

### PREVNet's Healthy Relationships Training Module

The HRTM will:

- enhance your understanding of the importance of healthy relationships,
- stimulate thinking and discussion about what defines a healthy relationship and the role of power in relationships between adults, between adults and youth, and between youth,
- address the abuse of power in bullying and the peer dynamics that surround bullying,
- enhance skills in assessment, individual coaching, and group building, and
- use a systemic model to understand and positively influence social climate within a school or other community.

The HRTM is designed to use participatory, experiential learning, as well as didactic learning. It is an integrated modular resource that includes the following components:

- The Facilitator's Guide (for Master Trainers) provides extensive background information tied to each presentation slide, specific prompts for each slide, and a collection of experiential activities tied to many of the learning objectives.
- The Power Point slide presentation provides a concise and visual synthesis of the key information.
- The Participant's Handbook contains notes from the slides and other resources tied to the experiential learning activities.
- a Pre and Post Evaluation Questionnaire to measure change in an individual's Knowledge, Confidence and Skills as a result of participating in the HRTM. PREVNet is committed to evidence-based practice, and we are using these data to measure training effectiveness and revise the HRTM as necessary.

PREVNet holds regular HRTM "Train the Trainer" sessions. Once you have completed the Train the Trainer Workshop, you can provide training to others, and can access all necessary resources in **English and French** languages, free of charge, when using the materials for in-service training in a not-for-profit context. HRTM Workshops can be delivered in a half-day or full-day session, or further divided for shorter sessions.

Click [here](#) to find out when PREVNet is offering its Healthy Relationships Training Module workshop.