



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

Agenda

Schedule	Time	Module
7:45am – 8:45am	60 minutes	Pre Training <ul style="list-style-type: none"> • Registration • Breakfast • Networking
8:45am – 9:30am	45 minutes	Module 1: Introduction <ul style="list-style-type: none"> • Opening from OAH and JBS • Welcome from the Trainers • Group Introductions • Training Overview (Goal, Objectives, Agenda) • Housekeeping
9:30 am-10:00 am	30 minutes	Module 2: The Role of Adolescent Development in Love & Relationships <ul style="list-style-type: none"> • Realms of Human Development: Physical, Cognitive, & Psycho-Social/Emotional
10:00 am-11:15 am	75 minutes	Module 3 & BREAK: Different Kinds of Love & Relationships <ul style="list-style-type: none"> • Reflections • Different Kinds of Love • Break (10:45-11:00am) • Relationship Styles/Patterns
11:15 am-12:00 pm	45 minutes	Module 4 Susceptibility to Unhealthy Relationships <ul style="list-style-type: none"> • Characteristics of Healthy and Unhealthy Relationships • Susceptibility to Unhealthy Relationships
12:00 pm-1:15 pm	75 minutes	LUNCH
1:15 pm-2:10 pm	55 minutes	Module 5: Evaluating Relationships <ul style="list-style-type: none"> • Post-Lunch Energizer • Tools & techniques • Assessing a relationship
2:10 pm-3:00 pm	50 minutes	Module 6: Improving or Ending a Relationships <ul style="list-style-type: none"> • Ways to Improve a Relationship • Ending a relationship • Stages of Grief
3:00 pm-3:15 pm	15 minutes	BREAK
3:15 pm-4:15 pm	60 minutes	Module 7: Strategies to Build Relationship Skills <ul style="list-style-type: none"> • Small group work- Strategies • Presentations
4:15 pm-4:30 pm	15 minutes	Module 8: Closure <ul style="list-style-type: none"> • Q&A • Parking Lot • Closure