

## Alarming Statistics

- 36% of 12-17 year-olds reported that someone said embarrassing or threatening things about them through e-mail, instant messages, websites, chat rooms or text messages.
- One in four teens reports verbal, physical, emotional or sexual abuse each year.
- Stress drives teen girls to experience higher rates of depression than teen boys.
- 11.2% of Maine teens have seriously considered attempting suicide - compared to 14.5% nationally.

**With skill-building relationship education, young people can greatly improve their odds of enjoying a healthy, successful future.**



## Examples of Some of Our FREE Classroom Materials

**Relationship Bank Cards**

**Filters Poster**

**Healthy Relationships - PART ONE**  
STUDENT WORKBOOK

**Five Communication Filters**

**Student Workbook**

**Filters Game**



straight talk for relationships that work

# Healthy Relationships Education



**MaineTeenTalk  
is a teaching  
resource provided  
at no cost to you!**

Phone: 207.699.2464

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[www.best4teens.org](http://www.best4teens.org)

[www.maineteentalk.org](http://www.maineteentalk.org)



straight talk for relationships that work

## What is MaineTeenTalk?

This effective program has been taught throughout Maine - in 14 of our State's 16 counties.

This interactive resource allows your teachers to use our comprehensive "Teach Out Of The Box" system, or you can choose to have our educators come to you to teach the program.

Our goal is to teach the skills that will empower teens to make healthy choices while forming life-long successful relationships.

MaineTeenTalk teaches teens how to:

- Become clear and effective communicators
- Establish appropriate boundaries
- Develop interpersonal communication skills like refusal and negotiation
- Appreciate the importance of forgiveness
- Use problem-solving techniques
- Increase financial understanding and responsibility

## Does MTT Align with Maine Learning Results?

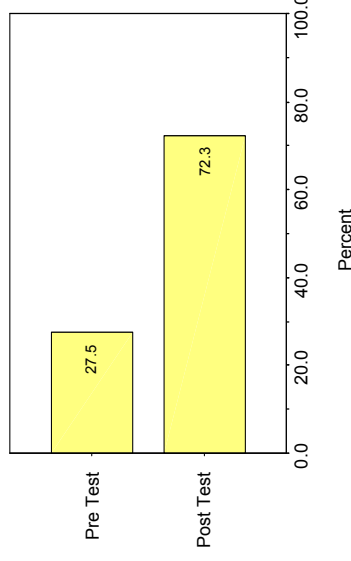


MaineTeenTalk material explores...

- The interrelationship of mental/intellectual, emotional and social health
- Recognition and avoidance of risky behavior
- How family, peers and community influence healthy & unhealthy behavior
- Effective communication skills
- Supporting others in making healthy, positive choices
- Strategies to prevent and resolve conflicts without harm
- Decision-Making and Goal-Setting Skills

**YES, it Does!**

Change in Communication and Conflict Resolution Skills



## Statistical Data Shows the Effectiveness of Our Program!

MaineTeenTalk has recent data from an independent research consultant. The results are impressive.

Useful life skills are greatly enhanced after participation in the MTT program.

For example, improvement in students' communication and conflict resolution skills almost tripled after completion of our program.

Knowledge of Healthy Relationships Skills and Behaviors

