



Healthy Relationships Toolkit

Empowering Teens to Build Safe & Supportive Relationships

THE PROBLEM

Teen dating violence is a serious--yet **preventable**--public health problem in the United States.

Youth who experience dating violence are more likely to:

- Experience symptoms of depression and anxiety,
- Engage in unhealthy behaviors like using tobacco, drugs, and alcohol; and
- Think about suicide.



HeaRT components

- Youth Programs
- Parent Programs
- Educator Training
- Youth Communications Program
- Community-Level Prevention Activities

To learn how your organization can get involved, please contact:

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THE SOLUTION

To promote healthy relationships as a method for preventing dating violence, the Centers for Disease Control and Prevention developed **HeaRT: Healthy Relationships Toolkit**.

Designed for use by schools and youth organizations, **HeaRT** employs evidence-based strategies and a community-driven approach to educate youth, parents, educators, schools, and neighborhoods about healthy relationships to stop dating violence before it starts.

The focus on healthy relationships reflects a recent shift in public health from an emphasis on disease *prevention* to one on health *promotion*.





HeaRT is a comprehensive teen dating violence prevention model.

The program focuses on 11- to 14-year old's and is based on the best available evidence on what works to prevent teen dating violence.

It includes multiple components that target individuals, peers, families, schools, and neighborhoods.

These components work together to promote respectful, nonviolent teen dating relationships.

THE IMPACT

When we teach teens skills for healthy relationships, we create safer, healthier communities for everyone now and in the future.

Teaching teens skills for healthy relationships can help them:

- Know what a healthy relationship looks like.
- Believe they deserve healthy relationships.
- Engage in positive behaviors.

Positive, healthy, and safe teen dating and peer relationships have many benefits for youth and communities, such as:

- Improved school performance.
- Reduced antisocial and unhealthy behaviors, such as drug and alcohol use.
- Positive self-image and leadership skills.
- Improved interpersonal skills, communication and negotiation skills, and empathy.

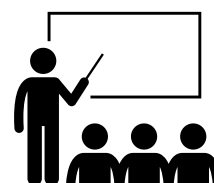
Source: CDC, [National Center for Injury Prevention and Control, Division of Violence Prevention](#)

Program Successes

**Healthy relationships
benefit communities**



**Healthy relationships
benefit students**



**Healthy relationships
benefit parents**

