THE HALLS

Season 1 of The Halls tells the stories of three young men in Boston and their struggles sifting through relationships, trauma, masculinity, and their own identities. Tension starts building in their worlds when rumors swirl around the school about an accused rape of a student. Watch and explore their journey at www.thehallsboston.com

Coming This Winter!

Follow us @TheHallsBoston

START STRONG is a high school peer leadership program at the Boston Public Health Commission that aims to prevent teen dating violence and promote healthy relationships. We use a youth development framework to guide our work and place a strong focus on media literacy and understanding systemic oppression in our workshops.

Start Strong Peer Leaders educate youth and adults on healthy relationship promotion, teen dating violence, and media literacy. During the summer they learn how to become young experts in the field of Teen Dating Violence (TDV) and healthy relationships, then in the school year they deliver trainings to youth and adults.

Our Peer Leaders have been featured on CBS Morning, New York Times, NPR, Boston Globe, and recognized nationally!

JOIN OUR TEAM: If you or a teen you know would like to become a Start Strong Peer Leader please contact us for an application.

For more information, please contact Jess Alder at jalder@bphc.org or at (617) 534-3446

THE MENS HEALTH CREW

The Men’s Health CREW is a 12-month training and internship program for men of color between the ages of 18 and 24. The mission of the Health Community Resources for Empowerment and Wellness (CREW) program is to address health disparities among African-American and Latino males, empowering them to take control of their health by engaging in preventative practices, accessing health care services, advocating for their own health needs, and providing health education to peers in their communities, all while pursuing their own career goals. The Men’s Health CREW works closely with Youth Opportunities Unlimited Boston to recruit participants, who complete a 6-month training component while receiving intensive case management services. Upon successful completion of training, participants complete a 6-month internship in a public health, within the commission. CREW participants receive a weekly stipend.

Boston Men’s Health CREW members receive education & training in the following areas:

- Personal Development
- Office Skills
- Employability Skills
- Facilitation Skills
- Academic Enrichment
- Basic Computer Literacy
- Public Health Concepts & Practices
- Career Exploration

For more information, please contact Darrus Sands at dsands@bphc.org or at (617) 534-7770

For more information contact Nicole Daley at ndaley@bphc.org or (617) 534-2269
Start Strong Healthy Relationship Trainings
(60 - 90 minute workshops)

Healthy Relationships Series:
- This series allows young people to explore and start conversations on healthy characteristics.

Teen Dating Violence Series: (three 60-90 minute workshops)
- This series allows students to understand the basics surrounding unhealthy and abusive relationships.

Media Series: (three 60-90 minute workshops)
- This series provides young people with tools to unpack and analyze how their media diet impacts their behavior, relationships, and ideologies.

Adult Series:
- This series provides adults to start engaging into conversations with young people about relationships can feel overwhelming, scary, and uncomfortable.

Train the Trainer: (Two full day training)
- In our Train the Trainer Workshop (offered bi-annually) we’ll provide you and your program the skills, knowledge, and resources needed to continue and build upon the conversations that may already exist at your agency around preventing teen dating violence and promoting healthy relationships.

For more information, please contact James Mackey at jmackey@bphc.org or at (617) 534-2447

Start Strong Tools

Sound Nutrition
This instrument will help you evaluate the "nutritional" value of music you might listen to. We want you to put on your headphones, turn up the volume and become a song lyrics nutritionist.

Health Relationship Quiz
Each relationship is unique, but all healthy relationships have a few things in common. Here is a quiz that helps takers analyze the commonality of trust, support, respect, and equality in their relationship.

Supporting Your Teen
As adults, watching a young person go through a break up reminds us of our own lessons learned and we want to share that information. This tool is a helpful reminder of what we already know, broken down into concrete points.

For more information, please contact Jess Alder at jalder@bphc.org or at (617) 534-3446

Start Strong Building Healthy Teen Relationships Program
725 Mass. Ave, 2nd Fl.
Boston, MA, 02118
WWW.BPHC.ORG

Break Up Summit

Dealing with break ups is often difficult and rarely discussed.
Every year Start Strong hosts a day long Break Up Summit during the summer to create a safe space for young people all around Boston to discuss break ups.

Past summits have included, Break Ups 101, Break Ups and Cheating, The Role of Gender in Break ups, LGBTQ and Break Ups, Social Media and Break Ups, and much more!

For more information, please contact Jess Alder at jalder@bphc.org or at (617) 534-3446