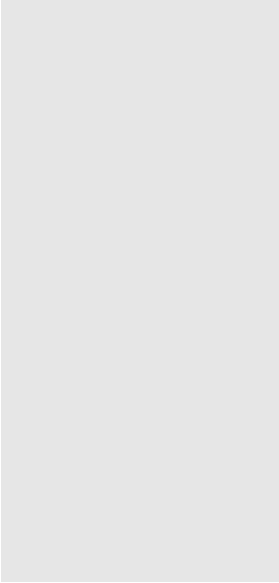


Workshop Title	<i>Healthy Relationships & Avoidance of Risk Behavior</i>
Length	4 Hours
Who Should Attend	All youth between the ages of 14 and 21, and youth 21 to 25 served by ILP.
Prerequisites	No experience required.
Workshop Modifications	Youth that are identified with special needs and/or disabilities will be provided the opportunity to express and address any necessary accommodations that would make it difficult to fully benefit from the workshop. Youth with developmental disabilities will be informed of avoidance risk behaviors but to the extent that they can understand concepts discussed throughout this workshop
Goal	<p>To ensure youth develop and/or engage in healthy and supportive relationships and interpersonal connections to help them achieve their personal goals and permanent connections.</p> <p>To ensure awareness of the impact engaging risk behaviors and understanding of making healthy decisions that will influence their independency.</p>
Benefits	Youth will benefit from understanding the difference between healthy and unhealthy relationships. Youth will benefit from being aware of risky behaviors and the long-term and short-term effects from engaging risky behaviors.
Overview	This workshop presents necessary information for youth to recognize signs of a healthy and supportive relationship verses one that is stressful and unhealthy. Youth will be able to understand how important it is to communicate, and how the lack of communication can jeopardize relationships even with those who they believed were the closest. Furthermore, while also presenting information for youth in regards to avoiding risky behaviors that will do harm to their bodies.
Objectives	<p>At the end of this workshop, youth will:</p> <ul style="list-style-type: none"> • Know and understand the impact of caring, respectful, responsible & honest behavior in relationships. • Knows and understands how abuse, dishonesty, and disrespect impact relationships. • Difference between various types of relationships. • Understands how to maintain healthy relationships. • Knows and understands the difference between sexuality and sex. • Demonstrate an increased understanding how to prevent substance abuse. • Recognize what are substances are considered drugs. • Demonstrate ability to recognize sexual body parts and ways to prevent HIV and other sexually transmitted infections. • Demonstrate ability to explain how pregnancy occurs, and ways to prevent pregnancy.
Topics Covered	<p>Healthy Relationships</p> <ul style="list-style-type: none"> • Understanding healthy peer relationships/avoiding peer pressure

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- Interpersonal relationships and communication
 - Responsible fatherhood
 - Healthy consensual relationships, and related sex-education
 - Domestic violence prevention
 - Access to and understanding the benefits of mentor relationships and other aspects of “connectedness” to positive influences and resources;
 - Diversity - interacting with different cultures and living in a global world

Risk Prevention

- Substance abuse prevention (tobacco, drugs, alcohol)
- Sex Education and HIV information/prevention;
- Sexual transmitted diseases (STD's)
- Pregnancy prevention