

# NYC Healthy Relationship Training Academy Newsletter

## October is Domestic Violence Awareness Month

Every year since 1987, Americans have been recognizing Domestic Violence Awareness Month in order to rededicate ourselves to breaking the cycle of violence. Anyone, regardless of age, race, gender, sexual orientation, or socioeconomic status, can be affected by this nationwide issue.

Studies have shown that high school students who report experiences of physical violence in a dating relationship are more likely to carry unhealthy relationship behaviors into future relationships. Last year in his proclamation, President Barack Obama stated, "By providing young people with education about healthy relationships, and by changing attitudes that

support violence, we recognize that domestic violence can be prevented."

We encourage you to schedule a workshop in order to offer young people information about this important issue. You can schedule our Signature Workshop for an overview of dating violence and healthy relationships taught by Peer Educators, or host a series of up to three sessions for a more in-depth program. To learn more about our workshop opportunities please visit our website, [www.nyc.gov/domesticviolence/academy](http://www.nyc.gov/domesticviolence/academy).

The Academy will be hosting an open-enrollment staff training session on teen dating violence and healthy relationships on **Thursday,**



One way to acknowledge DV Awareness Month is by hosting a workshop with the Academy!

**October 28, 9:30 a.m. - 12:30 p.m.** Space is limited, so contact us today to find out how to register!

In addition, the Mayor's Office to Combat Domestic Violence will be posting a calendar of events that are open to the public throughout the city on our website at the end of September. Please visit [www.nyc.gov/domesticviolence](http://www.nyc.gov/domesticviolence) for more information.

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### Our Latest Numbers

As of September 1 2010, we have held **822** workshops, reaching **16,393** youth since the Academy's inception in 2005!



## Be a Fan of the Academy on Facebook!

In July 2010, the Academy launched its own Facebook page. It has proven to be an effective way for young people and adults alike to stay informed about the topic of dating violence and healthy relationships. Every

day the Academy staff posts new, helpful tips covering topics such as warning signs of an abusive relationship, how to help a friend, and advice for keeping a relationship healthy.

To become a Facebook Fan of the Academy, sign in to your Facebook account and either [click this link](#), or search for "NYC Healthy Relationship Training Academy."

### Contact us!

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Mayor's Office to Combat Domestic Violence  
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New York, NY 10038  
OCDVAcademy@cityhall.nyc.gov  
(212) 788-3156  
[www.nyc.gov/domesticviolence/academy](http://www.nyc.gov/domesticviolence/academy)

## School has started! What can teachers and school staff do to help promote healthy relationships?

Everyone is excited about starting the 2010-2011 school year. Teachers and staff in schools are in a unique position to help their student learn how to have healthy relationships with their partners, friends, parents, and teachers.

Healthy relationships are based on mutual respect and equality, where neither person attempts to control the other. In an abusive relationship, one person uses a pattern of behaviors in order to exert power and control over the other person.

Teachers and staff can help by modeling healthy communication, respect, and understanding. It is equally important for teens to know what an abusive relationship looks like. Many teens do not identify common abusive behaviors, such as isolation, threats, or verbal abuse, as problematic.

Know what to do if you think that someone in your school is being affected

by domestic or dating violence. Talk to your school administrator to understand the appropriate protocol. At public schools, know who the [Respect for All Coordinator/Liaison](#) is, and let students know that they can talk to that person about problems they may be having with their relationships. Don't forget you can always call 311 or the NYC 24-hour Domestic Violence Hotline, **1-800-621-HOPE (4673)**.

**11% of NYC high school students report having been hit, slapped, or hurt on purpose by a boyfriend or girlfriend in the past year.**  
-NYC Youth Risk Behavior Survey 2009-

## OCDV Launches Educational Poster Campaign

In the spring of 2010, the Mayor's Office to Combat Domestic Violence (OCDV) launched a [citywide public education campaign](#) in each borough to raise awareness about domestic violence in everyday places.

This effort was created to increase communities' knowledge about domestic violence and where to get help. Posters and palm cards, developed using input from domestic violence survivors, are

being displayed in locations such as supermarkets, pharmacies, restaurants and banks.

Posters and palm cards are available in both English and Spanish. The campaign is partly funded by the Verizon Wireless Hopeline through the Mayor's Fund to Advance New York City. Businesses and organizations interested in displaying posters should call OCDV at (212) 788-3156.



## The Academy Welcomes Five New Junior Peer Educators



New Junior Peer Educators  
From top left: Mike, Jorge, Shamecca,  
Lizzeth, and Kimberlee (center)

After receiving over 125 applications this past summer, the Academy staff selected 5 new Junior Peer Educators to join the Academy. Please welcome Jorge, Kimberlee, Lizzeth, Mike and Shamecca! These latest recruits expand our team to 14 highly effective Peer Educators, who are between the ages of 17 and 26 and represent four of New York City's five boroughs.

After participating in 30 intensive hours of training, the new Junior Peer

Educators will be observing workshops facilitated by our senior Peer Educator mentors until October, when they will start facilitating workshops on their own.

Our newest Educators are looking forward to coming to your organization to help their peers understand the dynamics of both healthy and unhealthy relationships. To learn more about the program, visit [www.nyc.gov/domesticviolence/academy](http://www.nyc.gov/domesticviolence/academy).