

## Feelings in Relationships



We all have different feelings for different people.

This might include feelings like:

- love
- hate
- like
- dislike

If your child knows about the types of feelings in relationships, it will help them to have healthy relationships.

But sometimes it can be hard to know how you feel about somebody.

This is why it is important to teach your child about feelings in relationships.



## What is on this page?

This page is about how to teach your child about feelings in relationships.

It has information about:

- types of feelings in relationships
- what your child should do if somebody makes them feel uncomfortable
- ways you can teach about feelings in relationships
- resources you can use to teach about feelings in relationships



## Types of feelings in relationships

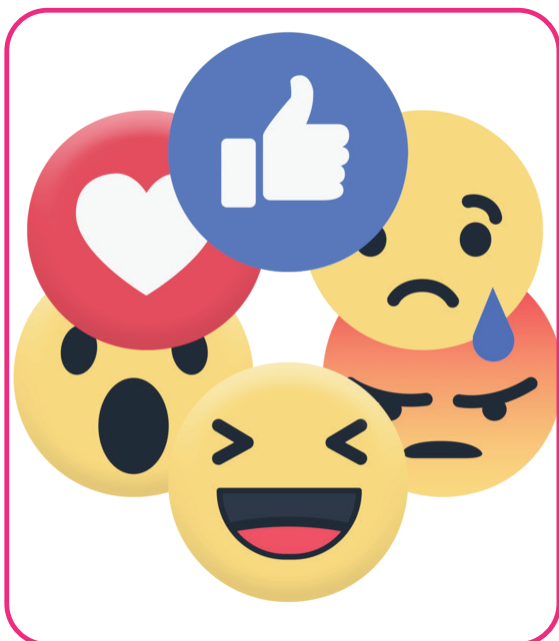
When you start to teach your child about feelings, you can talk about:

- love
- hate
- like
- dislike

You can also talk about how a person makes you feel.

A person might make you feel:

- happy
- sad
- comfortable
- uncomfortable
- angry
- relaxed
- safe
- unsafe





If your child is good at identifying how people make them feel, you can then talk about harder questions like:

- How much do I like this person?
- Who do I like better?

As your child gets older, it is also a good idea to start talking about sexual feelings.



It is important for your child to understand what sexual feelings are and what they feel like.

To learn more about sexual feelings, go to: [Developing sexual feelings](#)

## What should my child do if somebody makes them feel uncomfortable?

Teach your child to speak to a trusted person if a person makes them feel uncomfortable or unsafe.

Your child's trusted person might be:

- you
- another parent or carer
- a support worker
- their teacher at school
- their doctor

It is important your child has more than one trusted person in case you are not there.





You can download the '[My Safe People' worksheet](#) from Planet Puberty to help your child remember who their people are.

You can also teach your child to go to a safe place if they feel uncomfortable or unsafe.

Your child's safe place might be:

- their bedroom at home
- the library at school

To learn about how to teach your child to stay safe, go to:

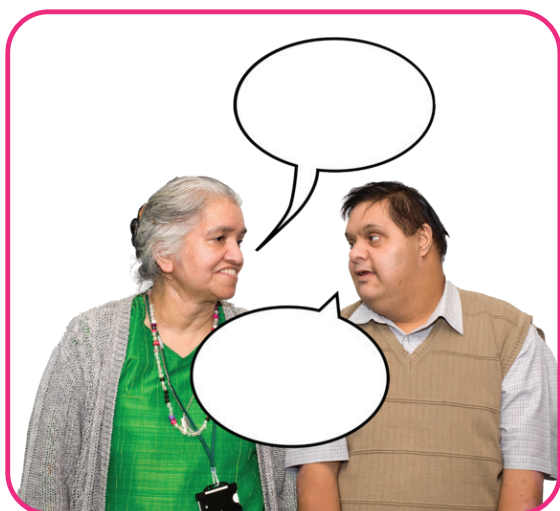
[Keeping safe](#)



## Ways you can teach about feelings in relationships

### Talk about relationships

Here are some things you can say to talk to your child about feelings in relationships:



- I notice you were playing with the new person in your class.

Do you like them?

How do they make you feel?

- You seem upset after talking to Max.

How do you feel about what happened?

- I love you!



## Practice sharing feelings

- Help your child to practice sharing how they feel.

They can use words, picture cards or soft toys to share how they feel.

When your child shares their feelings, it is important for you to let them know that you understand their feelings

- Share your feelings with your child too. This helps your child to learn that different people have different feelings
- If your child sees a speech pathologist, they can help your child to learn different ways to share feelings too





## Use the Safe People worksheet

- Download the [My Safe People worksheet](#) from Planet Puberty
- Help your child to fill in the worksheet with the information about their 3 safe people
- Put the finished worksheet on the wall to help your child remember who their safe people are

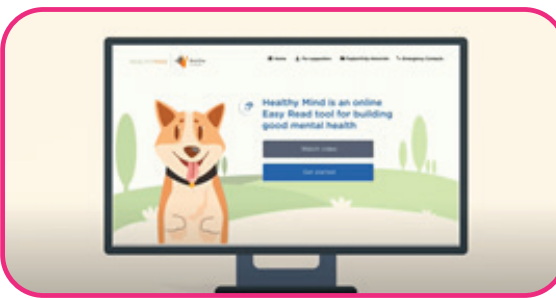
## Resources for you to use

### My Safe People worksheet



[www.planetpuberty.org.au/  
wp-content/uploads/2021/03/  
My-safe-people-F-1.pdf](http://www.planetpuberty.org.au/wp-content/uploads/2021/03/My-safe-people-F-1.pdf)

### Black Dog Institute Healthy Mind resource



[www.healthymind.org.au](http://www.healthymind.org.au)

You can also look online, or at your local shops for tools, games and toys to assist your child to express their emotions.

Try searching 'emotion soft toys', 'feelings book' or 'therapy feelings tools' on the internet.



### What to read next:

- [Types of relationships](#)
- [Things people do in relationships](#)
- [Consent in relationships](#)
- [Making friends](#)

**For more information go to the  
Planet Puberty website**

[www.planetpuberty.org.au](http://www.planetpuberty.org.au)