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United Way of Hastings August "Life 101" Workshop Helps Teens and Young Adults Build Healthy Relationships

(Hastings, MN) The United Way of Hastings (UWH) continues its monthly free Life 101 workshops for teens and young adults. These workshops are designed to address the needs and concerns of teens and young adults today. They are an extension of UWH's Helping Kids Succeed community-wide youth development initiative.

On August 22, our workshop addresses the serious world of teen and young adult relationships, including dating violence, including saying/hearing "no," managing bullying, and developing healthy relationships. The workshop is titled "Moving Towards Healthy Relationships: Getting Unstuck and Making Positive Choices." It will be held at Hastings High School Lecture Hall, from 6:30 -8:00 p.m.

High school students, young adults, and parents are all welcome to this free event.

Hastings High School graduate Lexi Koran will share her story of overcoming numerous challenges as a young person. She's gone on to graduate with a 2-year technical degree and work in the field of robotics. Her co-presenter is Vicki Illa from 360 Communities. She has an extensive background in violence prevention and intervention, victim advocacy, and conflict resolution.

Often, we don't think of teens as victims of dating violence, or don't know how to help a young person trapped in an abusive situation. This workshop will help those caught in negative relationships (including bullying), as well as those who want strategies to help friends or family members. It will also help teens and young adults focus on building strong, healthy relationships.

Future workshops will speak to other topics of interest and concern to today's young people. On September 19th, the Life 101 workshop will address stress, dealing with

anxiety, and mental health support. Future workshops will include personal safety, legal issues for teens and young adults, and grief and resilience.

In the last 12 months, UWH brought our Helping Kids Succeed message to over 1400 Hastings middle and high school students, encouraging them in developing healthy webs of support. In addition, we provided funding support to our partner agencies to reach another 1500 students with personal safety and healthy web development training.

Since 2012, UWH has nurtured the Helping Kids Succeed (HKS) community-wide initiative, to help children, youth, and adults build strong, healthy webs of support.

The United Way of Hastings is an independent United Way serving Hastings and the surrounding rural communities within Independent School District #200. Our mission is to build partnerships to improve the lives of people in our community. Donations are accepted year-round. For more information about the UWH and the agencies it funds, visit www.unitedwayofhastings.org.

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