

START STRONG HEALTHY RELATIONSHIP TRAININGS

Mission: To Prevent Teen Dating Violence and to Promote Healthy Relationships using a Peer Leadership Model.

Our Workshops

FREE; Tailored for your group; Available in late afternoons, evenings, and weekends; Conducted by Trained Peer Leaders; Interactive, Engaging, and Fun!

The Halls  Visit our website at thehallsboston.com

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 to engage in positive alternatives.

Healthy Relationships Series

This series allows young people to explore and start conversations on healthy characteristics. Studies show that most teens know what healthy characteristics are needed in a relationship, but they don't know how to integrate these behaviors/skills in their partnership. Our workshops on Trust, Communication, Support, Conflict Resolution, and Fun allow young people to dig deeper and find out how they can incorporate more healthy behaviors.

Teen Dating Violence Series

This series allows students to understand the basics surrounding unhealthy and abusive relationships. Our workshops cover topics such as the 5 types of abuse, warning signs, and how to help a friend in an abusive relationship.

Media Series

This series provides young people with tools to unpack and analyze how their media diet impacts their behavior, relationships, and ideologies. Our [Sound Nutrition Label](#) unpacks the healthy/unhealthy relationship messages teens receive in their lyrical diet; [The True View Tool](#) allows them to discuss how music videos portray healthy/unhealthy relationships; and our Reel Binary Tool promotes critical thinking towards TV shows and movies in how they portray gender.

Break Up Series

Dealing with break ups is often difficult and rarely discussed. Every year Start Strong hosts a [Break Up Summit](#) to create a safe space for young people all around Boston to discuss break ups. This series includes, but is not limited to, 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!

Adult Series

Starting conversations with young people about relationships can feel overwhelming, scary, and uncomfortable. This series provides adults who work young people the tools to start conversations about their relationships and life, how teens use media and the impact media has on relationships, as well as a general overview on the importance of youth development in social change and advocacy.

CONTACT INFORMATION

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