



Healthy Teen Network

**Working Effectively with Youth: Healthy Relationships**  
*One-Day, Skills-Building Training for Youth-Serving Professionals*

**PAF Grantee Training #2: Promoting Healthy Relationships**  
Hyatt Regency, Bethesda, MD: August 25 – 26, 2011

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### **Description**

For a variety of reasons, pregnant and parenting adolescents and young women are often more susceptible to engaging in unhealthy relationships. For direct service providers working with this population, it's important to cultivate a sense of self-worth and right to healthy relationships with partners, peers, family, and the community, as well as the skills to resolve conflict, solve problems, and negotiate. This one-day, skills-building training will provide direct service providers with the skills to foster healthy relationships with pregnant and parenting adolescents and young women.

### **Training Goal**

To increase the capacity of participants to support a pregnant or parenting teen's likelihood of engaging in healthy relationships with the primary people in her support network.

### **Learning Objectives**

*At the completion of this full-day, skills-building training, participants will be able to:*

1. Identify the key elements of healthy and unhealthy relationships;
2. Explain at least three challenges pregnant and parenting adolescents and young women face in building and maintain healthy relationships;
3. Identify three techniques to evaluate the health of a relationship;
4. List four ways to improve or end an unhealthy relationship; and
5. Identify at least three strategies to build relationship skills among pregnant and parenting teens and young women.