



ABCs of Healthy Relationships Toolkit: User Guide

NYC Mayor's Office to
End Domestic and
Gender-Based Violence

In October 2021, ENDGBV and the DOE launched "The ABCs of Healthy Relationships" interactive web-based toolkits to help elementary school students develop healthy relationships with their friends and classmates as building blocks for healthier relationships.





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Congratulations!

You've taken a step towards violence prevention and healthy relationships in your community. Everyone deserves to have healthy and safe relationships with family, friends, classmates, community and beyond.

Use these toolkits to understand the impact of early healthy relationship education for children and young people. It will help you to navigate conversations about healthy relationships and practice modeling healthy behaviors. These conversations and behaviors can be regular practice within small exchanges like washing the dishes, walking to/from school, or while sharing a meal. A little can go a long way.

- Take some time to **review** these units on your own, before talking to youth.
- **Reflect** on what these words mean to you. Be open to different responses from your child(ren).
- Practice **patience** and remember that some types of responses are normal for their age.

Click through all at once or go at your own pace!
Return to this as often as you like. These toolkits can be the beginning of many conversations where you can learn from each other as your relationship(s) evolves over time.

Directions to navigate the website

Use the arrows at the bottom of the webpage to help you move through the units in the toolkit.

Use the zoom option at the top of the page to concentrate on each unit.

How to use the Toolkits

These toolkits were designed for two separate school ages - a toolkit for grades K-2 and a toolkit for grades 3-5. Each toolkit uses key learning concepts to help educators and caregivers facilitate conversations about healthy relationships. These toolkits can be used in or outside of the classroom. Each toolkit is linked below and on the following page.

For Caregivers: Highlight concepts in everyday activities like reading, playing games, etc. Take into consideration the environment and child's mood. For visual learners, small children, neuroexpansive people, click through the toolkit and images to talk about the different topics and scenarios.

For Educators: Highlight concepts in your curriculum and other classroom activities (i.e. circle time, morning/afternoon routine)

For Students K-2: Click through and discuss concepts as you go.

For Students 3-5: If the child/young person is reviewing the toolkit on their own, be sure to follow-up and make sure they are understanding the definitions and concepts.

Toolkit Links

Grades K-2 ABCs of Healthy Relationships Toolkit

Grades 3-5 ABCs of Healthy Relationships Toolkit

ABCs of Healthy Relationships Parent Guide

ABCs of Healthy Relationships Educator Guide

ABCs of Healthy Relationships User Guide

For Youth Grades K-2 & 3-5

There are **6** key learning concepts in each tool kit:

1. **Respect**
2. **Consent**
3. **Boundaries**
4. **Body Autonomy**
5. **Safety & Trust**
6. **Relationship Dynamics**

Each unit provides definitions, examples, and interactive scenarios to help users understand each learning concept used in each toolkit.

In addition to the learning concepts units there are the **3** units which includes:

1. **Learning Concept Activity:** This unit is an interactive review of the **6** key learning concepts.
2. **Making choices:** This unit provides users with an interactive scenario-based activity to help users make healthy choices in their relationships.
3. **Discussion:** This unit provides users with questions to start conversations about healthy relationships.



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For Caregivers and Educators

These toolkits support educators and caregivers/parents in their own understanding of healthy relationships and how to discuss these concepts plainly with the children and young people in their lives.

There are 4 units included in this supportive toolkit:

1. **Early healthy relationship skill building**: This unit highlights the importance of early healthy relationship skills, and the role parents/caregivers and educators have in building these skills.
2. **Understanding child development**: This unit gives a brief overview of child development and how societal expectations may conflict with an individual's early development.
3. **Explaining concepts to children**: This unit provides definitions and examples on how parents/caregivers and educators can explain the 6 key learning concepts to both K-2 and 3-5 users.
 - a. **Understanding impact**: This section of unit 3 uses scenarios and examples to help parents/caregivers and educators to be mindful of their choices and how it could impact others.
4. **Implementation**: This unit uses an interactive scenario to model how educators and parents/caregivers can implement the learning concepts from this toolkit.

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