



Our Whole Lives

LIFESPAN SEXUALITY EDUCATION

**Under Your Wing:
Our Whole Lives Sexuality Education Video Series
for Parents and Caregivers of Young People Ages 9-12**

Healthy Relationships

Key Messages for Parents and Caregivers:

- Everyone deserves to have relationships in which they feel valued.
- Relationships can be difficult and require time, energy, patience and attention.
- There are many examples of healthy and unhealthy relationships depicted in the media.
- Children benefit from having their feelings, bodies, and choices validated.
- You play an active role in affirming your children as they go through puberty.

Specific Resources on Healthy Relationships for Parents and Caregivers:

- Love is Respect – Proactive Support
<https://www.loveisrespect.org/resources/proactive-support/>
- Amaze – Having the Talks: Relationships
<https://amaze.org/video/having-the-talks-relationships/>
- Planned Parenthood – What Should I Teach My Elementary School Aged Child About Healthy Social Skills and Relationships?
<https://www.plannedparenthood.org/learn/parents/elementary-school/what-should-i-teach-my-elementary-school-aged-child-about-health>

*For more general resources for parents/caregivers on sexuality, see the Resource List on the Under Your Wing Introduction page.