



Home Connection

Healthy Relationships

Dear _____,

Today in class, we learned about healthy relationships and a strategy called **CHERISH** to recognize them.

Communication: In a healthy relationship, both people communicate well with each other. They can talk openly about problems and respect each other's opinions.

Honesty: Honesty and trust are the cornerstones of healthy relationships. This means that you don't lie. You can be counted on to keep your word.

Equal: In healthy relationships, both people are equal. No one person controls the other or tells the other person what to do. You can compromise on important issues.

Respect: In a healthy relationship, both people respect each other. When you respect someone, you place great value on them. You honor their ideas, opinions, and privacy.

Independent: In a healthy relationship, it's very important for both people to stay independent. This doesn't mean you can't do stuff together. It means you can still enjoy time apart from your friends or doing activities you enjoy.

Safe: In healthy relationships, you feel safe and secure with the other person. You are not afraid of physical or emotional violence.

Healthy Boundaries: In healthy relationships, both people have space to be themselves without feeling trapped or isolated. Healthy boundaries are set together and are clear.

Please encourage your student to practice using the **CHERISH** strategy at home.

Please do not hesitate to reach out with any questions or concerns.

Best,