

Wrapping Up Today's Session



What will you do to help your client build a healthier relationship?

- Pull out handout-”Helping Teens Create Healthier Relationships”



Review:

Core Beliefs of Today's Session

- **Adults have a role in addressing adolescent IPV**
- **All relationships have aspects of healthy/unhealthy behaviors**
- **Respect adolescent relationships as serious**
- **IPV is learned, can be unlearned**



Today we have...

- **Defined teen IPV, reviewed statistics**
- **Looked at helping teens tap into their inner resiliency to improve their relationships**
- **Explored teen psychosocial development and its impact on behavior and relationships**
- **Identified components of healthy relationships**



Today we have...

- **Reviewed indicators for unhealthy relationships**
- **Explored realistic ways you can raise the issue of healthy relationships**
- **Practiced ways to help teens communicate more effectively with their partners**



Conclusion

- **You, as an adult, are an essential part of the solution**
- **Resilience research confirms unequivocally that you can make a difference in teens' lives**
- **When you help teens see what's possible and good for their relationships, you are helping to prevent teen IPV**



Building healthier relationships

Teens have the **power** to Break the Cycle of IPV and **create** the relationship that they **want** and **deserve**.

