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## Supporting Healthy Teen Relationships

### A Note from the Director

February is Teen Dating Violence Awareness Month. Research shows that developing appropriate relationship education skills—such as communication and conflict management—are important for youth, teens, and young adults. Many adolescents, particularly those surrounded by unhealthy relationships, aren't equipped to identify the warning signs of negative behaviors that can lead to teen dating violence.

Through relationship education, we can help youth learn how to develop healthy dating behaviors, while also having a positive impact on their relationships with peers, parents, and teachers. The Resource Center offers [strategies and resources for educators](#) working at the elementary, high school, and post-secondary levels. Learn more about the [research on relationship education](#), as well as [strategies for integrating relationship skills into your current work](#). We hope the tips and resources below will be helpful to you and the families you serve as we all work together to educate youth and reduce teen dating violence.

Best Regards,  
**Robyn Cenizal, CFLE, Project Director**

Your monthly tip to strengthen the relationships of those you serve. Share it - Post it - Pass it on!

Break the Cycle, a leading provider of dating violence programs for young people, offers the [following tips](#) for having relationship conversations with youth - whether they are your kids, students, or program participants:

- Don't immediately judge or make assumptions about their relationships;
- Create a supportive, welcoming space to talk and consider providing "fidget toys" like stress balls for youth to play with as they talk; and
- Recommend relevant local resources - but no more than three (to avoid information overload).

## Featured Resources

The Resource Center's [Virtual Library](#) has collected more than 1,400 materials in a variety of formats including fact sheets, research-to-practice briefs, brochures, pamphlets, training resources, program reports or evaluations, and research materials.

- **Integrating Healthy Relationship Education in High School and College**  
This recent Resource Center webinar addressed the benefits of providing healthy relationship education to young people and provided examples from the field. Expert presenters discussed how healthy relationship education correlates with positive future relationship decisions, its potential role in mitigating some types of sexual assault, and its use in preventing teen pregnancy.
- **New National Human Trafficking Training and Technical Assistance Center**  
Runaway and homeless youth, as well as those involved in the foster care and juvenile justice systems, are among the populations vulnerable to human trafficking. Launched on behalf of the **Office on Trafficking in Persons**, U.S. Department of Health and Human Services, the new National Human Trafficking Training and Technical Assistance Center (NHTTAC) offers a variety of services - including in-person and online training, customized training and technical assistance, and scholarship opportunities - to professionals who wish to build their capacity to serve survivors of or those at risk of trafficking.
- **Responding to Intimate Violence in Relationship Programs (RIViR) Project**  
The Administration for Children and Families, Office of Planning, Research and Evaluation, has released four reports about identifying and addressing Teen Dating Violence (TDV) and Intimate Partner Violence (IPV) in the context of healthy relationship programming. The most recent publication, **State of the Evidence: Evidence on Recognizing and Addressing Intimate Partner**

***Violence in Healthy Relationship Programs***, discusses potential ways that school- and community-based programs may build capacity to address IPV, offer participants opportunities to disclose, and address victims' safety needs.

- **Is My Relationship Healthy?**

This online quiz from **loveisrespect** is designed to help youth explore whether or not their relationship is safe and healthy. Youth answer 26 yes-no questions about their partners' attitudes and behaviors. The quiz score is instantly interpreted on a page that includes links to a free online chat tool, toll-free hotline, and text message-based support.

## Events

The Resource Center's [Events Calendar](#) offers a listing of Resource Center events and other national, regional, and community-wide events that might be of interest. Upcoming events include:

- **19th National School Social Work Conference, San Diego, CA, March 22-25, 2017**

The annual SSWAA Conference is the only national conference devoted exclusively to the School Social Work profession. Participants will have the opportunity to earn CEUs by attending sessions led by nationally recognized leaders in the profession, which will focus on issues and skills critical to School Social Workers. There will be opportunities to network with colleagues from around the country and visit an exhibit hall showcasing innovative resources and educational services.

- **Advancing Excellence in Practice and Policy: Highlighting Successful Strategies to Address the Needs of Children, Youth, and Families, Washington, DC, March 29-31, 2017**

The 2017 CWLA National Conference is an opportunity for influential service providers, leaders, advocates, youth, and families to meet and promote excellence in policy and practice toward today's critical topics and their effect on children, youth, and families. This conference is designed to feature evidence-informed/based programs and practices, and related policies and tools that lead to successful implementation of practices, services, and programs, resulting in improved outcomes for children, youth, and families.

## Feedback and Technical Assistance

To learn more about the Resource Center, visit us at [www.healthymarriageandfamilies.org](http://www.healthymarriageandfamilies.org).

The National Resource Center for Healthy Marriage and Families supports human service providers

as they integrate healthy marriage and relationship education skills into service delivery systems as part of a comprehensive, culturally appropriate, family-centered approach designed to promote self-sufficiency.

If you have suggestions or wish to speak with a Resource Center staff member, please [contact us](#) and we will be happy to assist you. To learn more about free training and technical assistance available to human service agencies, visit our [Training and Technical Assistance page](#).

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