



# NYC Healthy Relationship Training Academy Newsletter

## Our Latest Numbers

As of September 1, 2013, we have held **1,741** workshops, reaching **33,874** youth since the Academy's inception in 2005.

Workshops are offered year-round. Complete a [Workshop Request Form](#) to schedule one today!



## TechnoWHAT?! Understanding teens' 'techy' relationships

The Academy is excited to announce the availability of a brand new workshop for parents and/or staff about technology and teen dating violence. Given that 78% of teens ages 12-17 have a cell phone and 95% of teens use the internet, technology plays an integral part in teens' relationships, and this workshop provides a critical learning opportunity for adults ([Pew Research Center](#)).

This workshop, facilitated by Academy staff and Peer Educators, is divided into three main sections:

- 1. Popular Platforms of Technology
- 2. Advice about Technology for Teens
- 3. Becoming a Resource for Teens

In section one, participants will get an overview of five main platforms, including Facebook, Twitter, Instagram, YouTube and Snapchat. In section two, participants will cover material that teens need to learn about, including recognizing abusive behaviors, communication skills, and identifying healthy, worrisome, and unhealthy 'techy' behaviors. In section three, participants will discuss online safety, privacy settings, and effective strategies for starting a dialogue with teens about technology in their relationships.

We've already heard some great things about this new session. One pilot program participant shared that one thing they will remember from the workshop is, "the delicate balance between

monitoring teens and allowing them to have privacy."

To schedule a TechnoWHAT?! workshop with parents, complete a [Workshop Request Form](#). To schedule a TechnoWHAT?! Workshop with staff, complete a [Staff Training Request Form](#).

Want to experience the **TechnoWHAT?!** workshop firsthand? Attend our open-enrollment session:

**Friday, September 27, 2013**  
**3:00pm—5:00pm**  
**OCDV, 100 Gold St, 2nd Floor**  
**New York, NY 10038**

To register, complete this form:

<http://www.surveymonkey.com/s/TechnoWHAT>

**Note!** Registration is limited to 25 participants (up to 2 participants per organization), and will be on a first-come, first-served basis. Each individual attending the training must register separately.

Questions? Email us at [ocdvacademy@cityhall.nyc.gov](mailto:ocdvacademy@cityhall.nyc.gov)



## October is Domestic Violence Awareness Month

Is your organization hosting a public event in October? Tell us about it!

We would like to include your event in OCDV's Domestic Violence Awareness Month Calendar of Events!

[Click here](#) to submit information about your event.

(Submissions accepted through Sep 23)

Does your organization have a plan to recognize domestic violence awareness month in October this year? Here are

some ideas to get you started:

- ➔ Host a Workshop or training session on Dating Violence and Healthy Relationships! ([click here](#) for more information)
- ➔ Distribute brochures and other educational materials (Complete a [Material Order Form](#) to order OCDV materials).
- ➔ Attend an event hosted by another organization (the Calendar of Events will be posted on our website on Oct 1st).

- ➔ Put up a poster in your building.
- ➔ Post about domestic violence on your social networking site.
- ➔ Like the Academy on Facebook and/or follow us on Twitter to learn even more!

The [OCDV website](#) is new and improved! Check out our new design, and some new features such as our [Relationship Skills Quiz](#).



### NYC Healthy Relationship Training Academy

Mayor's Office to Combat Domestic Violence  
100 Gold Street, 2nd Floor New York, NY 10038  
[OCDVAcademy@cityhall.nyc.gov](mailto:OCDVAcademy@cityhall.nyc.gov)  
(212) 788-3156 or (212) 788-2516

[www.nyc.gov/domesticviolence/academy](http://www.nyc.gov/domesticviolence/academy)

Like the NYC Healthy Relationship Training Academy on

Follow us on Twitter @NYCteenDV



## Tips for Talking “Techy” with Teens

Technology is one of the significant differences between the life of a teen today and the experiences that many adults had as adolescents. We are reachable in so many different ways now—email, text message, cell phone, instant message, social media, smart phone apps, and so on. Teens are communicating, getting to know each other, and building relationships primarily via technology, which takes place mostly without the direct supervision of adults.

In addition, many of these technologies have emerged incredibly quickly (and some have died out just as fast), and it can be challenging for anyone to stay up to date on how teens keep in touch. However, it is important for parents and staff to understand the unhealthy ways that technology can influence teen relationships, and ways to engage teens in constructive conversations about technology.

As an adult with authority over a teen it can be tempting to want to know every tiny detail about a teens’ use of technology, to read every text message,

or to personally know every one of the teens’ Facebook friends. However, exerting absolute control over a teens’ online presence can actually shut down an opportunity for having a conversation about healthy uses of technology.

Rather than checking teens’ messages or accounts without their knowledge, ask them about what they like or don’t like about communicating via technology. For example, you can ask, “what does it mean when you receive a text message that is in all caps?” Consider the teen an expert in the lingo, and ask them when you don’t know the meaning of techy terms or abbreviations such as ‘smh’ (shaking my head) or ‘ttn’ (ta ta for now). If you want to do some research on your own, check out <http://whatis.techtarget.com>.

In addition to learning from teens about technology, help them establish boundaries for sharing personal information. A teen might not understand the impact of sharing a certain photograph or accepting a stranger’s Facebook friend request. Words typed are not always as sensitive as words spoken, and adults can help teens understand what’s missing from digital communication, like tone and body language.

Technology is a BIG part of our daily lives, and we need to take the time to help teens think critically about its use, and

### When talking to a teen about technology...

- ✓ Ask questions about what their concerns are about technology so you can be sure to address them.
- ✓ Listen as much as you talk, if not more.
- ✓ Remain open-minded about how a teen is using technology—avoid making assumptions.
- ✓ Understand that technology is an important part of a teen’s life, and limiting/prohibiting their use of technology may harm their perception of you as a resource.
- ✓ Acknowledge their perceptions about parental control and technology, but emphasize that you want to be a resource.
- ✓ Begin using a piece of technology together, and invite the teen to show/teach you how to use the technology.
- ✓ Work together to set boundaries about technological use.
- ✓ Establish privacy settings together.
- ✓ Encourage further conversations in the future.

A sneak peak at one of the topics in our new TechnoWHAT?! workshop for parents and staff.

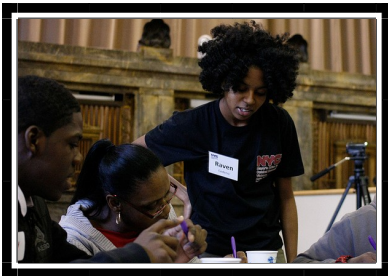
**Did you know...**

- ♦ [Twitter](#), [Facebook](#) and [Instagram](#) require users to be at least **13 years old**.
- ♦ Parents do not automatically have access to their child’s social media account— only if the child shares their password with their parent.
- ♦ The default setting on [Twitter](#) and [Instagram](#) is **public**.
- ♦ [Facebook](#) pages for users ages 13-17 have different account settings than for adults.

## Peer Educator Spotlight: Raven Cedeno

Joyful, spirited, energetic, friendly—those are the words that workshop hosts and Academy Peer Educators use to describe Raven Cedeno. Raven

always has a smile on her face when she walks in the door, and brings that same positive energy to the workshops she facilitates. Raven is able to effectively convey the importance of learning about dating violence while also making the workshop fun and interactive.



Raven Cedeno, Peer Educator

Raven joined the Academy’s Peer Educator team in August 2011, and has facilitated 77 workshops. What Raven enjoys most about being a peer educator is, “interacting with various groups around the city. I am always

\*\*\*\*\*  
★ One workshop host stated... ★  
★ “Raven was a good facilitator; she was ★  
★ engaging, energetic and responded to ★  
★ participants’ questions with empathy ★  
★ and understanding.” ★  
★ -The Dome Project ★  
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**hearing new ideas and opinions on a very controversial topic.”**

Originally from Brooklyn, NY, Raven attends New York University and is studying culinary arts. Her involvement with the Academy is just one way that she is helping her community.