

NATIONAL RUNAWAY SAFELINE'S LET'S TALK: RUNAWAY PREVENTION CURRICULUM

July 2015

Between 1.6 and 2.8 youth run away or are expelled from their homes each year. In response to the expressed needs of teachers, social service providers and community members to combat this issue, the National Runaway Safeline (NRS) has developed and distributed it's one-of-a-kind *Let's Talk: Runaway Prevention Curriculum (RPC)* since 2007.

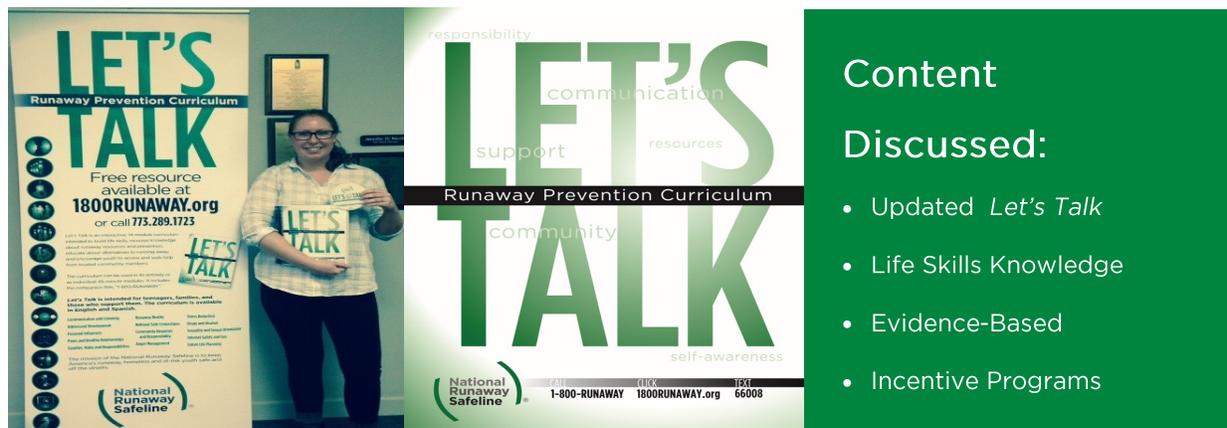
FREE Updated English Curriculum now available!

In March of 2015, we completed our updated version of the English RPC and are happy to present you with the new and improved *Let's Talk* curriculum. Building on the original curriculum and extensive feedback from users, we added new topics, activities, and helpful resources.

Let's Talk is available for download from our website 1800RUNAWAY.org or on CD-ROM by completing our fulfillment order form. The curriculum is also available in the older, but still relevant, Spanish edition. Whichever format you decide on, we are proud to offer this resource free of charge to your programs!

"I learned that people go through things but if you use your resources they can really help you.

-Let's Talk Youth Participant



Content Discussed:

- Updated *Let's Talk*
- Life Skills Knowledge
- Evidence-Based
- Incentive Programs

How can this help me?

Let's Talk is a 14-module curriculum intended to build life skills, increase knowledge about runaway resources and prevention, educate about alternatives to running away, and encourage youth to access and seek help from trusted community members. *Let's Talk* is intended for youth in grades 5-12.

This program was developed to use in its entirety or as individual modules or activities, and it provides users with over 40 easy-to-use, youth approved activities on various topics. *Let's Talk* can go hand-in-hand with other dropout, violence prevention, social-emotional learning, and safety strategies that you may already be using.

Check out the topics covered below!

- Module 1: Communication and Listening
- Module 2: Adolescent Development
- Module 3: Personal Influences
- Module 4: Peers and Healthy Relationships
- Module 5: Families: Roles and Responsibilities
- Module 6: Runaway Reality
- Module 7: National Safe Connections
- Module 8: Community Response and Responsibility
- Module 9: Anger Management
- Module 10: Stress Reduction
- Module 11: Drugs and Alcohol
- Module 12: Sexuality and Sexual Orientation
- Module 13: Internet Safety and Fun
- Module 14: Future Life Planning

“They found that they weren’t alone in some of the things that bother them at home or in school. They found out they weren’t the only ones that were feeling a certain way and that it was okay for them to feel that way as long as they didn’t act out because of it.”

-Let's Talk Facilitator

“The earlier that we can intervene and show them that there are different ways of dealing with anger and stress and dealing with members of their family, the more receptive they’ll be of it.”

-Let's Talk Facilitator

Evidence-Based Curriculum

Let's Talk is an evidence-based intervention program. Overall, the evaluation data suggest that this evidence-based prevention program is beneficial to the youth who participate in the modules, both in increasing awareness and knowledge of how to deal with challenging life situations, as well as in reshaping the way youth think about how to overcome these obstacles in a healthy manner.

For more information, an evaluation of the curriculum's effectiveness is available at our website.

Incentive Program

More Free Materials!

As partners in prevention, we look forward to hearing from you regarding your successes, questions and comments with NRS' *Let's Talk: Runaway Prevention Curriculum*. In exchange for using the RPC, we simply ask that you assist us in collecting data regarding the curriculum's utilization by submitting the following:

1. Completed demographic form each time you use a module or activity.
2. Completed pre and post worksheets for each completed module. Give participants the worksheets before and after the session. Please ask that they indicate which activity worksheet they are taking by circling either the pre or post at the top of the page.

Both of these forms, along with the worksheet answer key, can be found on our website, 1800RUNAWAY.org. For those sending information back to NRS, we send out incentives monthly. This is an easy way to receive some fun NRS goodies for staff and youth using the program!

We also are excited to offer free support and technical assistance for those who use or are interested in using the curriculum. Additional fee based trainings are available as well.

CONTACT:

For more information, please contact the National Runaway Safe line's prevention specialist, Lindsey Shelton, at 773-289-1723 or at prevention@1800runaway.org.

