

NATIONAL RUNAWAY SAFELINE

Let's Talk: Runaway Prevention Curriculum

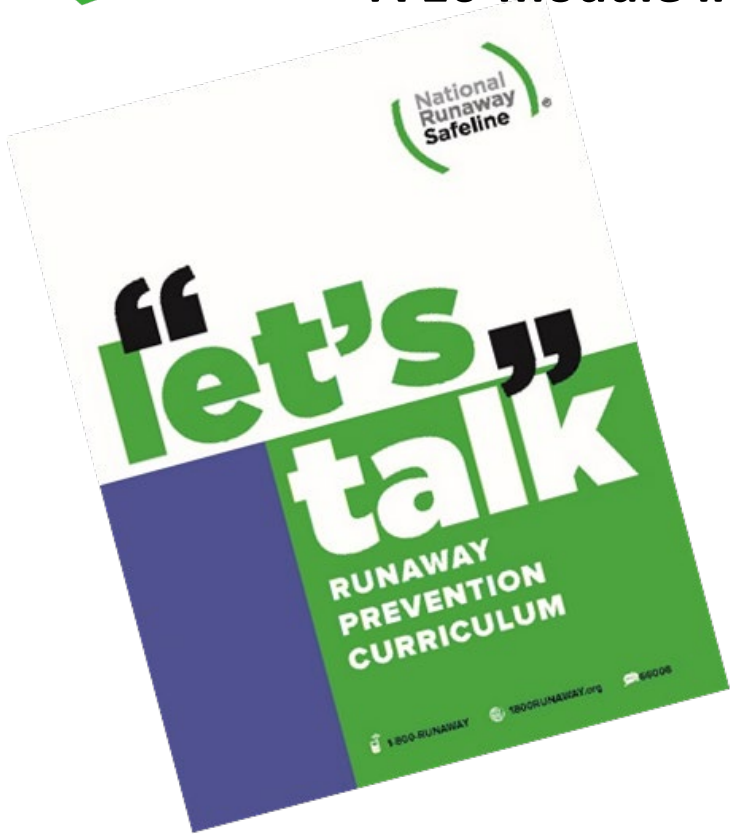
Contact: Sam Gillis, NRS Chief Program Officer, sgillis@1800runaway.org

Data & information provided by the National Runaway Safeline (NRS). Any use or reference to this information should be credited to NRS.



About the Curriculum

A 16-module life skills curriculum, available for download at 1800RUNAWAY.ORG.

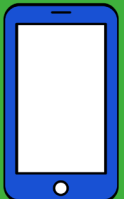


Goals:

- Build life skills
- Educate young people about alternatives to running away
- Encourage young people to seek help from trusted adults
- Increase knowledge about prevention and resources

Audience:

- Youth ages 12-20
- Available in English and Spanish
- For use in schools, after school programs, RHY programs, youth groups, etc.



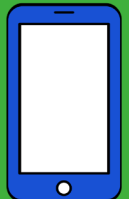
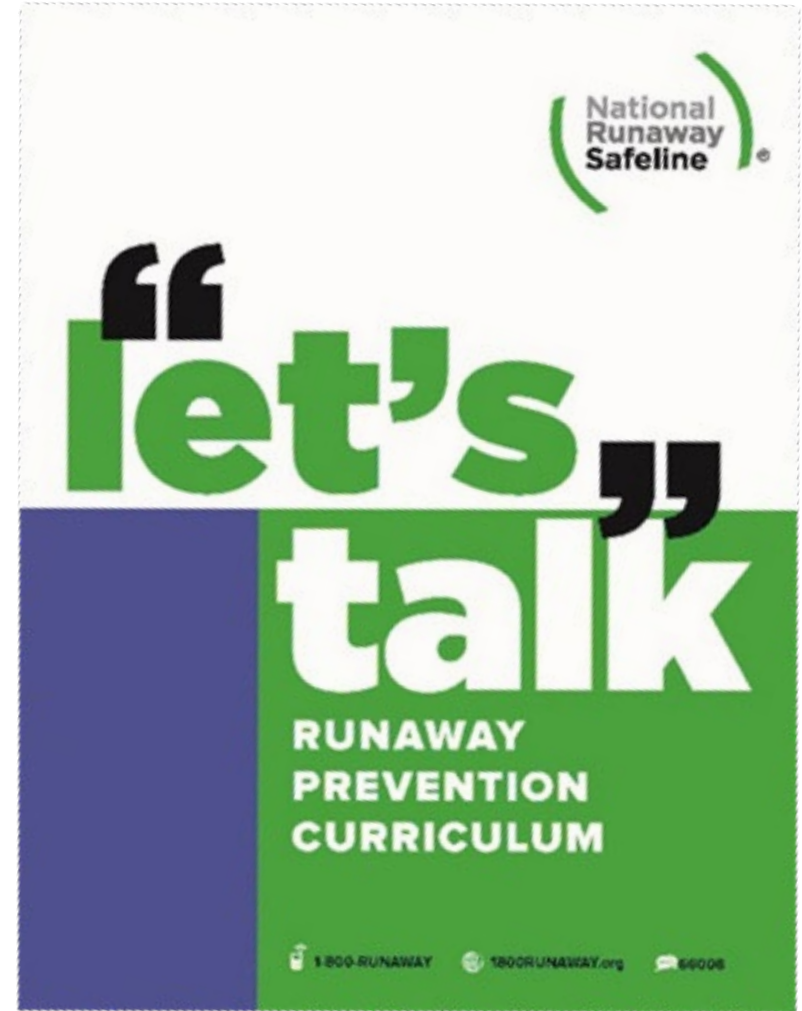
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Benefits & Accessibility

- Free
- Evidenced-Based
- Download & Go
- Can be used by activity, module, or in its entirety
- User-friendly and adaptable
- Includes a Facilitator Guide
- Built-in Worksheets
- Pre- & Post-Tests



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Original Module Topics

Introduction
Module +
14 Modules



Communication and Listening



Adolescent Development



Personal Influences



Peers and Healthy Relationships



Families: Roles and Responsibilities



Runaway Reality



National Safe Connections



Community Response and Responsibility



Anger Management



Stress Reduction



Drugs and Alcohol



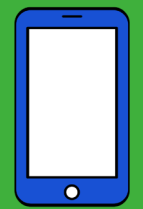
Sexuality and Sexual Orientation



Internet Safety and Fun



Future Life Planning



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New Module Topics



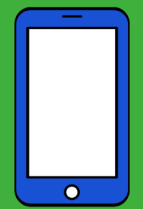
Internet Safety and Fun → Social Media and Internet Safety



Mental Health



Human Trafficking and Exploitation



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Consistent Module Layout

- Learning Goals
- Define the Issue
- Icons
- Module Activities
- Time Requirements
- Materials
- Module Activity Content
- Handouts and Worksheets
- References and Resources
- Pre- and Post-Tests



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MODULE **1**

“let’s talk”


COMMUNICATION & LISTENING

LEARNING GOALS

During the introductory session, participants will be invited to:

- Learn one of the most important communication skills—active listening.
- Understand active listening and gain skills to use in conversation.
- Use real-life situations to examine runaway prevention from all aspects.
- Learn a variation of the NRS crisis intervention model that can be used in everyday situations.

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66008



MODULE 1 **COMMUNICATION & LISTENING** 2


DEFINE THE ISSUE

It can never be overstated how complicated and confusing it is to be a young adult. Navigating and managing decision-making, relationships, finances, new responsibilities, personal wellness, and educational attainment are a lot for anyone to handle, let alone young people who are still growing and maturing. It can be hard to communicate complex thoughts and emotions when experiencing these changes.

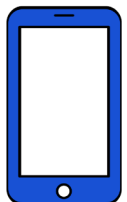
Those who reach out to the National Runaway Safeline (NRS) often cite communication, or a lack thereof, as an issue in their families. Learning to communicate more effectively will help all of us in our daily lives, whether at home, school, work or in relationships.

NRS’s frontline team members, including crisis services center staff and volunteers, learn a five-step, trauma-informed, solution-focused crisis intervention model to use with every person who calls the 24/7 hotline or uses our online services. NRS focuses on nonjudgmental and nondirective communication. Module 1 shares with participants the NRS model and active listening skills.

ICONS

For further details, see the Introduction Module. 

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MODULE ACTIVITIES

ACTIVITY	TIME	METHODOLOGY
 A. Listening to Communicate and Barriers to Communication	15 minutes	Discussion/Activity
 B. Active Listening	8-10 minutes	Discussion/Exercise
 C. Communicating During a Crisis	5-7 minutes	Discussion
D. Problem-Solving Scenarios	15 minutes	Discussion/Exercise

 Total time required: **45 minutes**

MATERIALS

- Poster paper or chalk/dry-erase board
- Markers or chalk
- "Good Listener/Bad Listener" worksheet
- "Active Listening" handout
- "Listening Journal" worksheet
- "Communicating During a Crisis" handout
- "Problem-Solving Scenarios" handout (copy and cut before distributing)
- "Problem-Solving Scenario Think Sheet" worksheet

 Contact the NRS Prevention & Youth Engagement Specialist at **773-289-1723** or prevention@1800RUNAWAY.org for support and technical assistance.

ACTIVITY 1A

LISTENING TO COMMUNICATE AND BARRIERS TO COMMUNICATION

 **15 minutes**

STATE For the next few minutes we're going to practice communicating with a partner. Each partner in a group of two will receive a different set of directions, and they must not tell their partner what their directions are for this activity to work.

DIVIDE Your participants into two equal groups.

STATE Group A, when you meet with your partner, I would like you to talk about something you are passionate about. Include as many details as possible, talk as much as you can about the subject, and of course have fun!

STATE Group B, when you meet with your partner, I would like you to use your absolute worst listening skills. Show your partner that you are not listening to what they are saying from only your actions, and of course have fun!

HAVE each participant PICK A PARTNER from the opposite group.

ALLOW 1 minute to complete the activity.

STATE Okay, great! Now, we're going to switch things around. The person who talked last time will now be the listener. The other partner who was the listener previously will talk about something they are passionate about with as much detail as possible. Listening partners, your job will be to display your best active listening skills!

Speakers, pay close attention to your partner's actions, because a person's posture, gestures, and facial expressions can let you know if that person is really listening to you.

ALLOW 1 minute to complete the activity.

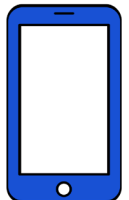
HAND OUT "Good Listener/Bad Listener" worksheet to each participant.

STATE On the worksheet I just handed you, please take 1 minute to write down or draw specific examples of how your partner displayed signs of listening or not listening. For example, "My partner wasn't looking at me when I was talking," or "My partner was nodding their head while I was talking."

Also include how you felt when you were talking and you knew your partner was or was not listening.

ALLOW 1 minute to complete the worksheet.

ACTIVITY 1A →



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HANDOUTS AND WORKSHEETS

- A. Good Listener/Bad Listener
- B. Active Listening
- C. Listening Journal
- D. Communicating During a Crisis
- E. Problem-Solving Scenarios
- F. Problem-Solving Scenario Think Sheet

REFERENCES

National Runaway Switchboard. (2001). *Runaway prevention curriculum for classroom and community educators*. Chicago, IL: NRS.

RESOURCES

Beyond Intractability, a website run by the Conflict Information Consortium, provides research and teaching about conflict and its resolution (<https://www.beyondintractability.org>).

Kids Helpline offers information and resources about family relationships (www.kidshelpline.com.au).

National Runaway Safeline (NRS), the federally designated national communication system for runaway and homeless youth, provides crisis intervention through its 1-800-RUNAWAY hotline and 1800RUNAWAY.org online services. NRS provides youth and families in crisis with support and access to resources 24 hours a day, 365 days a year (<http://www.1800RUNAWAY.org>).

Talking With Kids is a national initiative by Children Now that encourages parents to talk with their children earlier and more often about tough issues (<https://www.childrennow.org/talkingwithkids/>).

Icons

- Notate helpful facilitation tips and recommended supplemental materials pertaining to certain modules/activities.



Contains discussions of a sensitive nature.



Activity may require more open space.



Helpful hint, facilitation suggestion, or supplement(s) to consider with the activity/module.



May need more time for this activity.



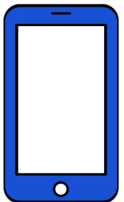
We encourage you to do this module with family members or guardians.



For a complimentary activity or module, please see . . .



A must-do if you are short on time!



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Trauma-Informed Approach

- Content written to avoid re-traumatization
- Provides facilitators with caution icons to alert them to sensitive content
- Provides facilitators with resources and information for additional support

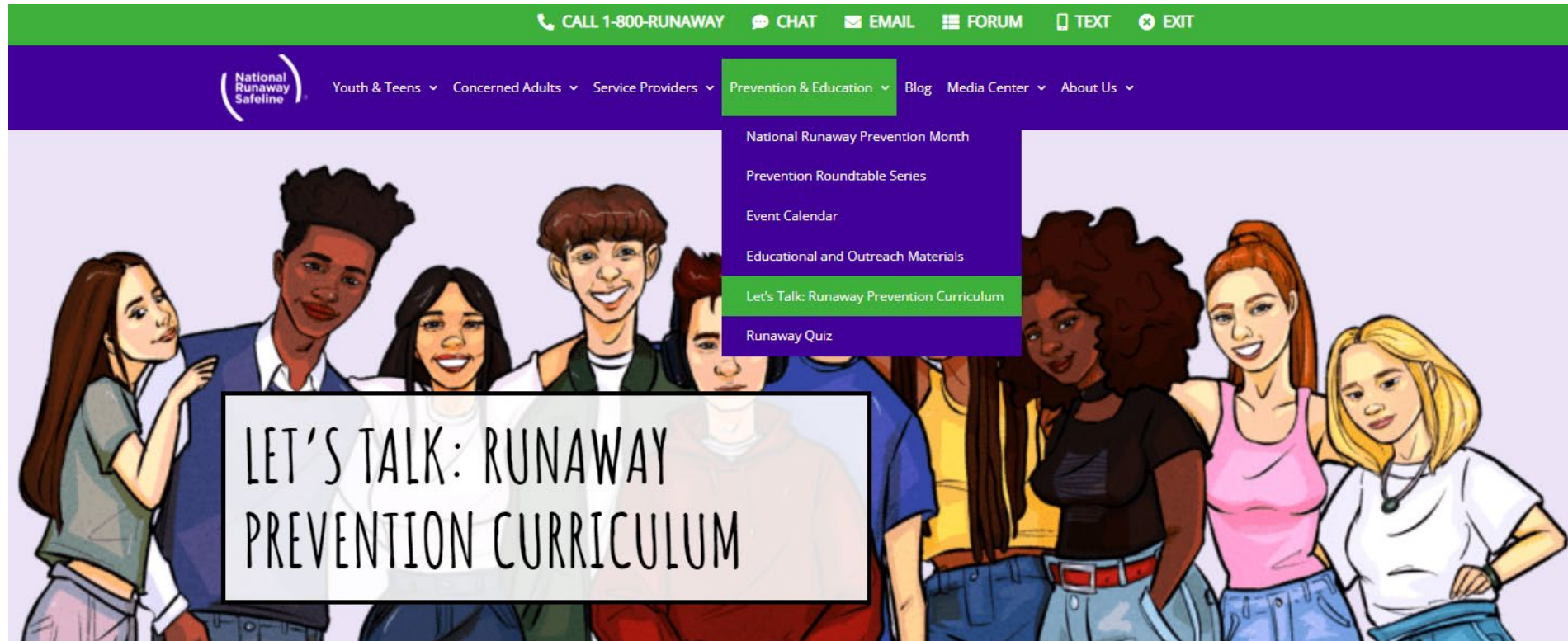


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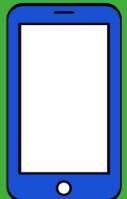
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Accessing *Let's Talk*



<https://www.1800runaway.org/prevention-education/lets-talk-runaway-prevention-curriculum>



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Online Access & Downloads

National Runaway Safeline Educational Materials & Online Learning

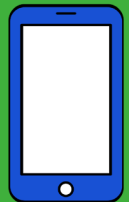
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Current Status	Price	Get Started
NOT ENROLLED	Free	Login to Enroll

Course Content

- Complete Runaway Prevention Curriculum
- Let's Talk Introduction
- MODULE 1: Communicating & Listening
- MODULE 2: Adolescent Development
- MODULE 3: Personal Influences




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Facilitator Tips Also Available to Download

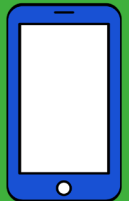
Our facilitator tips sheets include suggestions and discussion questions to help maximize your use of *Let's Talk*. You can download them below:

 GENERAL TIP SHEET

General tips and facilitation questions

 VIRTUAL TIP SHEET

Ideas for modifying *Let's Talk* for an online audience



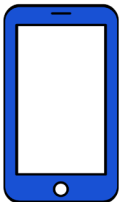
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For additional questions, please email:

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