

# NYC Healthy Relationship Training Academy

## Did you know that...

*In New York City, 11% of high school students report having been hit, slapped, or physically hurt on purpose by a boyfriend/girlfriend in the last year.* (NYC Department of Health and Mental Hygiene, Youth Risk Behavior Survey 2009)



The NYC Healthy Relationship Training Academy was established in 2005 to provide educational and skills-building training for adolescents, parents and organizations that provide services to young people.

Many young people experience abusive behaviors, but do not identify the abuse as dating violence. For many, these behaviors are incorrectly seen as “normal,” and are not considered problematic.

## *The Academy is working to make sure that young people know:*

- ♥ *Healthy relationships are based on mutual respect in which both partners are treated equally.*
- ♥ *In a healthy relationship, both people support each others' goals, decisions, and opinions.*
- ♥ *A healthy relationship requires trust, honesty, and respect.*
- ♥ *Feeling safe, comfortable, and at ease expressing feelings are important qualities of a healthy relationship.*
- ♥ *Everyone has a right to be in a healthy relationship.*



The Academy provides interactive **workshops** on dating violence and healthy relationships that provide young people and parents with a meaningful opportunity to learn through trained Peer Educators. **Training** about dating violence and healthy relationships among adolescents is also available for staff who work directly with young people. On average, the Academy provides 30 workshops every month for approximately 500 youth participants in settings such as after-school programs, faith communities, juvenile detention centers, GED programs, schools, and runaway homeless youth programs.

## Workshops and Training Sessions

- ♥ All workshops are facilitated by two trained Peer Educators.
- ♥ Workshops are 90-minutes for 10-30 participants, ages 11-13, ages 13-24, parents and staff.
- ♥ Workshops are available in both English and Spanish.
- ♥ There is no cost for hosting a workshop. The Peer Educators travel to locations in NYC and conduct the workshop on-site.
- ♥ Interactive activities such as brainstorming, role-plays, and group activities engage the participants in meaningful discussions.
- ♥ Pre-test and post-test analysis indicates workshop success, showing a significant increase in correct responses on questions on family domestic violence, dating violence, and healthy relationship topics.
- ♥ The curricula are inclusive of teens who are runaway or homeless, pregnant or parenting, foreign-born, LGBTQ, or sexually exploited through prostitution.

What participants say about our workshops...  
"I don't have to settle for an abusive partner and I know I can make a safety plan to get help." - Female participant, age 20

What staff say about our workshops...  
"The presenters were well versed, confident and able to engage the youth while presenting on tough topics in a relaxed manner." - Mount Sinai Adolescent Health Center

## Workshop Options

### **Dating Violence Prevention and Healthy Relationships:**

The training academy's Signature Workshop, this session can stand alone or be paired with Part Two and/or TechnoLOVE. This session covers the definitions of family domestic violence and dating violence, tactics an abuser may use to gain power and control over a partner, characteristics of a healthy relationship, warning signs of abusive partners, and resources available.

### **Dating Violence and Healthy Relationships, Part Two:**

Part Two is provided as a follow-up session to the first workshop. All participants must have completed the first workshop, described above. This session covers identifying abusive behaviors, starting and maintaining a healthy relationship, how to help a friend, and ending an abusive relationship safely.

### **TechnoLOVE:**

TechnoLOVE is an optional follow-up session to the Signature Workshop. This session covers warning signs of abuse related to technology, strategies for healthy "techy" relationships, and effective communication skills.

### **Healthy Relationships:**

Offered as a stand-alone workshop, this session focuses on the nuances of a healthy relationship. This session covers the definition of a healthy relationship, starting and maintaining a healthy relationship, equality within a relationship, and effective communication strategies. *(This session does not include information on violence or abuse.)*

### **To Schedule a Workshop or Training, contact:**

New York City Healthy Relationship Training Academy

Mayor's Office to Combat Domestic Violence, 100 Gold Street, 2nd Floor, New York, NY, 10038

Phone: (212) 788-3156 Fax: (212) 788-2798 Email: [OCDVAcademy@cityhall.nyc.gov](mailto:OCDVAcademy@cityhall.nyc.gov)

Workshops and Training Request Forms are available on our website: [www.nyc.gov/domesticviolence/academy](http://www.nyc.gov/domesticviolence/academy)