**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 out in the community.

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

**WE OFFER TRAININGS** for in schools and after school programs, youth groups and organizations, and adults:

**Healthy Relationships Series:** This series allows young people to explore and start conversations on healthy characteristics. (four 60 to 90 minute workshops)

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

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

**The Halls Series:** (three 60-90 minute workshops)

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. Through our storytelling, the web series inspires viewers to think about the messages young men and women are taught to act in relationships and to challenge themselves around how to engage in positive alternatives.

**WE HAVE A VARIETY OF TOOLS:** Start Strong staff in conjunction with the Start Strong Peer Leaders have created a set of tools that can be used to start conversations around relationships, healthy relationship quiz, breaking up, media's influence on relationship, sound nutrition label, gender, and tips for adults working with young people around adulthood.

**THE HALLS SEASON 2**

Coming Soon
April 2017

**Adult Series:** This series provides adults tips on how to start engaging conversations with young people about relationships in a way that is supportive.

**Train the Trainer:** 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. (Two day training)

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**Staff Directory**

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