

Improving Relationships

"If only I had known then what I know now."

How many heart breaks and poor relationships could have been prevented if only we had more knowledge, different attitudes and better skills for healthy relationships. We can't go back now, but perhaps as parents we can use our experiences to help young people become better prepared. Think back to your adolescent years. What are some of the things you wish you had learned earlier in life, and that you would like to pass on now?

A. Knowledge

B. Attitudes

C. Skills