



Social Media.
Resilience.
Healthy Relationships.

Talk About **It.**

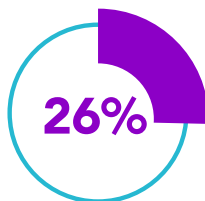
Empathy.
Vaping.
Mental Health.

Lavell and LaNiya, 11 years old

Healthy Relationships



70% of Beach Cities 7th graders reported that they experience a sense of connectedness at their schools.



26% of Beach Cities 7th grade girls reported experiencing chronic sadness compared to 19% of Beach Cities 7th grade boys.

It's never too early – or too late – to start the conversation.

Whatever **"it"** is, have the talk.

Find tips at bchd.org/talk.

Beach Cities Partnership For Youth



Tips to Talk About It

Friendships can help your child create an authentic self, stand up for themselves and others, and express themselves in a healthy way. Talk to your child about building healthy relationships.



Always keep conversations open and honest



Come from a place of love, even when you're having tough conversations



Provide positive reinforcement



It's never too early – or too late – to start the conversation

Top five tips to help your child build healthy relationships:

- Encourage your child to attend or volunteer at community events to meet people who have similar interests.
- Foster kindness and gratitude in your home. These core values are the foundation of healthy relationships.
- Model good listening skills to your child and encourage them to ask their friends what is going on in their lives.
- Reinforce reliability and dependability in your child. Following through with commitments allows people to build trust between one another.
- Empower your child to be confident, compassionate and to lift others up.

Have the talk.

Find tips at bchd.org/talk.

For parenting resources, blogs and videos,
go to southbayfamiliesconnected.org

Information sourced from:

California Healthy Kids Survey 2018-19

Mayo Clinic, "Friendships: Enrich your life and improve your health"

Katie Hurley, No More Mean Girls

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