Healthy Relationships Toolkit

Empowering Teens to Build Safe & Supportive Relationships

Are you implementing the **Healthy Relationships Toolkit** (HeaRT) programs in your community?

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

Check out the HeaRT Facilitator Training—a free, online training that will teach how to deliver the HeaRT youth and parent programs in your community.

Get started here:
**vetoviolence.cdc.gov/apps/
heart-facilitators**

Learn about the programs, practice conducting actual sessions, and exchange feedback on implementation skills with your Coach through three video-based learning modules.
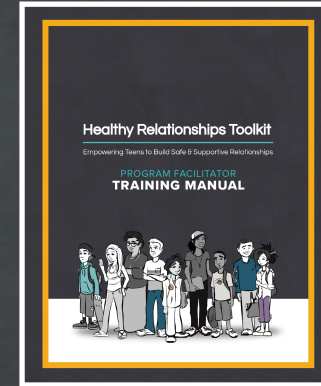
Introduction

The first module of this online training provides important information about HeaRT and the skills you will need to deliver it in your community effectively. All facilitators must complete this module regardless of whether you will be working with parents or youth. Facilitators of the i2i Youth Communications Program are also encouraged to complete this module.

Parent and Youth Modules

These modules will help you learn much more about the specifics of the parent and youth programs you will be facilitating. Even if you are working with only one of these groups, you may find it is a good idea to complete the training for both so you have a comprehensive view of the entire HeaRT model.

Healthy Relationships Toolkit
Empowering Teens to Build Safe & Supportive Relationships
PROGRAM FACILITATOR
TRAINING MANUAL

The Program Facilitator Training Manual serves as a companion to the online training. It includes copies of the exercises and activities so you can take notes and reference the material later.

Access it here: **https://vetoviolence.cdc.gov/sites/default/files/heart-program-facilitator-training-manual-508.pdf**

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.**