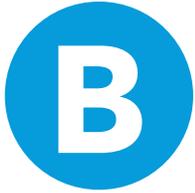


Healthy Relationships Bingo

Watching TV? Not sure how to start talking about healthy relationships? Try playing the bingo card below to think about if the relationships onscreen rate as healthy (BINGO!) or unhealthy. If you're watching with someone, play bingo together and see if you think the same things about the couples you see on TV.



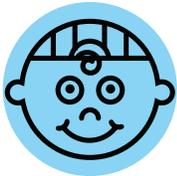
They enjoy spending time together	They don't control what the other one does	They celebrate each other's successes	No one intimidates or threatens the other	They're honest with each other
There is no physical violence	They talk about preventing pregnancy (if pregnancy is possible)	No one pressures the other to do anything	They are proud to be with one another	They're comfortable around each other
They openly communicate their feelings	No one stalks or tracks the other's movements	Free Space	Neither person has financial control over the other	They don't put each other down – to each other or to others
They talk when either person is upset	They don't look through the other's phone without permission	They respect each other's differences	They talk about preventing STDs	They only have sex when they both want to
They're supportive of each other's interests	They get along with each other's friends/family	They're ok with disagreements – they listen to and respect "no"	They each have some of their own friends	They give each other space to do things on their own

Ways to Win Healthy Relationship Bingo:

- 5 squares in a row, any direction (**healthy!**)
- Heart shape (**SUPER healthy!**)
- All squares filled in (**#RelationshipGoals: the healthiest!**)

Talking About Consent and Healthy Relationships at Every Age

Talking about these issues is a lifelong conversation for parents and their children. These are some examples of specific messages parents can give to help prevent unhealthy relationships and sexual assault, or know what to do if something happens.



When they're 8 years old or younger you can say things like:

- "You don't have to kiss or hug anyone you don't want to."
- "You should never touch someone else if they tell you not to."
- "Good friends are nice to each other and take turns talking and listening to each other."
- "If anyone other than me or the doctor ever touches you in a way that makes you uncomfortable, or touches your penis or vagina, tell them no and to stop. If they won't stop, tell an adult like me or (another trusted adult)."



When they're 9-11 years old you can say things like:

- "People who care about each other treat each other with respect, even when they disagree with each other."
- "If anyone tries to make you do anything you don't want to do, you can tell them 'I don't want to do that. Let's do something else instead.'"
- "If someone is treating you in a very mean way or bullying you, it's not ok and it's not your fault. Come talk to me if anything like that happens to you or a friend."



When they're 12-14 years old you can say things like:

- "What things are important to feel safe and cared for in a relationship? What wouldn't be OK with you?"
- "Technology and social media can help us stay connected with the people we love, but can also lead to miscommunication, spreading gossip, or following where you're going (stalking)."
- "In a relationship, it's never OK for one person to pressure the other to do anything they don't want to do."
- "Rape and sexual assault are crimes and are never the victim's fault. They are always the fault of the person who committed the crime."



When they're 15-18 years old you can say things like:

- "Consent is how you and your partner both know that sex is OK and wanted by both of you. You always need to ask for consent if you want to have sex, and you always have the right to say yes or no to sex."
- "If you were in an unhealthy relationship, how would you break up with someone safely?"
- "If you're drunk or high, it can be really hard to read someone's signals to know if they're consenting or not."
- "There are resources in our community to help people who are sexually assaulted. If you or one of your friends is ever in that situation, you can go there, and of course you can always come to me for help."

For more resources, check out [PlannedParenthood.org/Parents](https://www.PlannedParenthood.org/Parents)