



RELATIONSHIPS + INTIMACY

Description of this class for parents + caregivers

In generations past, there was no formal education about healthy relationships. Recently, though, we've seen a cultural shift acknowledging the importance of this kind of teaching. As a result, kids are much more likely to have opportunities at both home and school to talk about how to form caring and intimate connections.

Mastering how to have sustained, healthy intimate relationships is a developmental task of adolescence. Kids must learn about the skills that foster authentic human connection and all of the different ways to communicate with others because the delivery makes a difference. This teaching is a wonderful opportunity to illustrate the pathways to respectful platonic or romantic closeness; it also gives kids the chance to explore the hurdles that can get in the way.

While this lesson covers intimacy, it isn't only about physical sexual acts. Intimacy as a concept includes so much more that has nothing at all to do with sex, principles like:

- Opening up emotionally
- Practicing reciprocity
- Being willing to be vulnerable
- Using effective communication

If you haven't already begun these conversations, now is a perfect time. Start talking about the keys to positive communication, the need for human connection, and the building blocks of intimacy. Your kids are ready for this! This lesson will cover the foundational principles in school, but there's so much more to talk about at home.