minutes, and can be completed at your own pace from your mobile device or computer.

Part 1: Parenting in Adolescence

Learn about building strong childhood foundations for healthy adulthood, adolescent changes, teen risks, positive parenting, and communication.

Part 2: Talking to Your Teen about Dating & Relationships

Explore healthy and unhealthy relationships, teen dating violence, peer pressure, and navigating conflict with teens.



Healthy Relationships Toolkit
Empowering Teens to Build Safe & Supportive Relationships

TEEN DATING VIOLENCE CONVERSATION STARTERS

Use this list of questions as a starting place for discussions with your child on teen dating violence.

1. What makes a relationship healthy?
2. How are things going?
3. What are your friends' dating relationships like?
4. Why do you think one person would hurt the other when they're dating?
5. Why would a person stay in an abusive relationship?
6. Have you seen any kind of abusive behavior between couples you know?
7. What can you do if you have a friend who is threatened—or a friend who is acting violently or aggressively?
8. What kind of messages about dating violence and relationships do you see in the media?
9. Where can you go to find help if you or your friend needs it?
10. [If your teen is dating someone] "How is your relationship going?"

HearT: Training for Parents also includes resources and activities you can reference during and after the training, like conversation starters, plans, and checklists.



This training is part of CDC's **Healthy Relationships Toolkit**, a violence prevention model for adolescence available on  **VetoViolence**. To learn more, visit: <https://vetoviolence.cdc.gov/apps/heart>.