# Agenda

<table>
<thead>
<tr>
<th>Schedule</th>
<th>Time</th>
<th>Module</th>
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| 7:45am – 8:45am | 60 minutes | **Pre Training**  
Registration  
Breakfast  
Networking |
| 8:45am – 9:30am | 45 minutes | **Module 1: Introduction**  
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**  
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**  
Reflections  
Different Kinds of Love  
Break (10:45-11:00am)  
Relationship Styles/Pattems |
| 11:15 am-12:00 pm | 45 minutes | **Module 4 Susceptibility to Unhealthy Relationships**  
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**  
Post-Lunch Energizer  
Tools & techniques  
Assessing a relationship |
| 2:10 pm-3:00 pm | 50 minutes | **Module 6: Improving or Ending a Relationships**  
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**  
Small group work- Strategies  
Presentations |
| 4:15 pm-4:30 pm | 15 minutes | **Module 8: Closure**  
Q&A  
Parking Lot  
Closure |