



Starting Conversations About Healthy Relationships and Consent

Although the teens you care for may not always want to open up about themselves or their relationships, foster parents can and should have conversations with youth about healthy relationships and consent. TV shows, music, and movies can be a great starting point for conversations without the pressure of disclosing personal information or feelings.



QUESTIONS TO ASK:

The next time you and your teen are watching a TV show or movie together, consider using the following questions to start a conversation about relationships:

- “Who are your favorite couples on this show? What do you like about them?”
- “What advice would you give [character] if they were your friend?”
- “Do you think both of these characters feel physically and emotionally safe in their relationship?”
- “Do you think these characters are working out their disagreements respectfully? How might they approach conflict differently?”

If a show or movie features two characters having sex or another kind of physical intimacy, consider the following questions to start a conversation about consent:

- “Do you think these characters both know what they want right now?”
- “Did they check in with themselves and each other about how they feel?”
 - “What did that look like?”
- “Did the characters talk about birth control and STI prevention?”



RESOURCES:

Our “[Is My Relationship Healthy?](#)” and “[Relationship Safety and Red Flags](#)” Worksheets are tools you use together with young people to help them explore whether their relationships feel safe and good to them.

[Love Is Respect](#) offers teen-friendly information and interactive activities like quizzes about healthy relationships, dating violence, and safety.

[That's Not Cool](#) provides resources for young people and adult allies about recognizing dating abuse and stalking behaviors.