



**Nevada Network Against Domestic Violence (NNADV)**  
***“Hanging Out or Hooking Up”***  
**Promoting Teen Healthy Relationship Education and the Prevention of Relationship Abuse**  
**Train-the-Trainer Workshop**

Every young person deserves a safe and healthy relationship, no matter who they are or who they love, but young people are being exposed to name calling, harassment, being put down by someone via cell phone/texting, or other forms of abusive behavior on a daily basis. According to [Break the Cycle](#), “we are living in a world where one in three students report experiencing [some form of abuse](#), and more than 2/3 never report that abuse to a caring adult. A world where [over 80% of school counselors report being unprepared to address incidents of abuse](#). This tells us – relationship abuse isn't just a big issue. It's a growing epidemic.”

#### The Effect of Relationship Abuse

“Less attention to academics. Increased exposure to drugs and alcohol. A greater likelihood of teen pregnancy. Growing isolation. Sexual assault. Even one of these things can have a profound impact on the physical, social and emotional growth of a young person. Together, they create a perfect storm that not only affects the victim of abuse,” states Break the Cycle, “but their friends, families, schools and surrounding communities can take steps to be better prepared to address these issues.”

Teens can be an active force in making a difference in the lives of their friends who are being exposed to relationship abuse. Community members, parents and educators, can support teens by providing them accurate information about healthy relationships, teaching them helping strategies to become empathetic listeners and referral sources, and building skills to prevent and safely intervene in potentially abusive situations. This workshop, “Hanging Out or Hooking Up,” prepares young peer leaders to reach out to their friends in their schools, faith communities, and community organizations to make a real impact by educating other young people and adults about healthy relationships, ways to prevent relationship abuse, and safely intervene in potentially abusive situations.

The goal of the NNADV’s “Hanging Out or Hooking Up” Train-the-Trainer Workshop is to create a rich and diverse slate of educational materials for use by community professionals including domestic and sexual violence advocates and teen peer leaders throughout Nevada. The materials will be appropriate for all teens ranging in age 14-17 and young adults 18-24. Educators/presenters may include, but are not limited to young adult peer leaders, community-based advocates and survivors, school administrators and counselors, school district nurses, community public health educators, mental health professionals including social workers or marriage & family therapists, and school security personnel.

The “Hanging Out or Hooking Up” workshop is structured as a training of trainers (TOT) that will be completed in one day. The goal of this TOT is to prepare participants to present information on teen healthy relationships and the prevention of relationship abuse. Educational opportunities that are provided by community programs and organizations will be highlighted. This training will be provided at no cost to the participant, but each person will be responsible for transportation to and from the training site. No food or beverage will be provided during the training, so it is encouraged to bring a brown bag lunch, favorite snacks and beverages for the entire day. Here is the date, time and location for our next training:

**Wednesday, September 10, 2014**  
**9:00AM-4:00PM**  
**Serendipity Bookstore (back entrance)**  
**553 South Maine St. in Fallon NV**

#### AGENDA IN BRIEF:

- |                 |                                                                                                                                                                                                                                                                                                          |
|-----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8:30AM – 9:00AM | Registration                                                                                                                                                                                                                                                                                             |
| 9:00AM – Noon   | <b>“Hanging Out or Hooking Up” Training Module</b><br>This module is required for all presenters. Each participant will receive educational materials including PowerPoint presentation modules, handouts and resource lists appropriate for teens and adults. Materials will be in English and Spanish. |
| Noon – 1:00PM   | Lunch on your own                                                                                                                                                                                                                                                                                        |

Agenda is continued on next page. →

Noon – 4:00PM

**Orientation to Young Adult Learning and Education Best Practices**

This module is required for teen educators. A mid-morning break will be included. Participants are welcome to bring their own favorite beverage and snacks for the morning and afternoon breaks.

If you are interested in attending this workshop, please complete the NNADV Registration Form for Teens & Young Adults below. **PRE-REGISTRATION IS REQUIRED.**

If you are under the age of 18, you will also need a parent/guardian signature to participate in this unique opportunity to educate teens and young adults on promoting healthy relationships and the prevention of relationship abuse.

**NNADV “Hanging Out or Hooking Up” Registration Form for Teens & Young Adults**

Name:

If you are a student, list the school you attend:

Mailing Address (street, town, & zip code):

Daytime or Cell Phone:

Email:

\* \* \* \* \*

If you are under 18, please ask your parent/guardian to sign the registration form to indicate they are giving you permission to participate in the train-the-trainer workshop.

Date:

Parent/Guardian Name (PRINT):

Signature:

In case of emergency, you may contact me by (list number with area code):

Cell phone:

Home phone:

Work phone:

\* \* \* \* \*

**TO HELP IN PLANNING A WORKSHOP THAT WILL MEET YOUR SPECIFIC NEEDS, PLEASE ANSWER THE FOLLOWING QUESTIONS:**

**1. What is your reason for wanting to be a presenter for “Hanging Out or Hooking Up”?**

**2. Have you previously received training in the following areas? NO or YES (If YES, check or highlight all that apply below.)**

- Introduction to domestic & sexual violence including statutory rape, dating violence and stalking (definition, history of oppression, myths, recent statistics, signs/symptoms, causes & effects, prevention strategies)
- Knowledge of community, statewide & national resources pertaining to domestic & sexual violence, relationship abuse and stalking
- Other(s)? (Please specify.)

**3. Have you conducted presentations previously to teen and young adult audiences?**

- I have conducted presentations over the past two years.
- I have not conducted any presentation over the past two years, but I am willing to learn.

**4. What is your availability to participate in semi-annual teleconferences to receive updates on topics and trends in the field, discuss training issues & network with fellow presenters (adult & teen)?**

- Depending on my school or work schedule, I am willing to attend semi-annual teleconferences
- I would like to receive topical updates in the format of an email newsletter delivered quarterly
- I would prefer not to receive an email newsletter or any other forms of communication

Please return the completed registration form by mail, fax, or email **no later than Wednesday, September 3, 2014** to:

Judy Henderson, Training Coordinator, NNADV  
250 South Rock Blvd. Suite 116 ☎ Reno NV 89502 ☎ 775.828.1115 ext. 20 ☎ 775.828.9911 Fax  
[judyh@nnadv.org](mailto:judyh@nnadv.org)

**About NNADV:**

The Nevada Network Against Domestic Violence was founded in 1980 to work toward the elimination of domestic and sexual violence against all persons. As Nevada's statewide coalition, NNADV is an inclusive network which both supports our member programs, and educates the public at large. Our agency is based in Reno, but our member programs span the entire state.

*Advocating change. Educating our community. Supporting services.*

*This workshop was supported by the Nevada Division of Public and Behavioral Health through Grant Number #3B01DP009040-13W-1 from the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Nevada Division of Public and Behavioral Health nor the Centers for Disease Control and Prevention (CDC).*