

# Healthy Relationships Toolkit

Empowering Teens to Build Safe & Supportive Relationships

## HEALTHY RELATIONSHIPS TOOLKIT TRAINING FOR EDUCATORS: AT-A-GLANCE

**Healthy Relationships Toolkit: Training for Educators** is an online training for teachers and other individuals who work with youth, such as school personnel, coaches, and youth mentors. The training provides information about violence in adolescence as well as skills and strategies for preventing violence based on the latest research. The training also provides educators with proven resources to help them set up violence prevention activities in their schools. The training follows a school administrator throughout his day, defines different forms of violence in adolescence, and explains how to prevent it through a mixture of illustrations, exercises, and information from experts. The Healthy Relationships Toolkit (HeaRT)\* Training for Educators is one component of the HeaRT comprehensive violence prevention model.

## WHY IS TRAINING EDUCATORS IMPORTANT?

Between going to school and participating in other activities, many teens spend as much of their time in adult-led groups as they do at home. Teachers, counselors, coaches, mentors, and other individuals who work with youth can be important points of influence, positive role models, and safe havens for teens. HeaRT Training for Educators provides all of these youth-serving professionals with the knowledge, strategies, skills, and resources they need to recognize the warning signs of violence in adolescence; to carry out prevention activities in their school or organization; and to join or lead violence prevention efforts in their school or community. The training also encourages educators to share this information with their peers.

**Healthy Relationships Toolkit: Empowering Teens to Build Safe & Supportive Relationships** is a comprehensive model to prevent violence in adolescence. HeaRT focuses on 11- to 14-year-olds and is based on the best available evidence on what works to prevent violence in adolescence. It includes multiple components that target individuals, peers, families, schools, and neighborhoods. These components work together to promote respectful, nonviolent teen relationships.

In addition to the Training for Educators, the HeaRT model also includes:

- General Capacity Assessment for Violence Prevention Tool
- Parent Programs
- Youth Programs
- Guide to Informing Policy
- i2i Youth Communications Program
- Guide to Using Indicator Data

\*The Healthy Relationships Toolkit was previously referred to as Dating Matters.



## WHAT ARE THE GOALS OF THE HEALTHY RELATIONSHIPS TOOLKIT TRAINING FOR EDUCATORS?

HeaRT Training for Educators is designed to help educators and other individuals who work with youth:

- **Build Knowledge** by providing educators with information on
  - Characteristics of healthy, unhealthy, and unsafe relationships;
  - Early warning signs and factors that may increase a teen's risk for experiencing violence; and
  - Statistics, examples, and consequences of violence in adolescence.
- **Take Action** by empowering educators with ways to promote healthy relationships and prevent unhealthy and violent ones.
- **Access Resources** by directing educators to violence prevention information, tools, and other resources.



## HOW IS THE TRAINING DELIVERED?

Based on insights from teachers, this online course uses expert interviews, creative visuals, interactivity, and compelling storytelling to communicate the relevance of violence prevention to anyone working with youth. The Centers for Disease Control and Prevention (CDC) developed the HeaRT Training for Educators to be used by all school staff members to help ensure that youth will hear consistent messages and receive support from adults throughout the school community.

### Staffing Requirements

Anyone who works with youth or is interested in learning more about preventing teen dating violence can elect to complete the HeaRT for Educators Training at any time.

When the HeaRT Training for Educators is implemented as part of a community's comprehensive HeaRT prevention program, lead staff at the local health department or other community organization should coordinate with school administrators to help ensure that all designated educators and school staff complete the training.

### Time Required

The HeaRT Training for Educators takes approximately one hour to complete. CDC designed the training modules for users to complete in sequential order, as each lesson builds upon knowledge and skills developed and learned in previous modules.

### Access

The HeaRT Training for Educators is available online at <https://vetoviolence.cdc.gov/apps/heart/content/training-for-educators>.

### Space

This online training can be completed anywhere, but it is completed best in a quiet setting that supports learning.

### Cost

CDC provides the educator training at no cost to schools or communities. Schools may incur costs associated with staff time for completion.

## LEARN MORE ABOUT THE HEALTHY RELATIONSHIPS TOOLKIT!

The Healthy Relationships Toolkit—with all of the materials, guidance, and tools you need to implement HeaRT—is available on CDC's VetoViolence website at <https://vetoviolence.cdc.gov/apps/heart>.

The Toolkit is your one-stop-shop for everything HeaRT.