

SOCIAL EMOTIONAL WELLNESS

Created by: HEB ISD Crisis Intervention & Prevention Team

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Why is it important to teach children and young people about healthy relationships?

Relationships play a key part in every child or teen's wellbeing.

Healthy relationships can help a child feel secure and supported, but unhealthy relationships can have a long-lasting negative impact.

Children form bonds with others at all stages of their development. Forming healthy, positive relationships helps children and young people feel safe and supported as they grow up.

But being in an unhealthy relationship negatively affects a young person's wellbeing. They may feel anxious and nervous or not free to make their own decisions. They may suffer from low self-esteem and depression, experience headaches or have other ongoing physical health symptoms.

Crisis Intervention and Prevention Team



Julia L. Harris, LSSP, NCSP (Team Lead)
817-399-2562 | juliaharris@hebisd.edu

Heather Andrews, LCSW
817-399-2570 | heatherandrews@hebisd.edu

Irene Cedillo, LCSW (Spanish Speaking)
817-399-3558 | irenecedillo@hebisd.edu

We are here for you, even more so during these trying times, which can further cause distress for kids who already have issues with anxiety, depression, and general worry over what is happening in our country at this time.

We can provide support through crisis intervention, mental health referrals and on-campus check-ins for students and their families.

You can submit a referral to our team by clicking [HERE](#)



Promoting Healthy Relationships in Children/Teens



- Talk about personal space and explain that some people might like more or less than others. Teach children that it's OK to say "no" if they don't want someone to touch them.
- Ask children what they like or dislike about an activity. Help them express their thoughts and feelings in different ways and listen to the views of others.
- Where possible, allow children to decide whether or not they want to join in with an activity. Help them to say "no" if they don't want to do something.
- Give children opportunities to voice their opinions and encourage them to listen to other people's views.
- Help children understand that "no" means "no" and make sure they know who to talk to if they are ever uncomfortable with something they have been asked to do.
- Work with children to resolve conflicts and help them understand how others might be affected.
- Talk to children about bullying in all its forms and make sure they know how to get help if they need it.
- Talk about relationships that are presented in films, books or the media. Ask young people which aspects they think are healthy or unhealthy, for example independence or control. Talk about the way relationships happen online as well as offline.
- As young people get older, discuss issues around sex and consent.

In an unhealthy relationship, a child or young person might:

- Only spend time with one particular person, and lose contact with their other friends or family.
- Be prevented from working or going to school.
- Have their money taken away or controlled.
- Be restricted in accessing food, drinks, and day-to-day items.
- Have their time controlled or heavily monitored.
- Have their social media accounts controlled or heavily monitored. For example, someone might monitor which posts they 'like' and who they have been messaging.
- Be told what to wear.
- Feel pressured to do things they are not comfortable with.
- Be criticized or put down.
- Experience threats of violence if they don't behave a certain way.
- Be threatened with damage to their personal property, loved ones, or pets.
- Not be able to talk about problems or their feelings without having an argument or being punished for it.
- Lack trust in the relationship – they might be accused of lying or cheating, or might frequently be lied to.
- Have their boundaries disrespected – if they speak up about an issue, they might be told that they're overreacting, 'clingy', or 'needy'.



In a healthy relationship, all communication is respectful whether in person, online or by phone. It is never ok for someone to do or say anything that makes you feel bad, lowers your self-esteem or manipulates you. You may be experiencing digital abuse if your partner:

- Tells you who you can or can't be friends with on Facebook and other sites.
- Sends you negative, insulting or even threatening emails, Facebook messages, tweets, DMs or other messages online.
- Uses sites like Facebook, Twitter, foursquare and others to keep constant tabs on you.
- Puts you down in their status updates.
- Sends you unwanted, explicit pictures and demands you send some in return.
- Pressures you to send explicit video.
- Steals or insists to be given your passwords.
- Constantly texts you and makes you feel like you can't be separated from your phone for fear that you will be punished.
- Looks through your phone frequently, checks up on your pictures, texts and outgoing calls.



Resources:

(click titles to be taken to links)



[Love is Respect](#)

[National Crisis Support](#)

[The Women's Center](#)

[Crisis Team Website](#)

[Safe Haven Tarrant County](#)

[Tarrant Cares](#)

[The Parenting Center](#)

[Mental Health Connection](#)

[Crisis Text Line](#)

[Recognize & Rise](#)