

The Building Healthy Relationships program helps teens recognize attitudes and behaviors linked to safe and healthy relationships.

After BHR, teens are more confident they can...

01

*Get help if they hear about an abusive relationship in their peer group.*



02



*Speak up to someone making excuses for using physical force in a relationship.*

03

*Speak up to someone calling their dating partner names or swearing at them.*



04



*Encourage others to learn more about preventing dating violence.*

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SURVIVORS**



# **BUILDING HEALTHY RELATIONSHIPS (BHR) PROGRAM**

After BHR, teens are more confident they can:

## ***GET HELP***

if they hear about an abusive relationship in their peer group.



## ***CALL OUT***

someone making excuses for using physical force in a relationship.

## ***SPEAK UP***

to someone calling their dating partner names or swearing at them.



## ***ENCOURAGE***

others to learn more about preventing dating violence.

# BUILDING HEALTHY RELATIONSHIPS

THE BUILDING HEALTHY RELATIONSHIPS PROGRAM HELPS TEENS DEVELOP SAFE, HEALTHY RELATIONSHIPS BY ADDRESSING ATTITUDES AND BEHAVIORS LINKED TO DATING VIOLENCE.



## HEALTHY RELATIONSHIP ATTITUDES

Students were asked about their agreement with healthy relationship attitudes **before** and **after** participating in BHR (4 = Strongly Agree to 0 = Strongly Disagree).



After B

Pre-BHR   Post-BHR

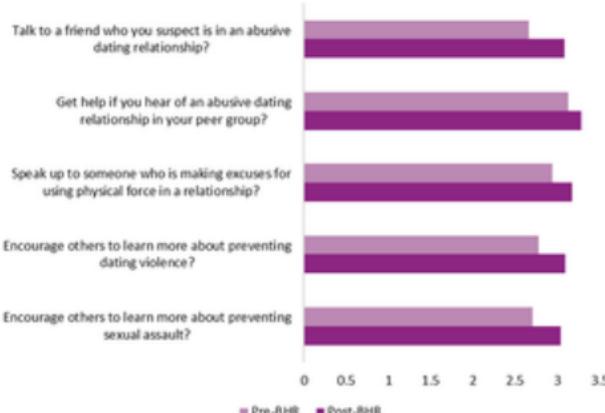
attitudes and **more strongly disagreed** with unhealthy attitudes and victim blaming attitudes.



65% of teens who completed BHR were confident or very confident they were equipped with the tools to avoid risky behaviors like dating violence!

## CONFIDENCE IN BYSTANDER BEHAVIORS

Students were asked how confident they were in performing bystander behaviors **before** and **after** participating in BHR (4 = Very Confident to 0 = Cannot Do).



After B help if they learned about dating abuse and encouraging others to learn more about prevention.

