



Call  
**National DV Hotline for help**  
**1-800-799-7233**

## **A Current Unhealthy Relationship *will become your Child's Future***

The strongest influence of many young teens and adults getting into an unhealthy relationship is a pattern of continuously picking the wrong partner. While there are many outside influences from media, community, etc. that can be learned, these are more difficult to control, but what we can control is the strongest predictor of unhealthy relationships, is that of the parents' influence on their children. Like toddlers, children and teens, learn by their caregivers behaviors.

When children are exposed to unhealthy relationships and poor coping behaviors from their caregivers, they learn to accept that this is how relationships work. They know no different. So the child learns that unhealthy behaviors and poor coping behaviors are normal part of relationships. This creates a cycle of passing down the caregivers own problems to their children.

In a unhealthy relationship, the worse choice a caregivers can make is to stay in the relationship for the sake of the child. Don't stay for your child, do it for your child's future.

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**Don't Stay for Your Child ~ An *Unhealthy Relationship* = *Your Child's Future***