

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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# 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.

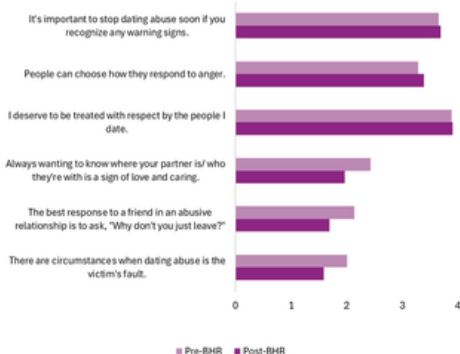
# BUILDING HEALTHY RELATIONSHIPS

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).



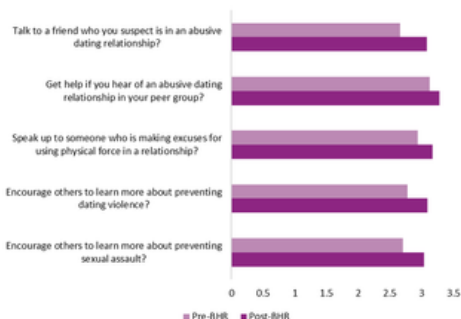
**After B** attitudes and more strongly disagreed with unhealthy attitudes and victim blaming attitudes.



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.

