

The logo for National Runaway Safeline is a white circle containing two green curved lines that form a partial circle. The text "National Runaway Safeline" is written in a bold, sans-serif font, with "National" and "Runaway" in grey and "Safeline" in black. A registered trademark symbol (®) is located to the right of the text.

**National
Runaway
Safeline**®

***Let's Talk:
Runaway Prevention Curriculum
Recent Updates and a New Look***

Wednesday, April 27, 2022

2:00 – 3:00 pm EST

Chéné Weems,
Director of Training & Quality Assurance

Poll Question

Have you or your organization facilitated the *Let's Talk: Runaway Prevention Curriculum* before?

- Yes
- No

National Runaway Safeline (NRS)

- The National Runaway Safeline is the federally-supported national communication system for youth in crisis, runaway, and homeless youth.
- Our mission is to keep America's runaway, homeless and at-risk youth safe and off the streets.
- Each year, NRS makes over 125,000 connections to offer help through hotline, online and offline resources to youth, families and service providers nationwide.

NRS Services

1-800-RUNAWAY:

- Trauma-informed, solution-focused crisis intervention
- Information and referrals
- Message Service
- Conference calls
- Home Free family reunification and transportation program

1800RUNAWAY.org:

- Interactive live chat
- Crisis forum and email
- Text “HELP” to 66008
- Free educational and promotional materials

Why is our work important?

- **1 in 30** adolescent minors (13-17) endures some form of homelessness in a year.*
- **1 in 10** young adults (18-25) endures some form of homelessness in a year.*
- LGBTQ youth experience homelessness at more than **twice** the rate of their peers.
- Youth identifying as African American or Black make up **23% of the youth homeless population**, while representing only 14% of the general population.
- As many as **1.1 million children** have a young parent who experienced homelessness during the past year.
- Youth on the streets are at **higher risk** for trauma, risky sexual behaviors (ex. survival sex), and human trafficking.

**This includes running away, being kicked out, and couch surfing.*

voicesofyouthcount.org/wp-content/uploads/2017/11/ChapinHall_VoYC_NationalReport_Final.pdf

2021 Crisis Contacts Data

Location of Youth in Crisis

Based on 15,961 Crisis Contacts



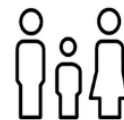
68% OF YOUTH WHO CONNECTED WITH NRS WERE STILL AT HOME



12% OF YOUTH WHO CONNECTED WITH NRS WERE AT A FRIEND'S HOUSE



8% OF YOUTH WHO CONNECTED WITH NRS WERE ON THE STREETS



5% OF YOUTH WHO CONNECTED WITH NRS WERE AT A RELATIVE'S HOUSE



24/7 Crisis Connection

CALL Tap To Call Us Learn More	CHAT Tap To Live Chat Learn More	EMAIL Tap To Send Email Learn More	FORUM Tap To View Forum Learn More	TEXT Learn More
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Runaway Prevention Efforts

NRS also implements the following community awareness and prevention strategies and activities:

- Educational blogs highlighting runaway and homeless youth issues and resources
- Offering educational and outreach materials (brochures, street outreach cards, bookmarks, etc.) to make available in local communities, offered digitally and in hard copy
- National Runaway Prevention Month awareness campaign (November)
- Youth Advisory Board, Youth Ambassadors
- *Let's Talk: Runaway Prevention Curriculum*



*Let's Talk:
Runaway Prevention Curriculum*

Let's Talk: Runaway Prevention Curriculum

A 14-module life skills curriculum, available for download at 1800RUNAWAY.org.

Curriculum Goals:

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

Audience:

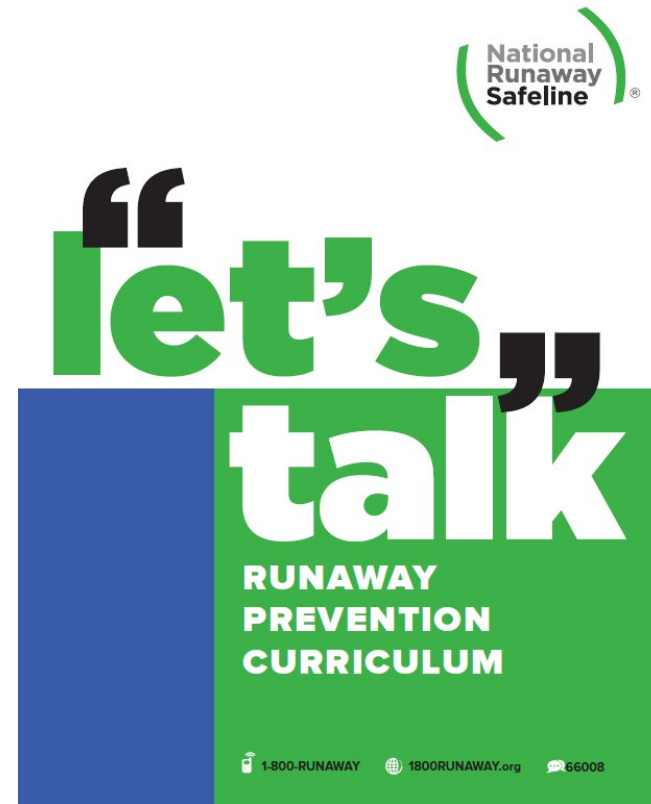
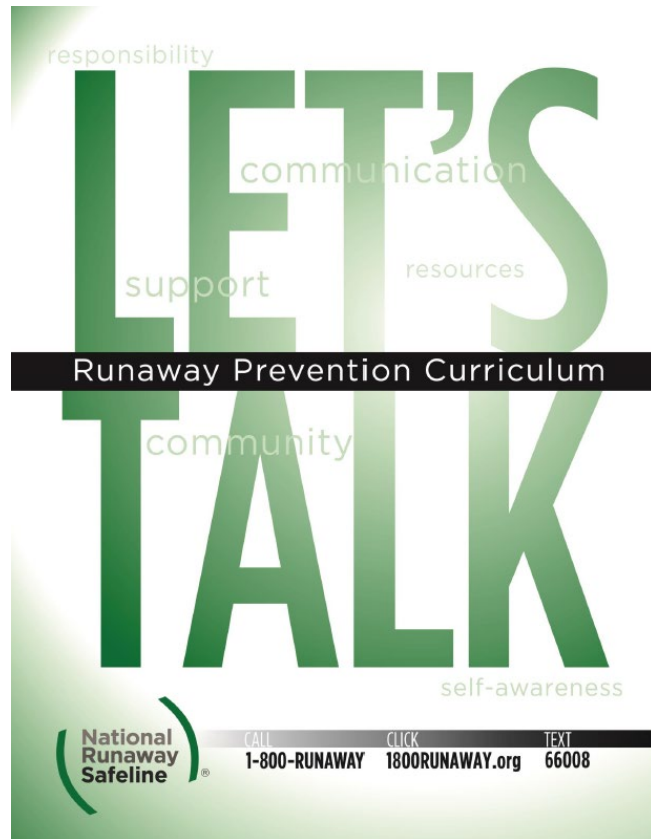
- Youth between the ages of 12-20
- Available in English and Spanish
- Used in schools, after-school programs, RHY programs, youth groups, etc.

Curriculum Benefits

Let's Talk...

- can be implemented by activity, module or in its entirety
- is user friendly and adaptable
- includes additional resources, worksheets and handouts
- supports opportunities for peer-led learning
- supports life skills acquisition and prevention efforts
- can be included in service learning
- can supplement other life skills curricula
- includes technical assistance and support from NRS

A New Look!



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Updates to Expect

- Modernized look and feel throughout
- Consistent organization/layout across modules
- Updated language and terminology:
 - LGBTQIA2S+
 - Internet terms and sources
- Clearer icons, easier-to-read fonts and colors
- Updated worksheets with new, more user-friendly graphics

Let's Talk: Module Layout

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

NOTE: In the previous version, activity handouts and worksheets were all grouped together at the end of each module. The updated version links handouts and worksheets to their associated activities within each module.

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.

📞 1-800-RUNAWAY
🌐 1800RUNAWAY.org
💬 66008



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.



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 →

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!

Let's Talk: Curriculum Module Topics



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



Personal Influences (Module 3)

Learning Goals

- Identify how personal values, principles and beliefs affect our decision-making.
- Identify influential others, both positive and negative, and discuss why these people are influential.
- Reflect on the role of influential others in decision-making.

Activities

- Personal Shield
- Who's on Your Bus?

MODULE 3

“let’s talk”

PERSONAL INFLUENCES

LEARNING GOALS

During this module, participants will:

- Identify how personal values, principles and beliefs affect our decision making.
- Identify influential others, both positive and negative, and discuss why these people are influential.
- Reflect on the role of influential others in decision-making.

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Stress Reduction (Module 10)

Learning Goals

- Map out the stressors and potential crises related to being a youth
- Understand that solid problem-solving and stress management skills can help them manage stress in their lives
- Learn informal options and resources that may help youth cope with stress

Activities

- Defining and Identifying Stress
- Problem-Solving Skills
- Things to Do to Deal with Stress

MODULE 10

let's talk

STRESS REDUCTION

LEARNING GOALS

During this module, participants will:

- Map out the stressors and potential crises related to being a youth.
- Understand that solid problem-solving and stress management skills can help them manage stress in their lives.
- Learn informal options and resources that may help youth cope with stress.

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Problem-Solving Skills: Decision Tree

Directions:

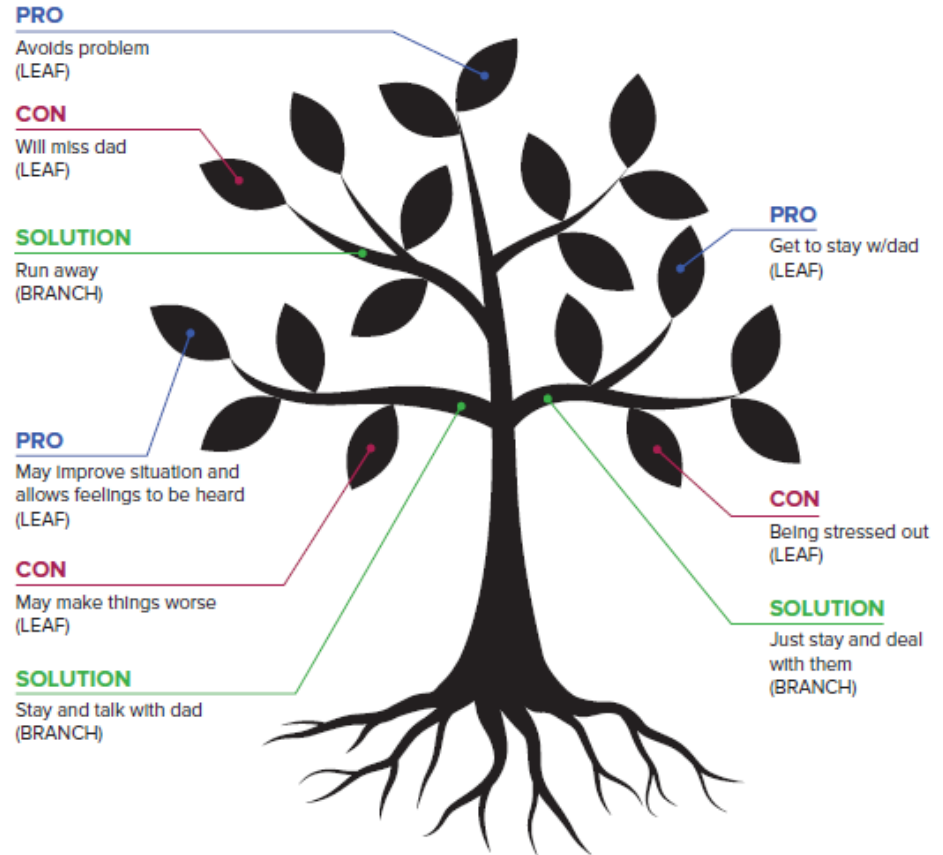
Using the example, make a decision tree to help map out options and consequences for a problem. For each way the problem could be resolved – whether positive or negative, health or unhealthy – create a branch. On each of these, map out the pros, cons, and consequences of each possible solution by connecting leaves to the larger branch.

The goal of the decision tree is to see all the possible options and consequences laid out on one sheet of paper, which will help make the best decision.

PROBLEM: Fights with dad about stepmom and her children

Decision Tree

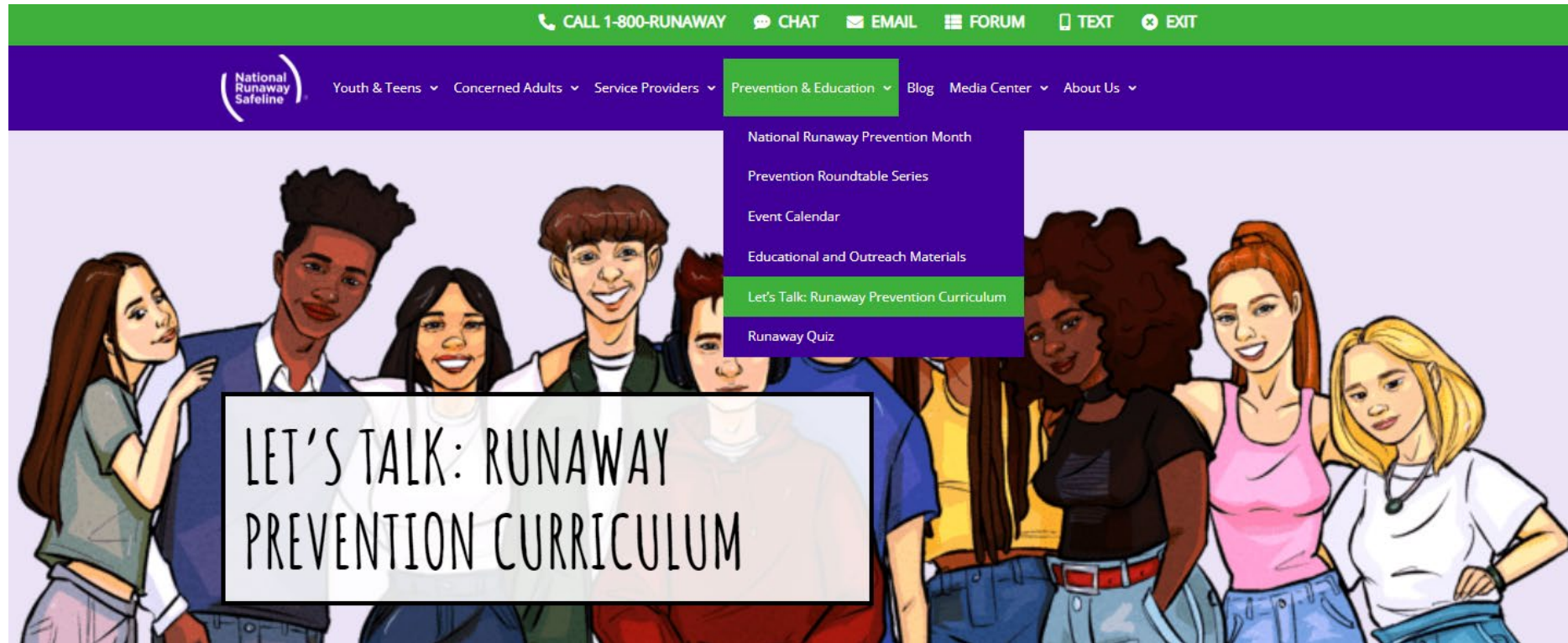
PROBLEM: Fights with dad about stepmom and her children



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Accessing *Let's Talk*




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

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Facilitation Tips

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

Online Access

National Runaway Safeline Educational
Materials & Online Learning

DOWNLOAD OUR FREE CURRICULUM



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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Information We Collect

Group Demographic form

- Facilitator contact information
- Date class occurred
- Number of youth participants
- Age of youth participants
- Type of class
- Module(s) presented

Group Demographics

National Runaway Safeline
3080 N Lincoln Avenue
Chicago, IL 60657
Phone: 773-289-1723
Fax: 773-929-5150
www.1800RUNAWAY.org



We would appreciate your help in letting us know how many youth are being reached by the curriculum. Please fill out this form after each activity or module you have completed with a group/class and return to the National Runaway Safeline (NRS). You can mail it to: National Runaway Safeline 3080 N Lincoln Avenue Chicago, IL 60657 or fax at 1-773-929-5150. If you have any questions or would like any technical assistance in implementing the curriculum please contact the NRS prevention specialist at Prevention@1800RUNAWAY.org or call 773-289-1723.

Facilitator Name

Organization

Address

City State Zip Code

Phone Number Email

Fax Number Check here if you are a Safe Place Agency
 Check here if you are a Safe Place Coordinator

Date of Class

Number of participants in group/class:

How did you hear about the curriculum?

Average age of participants:

under 10 14-16
 10-12 16-18 If adults, explain...
 12-14 18-20 ex: parents, teachers

Type of group/class:

middle school class youth shelter religious or spiritual group
 high school class social service program foster care/ Dept. Of Child Services
 after school program health clinic parent/ youth group
 juvenile justice mental health/ counseling mentor group
 youth development youth leadership group other

Which module was presented?

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

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A large, stylized question mark is the central focus. It is composed of thick, rounded strokes in shades of green and yellow. The word "QUESTIONS" is written in a bold, white, sans-serif font, slanted upwards from left to right, and is superimposed over the question mark.

QUESTIONS

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Suggested Resources

FREE Educational and Outreach Materials

- NRS provides free poster, brochure, and wallet cards for agencies looking to pursue additional outreach at <https://www.1800runaway.org/free-promotional-materials>
- Download the *Let's Talk: Runaway Prevention Curriculum* at <https://www.1800runaway.org/runaway-prevention-curriculum-sign-up>
- Access National Runaway Prevention Month information at <https://www.1800runaway.org/nrpm/>
- And more such as trend reports, statistics and NRS information at <https://www.1800runaway.org/media-center/media-contacts-and-materials>

YouTube Channel

- Includes NRS' PSAs, outreach, and informational videos at <https://www.youtube.com/user/NRS1800RUNAWAY>

Contact: *Let's Talk*, Prevention Resources

Jeff Stern

Chief Engagement Officer

jstern@1800runaway.org

773-289-1732



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