

Healthy Relationships Toolkit

Empowering Teens to Build Safe & Supportive Relationships

Do you work with teens?

Violence in adolescence affects the health of millions of young people each year, and you can help!

Check out the **Healthy Relationships Toolkit**
Training for Educators—a free, online training that
will teach you about violence in adolescence and how
to prevent it.

Get started here:

**[vetoviolence.cdc.gov/apps/
heart-educators](http://vetoviolence.cdc.gov/apps/heart-educators)**



With a school administrator as your
guide, explore the topic of violence in
adolescence prevention through four
video-based learning modules.



Get the Picture

Learn how to recognize and respond to violence in adolescence through graphic novel scenarios that illustrate healthy and unhealthy relationships.

Know the Numbers

Find out how this issue affects teens—and to what extent—from current statistics and other relevant research shared by leading experts.

Interactive Exercises

Test the knowledge you've gained and reflect on how this information can be applied to your work with teens in a meaningful way.

Access Resources

Gain access to valuable resources—both on our site and beyond—that offer evidence-based programs, strategies, and other tools to help teens develop healthy social skills and relationships.



U.S. CENTERS FOR DISEASE
CONTROL AND PREVENTION

This training is part of CDC's **Healthy Relationships Toolkit** model for violence prevention in adolescence available on  **VetoViolence**.

To learn more, visit: <https://vetoviolence.cdc.gov/apps/heart>.