

In Your Family



- Create agreed upon consequences for bad behavior with your partner and share them with your child. Avoid disciplining your child by spanking them or threatening them with physical violence when they make mistakes or misbehave.
- Talk to your child about boundaries - emphasize that it is never okay for someone to hug, kiss, or touch any part of their bodies without their permission. Bring relatives and friends into the conversation about respecting your child's boundaries, especially during visits around the holidays.
- Describe the qualities of a healthy relationship with your child (such as respect for boundaries and equal decision-making), then model them in your relationships! Children learn how to love from their connection with you, and by observing your behavior with the people you love.

I PLEDGE... not to raise  my hand in violence.

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