

# Healthy Relationships Toolkit

Empowering Teens to Build Safe & Supportive Relationships

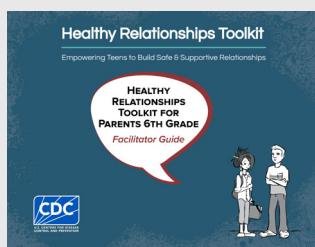
## HEALTHY RELATIONSHIPS TOOLKIT PROGRAM OVERVIEW

The Healthy Relationships Toolkit (HeaRT) promotes healthy relationship behaviors to prevent violence before it starts. The model focuses on 11- to 14-year-olds to prevent dating violence, sexual violence, bullying, and other risk behaviors in middle school and across the lifespan. It includes multiple prevention components that focus on individuals, peers, families, schools, and neighborhoods. These components work together to reinforce and promote respectful, nonviolent relationships. Below are the how-to guides, program materials, and links you will need to deliver the HeaRT program in your community.

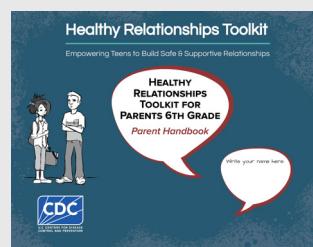
## PARENT PROGRAM MATERIALS

HeaRT includes three parent programs that teach skills and strategies to help parents protect their middle school students from teen dating violence. These programs were developed for parents of youth in grades 6, 7, and 8 as part of the HeaRT model. However, the tools and ideas in these programs will likely be helpful for parents with children of all ages.

### 6th Grade



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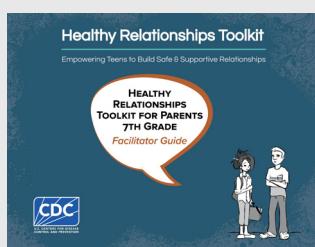
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Healthy Relationships Toolkit for  
Parents  
6th Grade

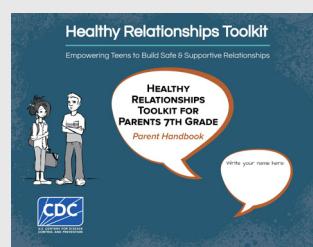


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### 7th Grade



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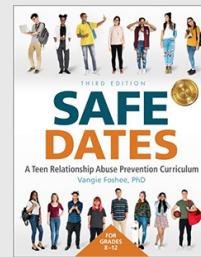
Healthy Relationships Toolkit for  
Parents  
7th Grade



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### 8th Grade

Families for Safe Dates, the 8th Grade parent program, enables parents and their teens to jointly explore different topics regarding teen dating violence through five self-guided, in-home discussions. This program is available for purchase from the [Hazelden Foundation](#).



[Available for Purchase](#)

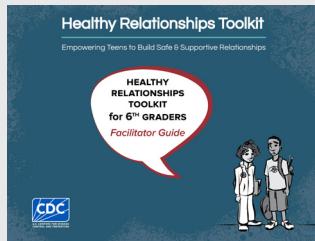
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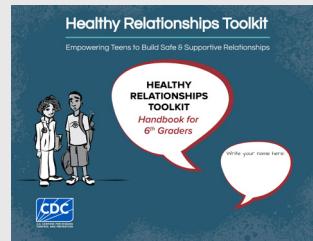
## YOUTH PROGRAM MATERIALS

HeaRT includes three grade-specific (6th, 7th, and 8th), school-based programs that teach youth to identify and develop skills and behaviors that lead to safe and healthy relationships. The programs also teach youth to recognize and avoid actions that could lead to violence.

### 6th Grade



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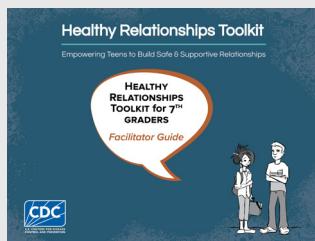
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6th Grade

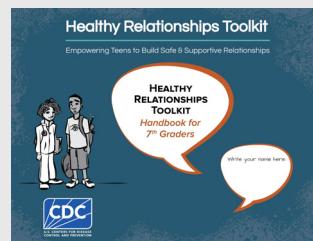


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### 8th Grade

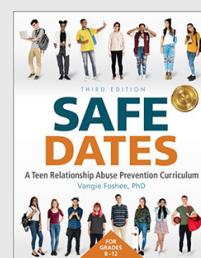
Safe Dates, the 8th Grade program, builds upon the skills and knowledge students learn in the 6th and 7th Grade HeaRT programs with ten sessions focused more heavily on specific attitudes and behaviors related to teen dating violence, including sexual violence. This program is available for purchase from the [Hazelden Foundation](#).

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Safe Dates – 8th Grade

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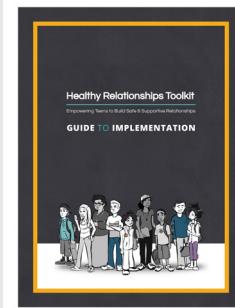
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## GUIDE-TO MATERIALS

### Guide to Implementation

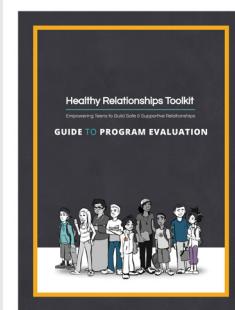
The HeaRT Implementation Guide offers local health departments and community-based organizations a roadmap for preventing adolescent violence. It provides practical strategies, tools, and step-by-step guidance to help organizations decide if HeaRT is right for their community and how to successfully put it into action.



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### Guide to Program Evaluation

The HeaRT Guide to Program Evaluation was created to provide information, guidance, and suggestions to conduct a successful program evaluation in your community. This guide focuses on the most common type of data used by schools and communities implementing the HeaRT model—youth program data.



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