Healthy parent-child relationships, positive family dynamics, and supportive communities provide a strong foundation for children.

**START EARLY**

Effective, non-violent communication and conflict resolution.

Positive interactions based on respect and trust.

**CONTINUE THROUGH ADOLESCENCE**

Positive, healthy teen dating and peer relationships have many benefits for youth.

Reduced anti-social and unhealthy behaviors.

Better interpersonal skills, communication, negotiation skills, and empathy.

Positive self-image and leadership skills.

Improved school performance.

**CARRY INTO ADULTHOOD**

Healthy adult relationships benefit entire communities.

More engaged citizens.

More productive workforce.

Safer communities.

Less partner violence.

More attentive students in schools.

Everyone is positively impacted by a lifetime of healthy, positive relationships.

Visit vetoviolence.cdc.gov to learn more about creating safer, healthier communities.