



Healthy Communication & Relationships

In middle school, friendships and relationships start to become more important, and learning how to communicate in healthy ways is a big part of growing up. Healthy communication means sharing your thoughts and feelings clearly and respectfully, while also being a good listener. It's not just about what you say, but how you say it—your tone, body language, and even the words you choose can make a big difference. When you're honest and kind in your communication, people are more likely to trust and understand you.

Healthy relationships are built on respect, trust, and support. Whether it's a friendship, a family connection, or a relationship with a teacher or teammate, it's important that both people feel safe, valued, and heard. A healthy relationship doesn't mean you'll never disagree—it means you know how to handle disagreements without yelling, blaming, or hurting feelings. It's okay to say how you feel, set boundaries, and ask for what you need, as long as you do it respectfully.

Practicing healthy communication and building positive relationships can help you feel more confident, reduce stress, and make school and life more enjoyable. These skills take time to develop, but they are important now and will help you succeed in all parts of your life as you grow.



CONNECT

Observe and notice the situation or emotions someone is experiencing



ACTIVELY LISTEN

Give your full attention. Be present, open, and nonjudgmental



RELATE

Reflect on similar experiences/emotions; connect with how they might be feeling



ENCOURAGE

Let them know they're not alone and that their feelings are valid.

