



ACT4LOVE

TOOLBOX

**A practical guide for teachers and educators to
foster healthy and respectful teen relationships**

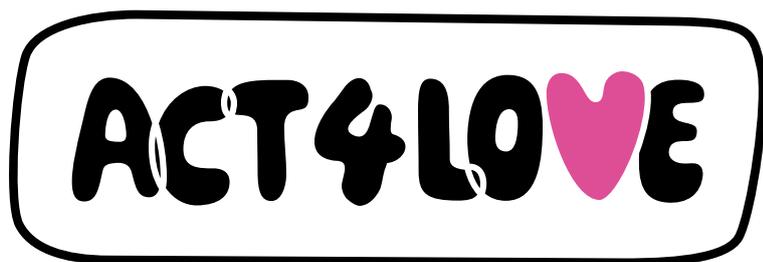




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A practical guide for teachers and educators to foster healthy and respectful teen relationships

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Introduction

The Act4Love project, an ERASMUS+ funded project under the KA220 Cooperation Partnerships in School Education, aims to address Teen Dating Violence (TDV) through the development and pilot implementation of a gamified educational program designed to raise awareness and prevent violent behaviors in romantic relationships among adolescents aged 14 to 18. To achieve this aim, the Act4Love project has set four priorities:

- 01:** To increase secondary school teachers and educators' knowledge and awareness of TDV
- 02:** To increase teenagers' healthy relationship skills and critical thinking to confront TDV
- 03:** To empower young people in preventing TDV through peer education
- 04:** To foster school as potential protective environments

To achieve the first priority (01), the partners developed a toolbox that serves as a repository of socio-emotional learning (SEL) tools promoting social and emotional competence among teenagers and school staff. The goal of this toolbox is to raise awareness on socio-emotional competence among teenagers, as well as help teachers and school staff promote well-being and mental health at school.



Methodology

The consortium employed a two-step process to identify instructional and research-based resources that promote socio-emotional competencies in adolescent students.

First, the Center for Sustainability (CS) partner presented the below methodology at the kick-off project meeting in Catania in January 2025 and invited partners to share feedback. All partners agreed to research existing educational websites in their country and then worldwide using keywords such as “student socio-emotional well-being,” “socio-emotional program activities and adolescents,” “student training and socio-emotional learning,” “teacher training and socio-emotional learning,” etc. The focus was to identify three school or other educational organizations’ websites per country. Partners with previous project experience on TDV were encouraged to include their project outputs. Then, research efforts continued using similar keywords to identify books, worksheets, and educational videos in each country that teach SEL skills to teenagers.

The goal was to identify three instructional materials per country. Finally, the resource search was completed by identifying three published research studies on teacher training and SEL competencies, as well as student training on SEL skills. The CS partner prepared an Excel spreadsheet, in which partners were invited to enter their data. The search result produced a list of 26 resources across three countries (Cyprus, Italy, Spain) (see Diagram 1).

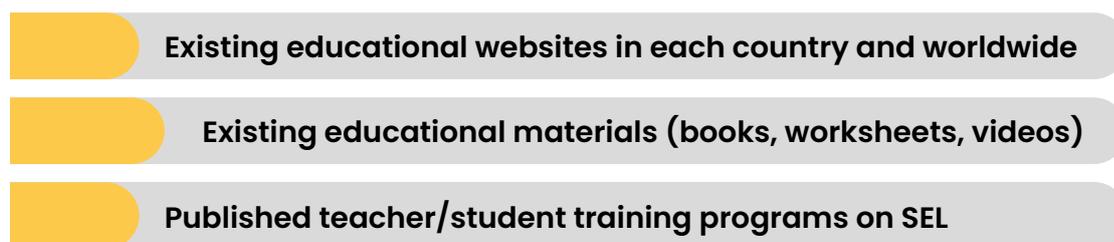


Diagram 1. Types of resources of the ACT4Love toolbox

The second step was to refine the toolbox by selecting 15 resources from the compilation list. Thus, each partner was asked to propose five tools that focused on tool accessibility, usability, simplicity, and SEL emphasis. The following section provides a brief description of each tool, organized by resource type, target age group, SEL focus, language, and accompanying materials. Together, these resources promote awareness and equip educators to address TDV in their classrooms effectively.

Tool 1: Dating matters

Resource Type (book, video, website, training program, etc.)	Training program
Target age group	11–14 years
Socio-emotional skill focus (feelings, communication, relationships, etc.)	Healthy and respectful teen relationships
Description	<p>Dating Matters® is a comprehensive training program that presents strategies to promote healthy teen relationships developed by the United States Center for Disease Control and Prevention. Specifically, Dating Matters® targets 11–14-year-old students, who are taught how to develop healthy and safe relationship skills before dating and how to prevent adverse outcomes such as TDV (e.g., sexual risk, substance abuse). Dating Matters® includes seven primary components: parent programs, educator training, youth programs, i2i youth communications program, capacity and planning tool, guide to using indicator data, guide to informing policy, and communications programs. Research results showed positive effects for middle and high-school students with reported lower levels of bullying, weapon carrying, cyberbullying, physical violence perpetration, delinquency, etc.</p>
Languages	English
Access Link	<ul style="list-style-type: none"> • https://vetoviolence.cdc.gov/apps/dating-matters-toolkit/content/get-started/#main
Supplementary Materials	<ul style="list-style-type: none"> • Success stories: https://www.cdc.gov/intimate-partner-violence/php/datingmatters/success-stories.html • Video: https://youtu.be/_i8CE029Hh8 • Teacher training: https://vetoviolence.cdc.gov/apps/dating-matters-toolkit/content/training-for-educators/

Tool 2: A PReventEd: Relationship Abuse Curriculum

Resource Type (book, video, website, training program, etc.)	Student curriculum
Target age group	14–17 years
Socio-emotional skill focus (feelings, communication, relationships, etc.)	Healthy and safe relationships
Description	<p>This curriculum was developed by the United States Center for the Prevention of Abuse in collaboration with other non-governmental organizations, with an emphasis on educating and raising awareness about TDV. The student curriculum includes two main parts. The first part consists of four cumulative 45-minute lessons that include activities and discussions where students learn about the four types of sexual harassment and how to respond, the cycle of violence, consent and coercion, and how to be active bystanders to sexual assault. The second part includes four lessons offered to schools that have completed the first series, broadening students’ knowledge of domestic violence and human trafficking. In the four lessons, students will learn about emotional abuse (within the cycle of violence), human trafficking, the process of boyfriend-ing, and how to respond when a friend is in a violent relationship.</p>
Languages	English
Access Link	<ul style="list-style-type: none"> • https://www.centerforpreventionofabuse.org/wp-content/uploads/2021/01/TDVAM-Toolkit-2021.pdf#page=4.09
Supplementary Materials	<ul style="list-style-type: none"> • Day One: https://www.dayoneny.org/statistics • Loveisrespect.org https://www.loveisrespect.org/resources/social-media-safety/

Tool 3: Healthy relationships program

Resource Type (book, video, website, training program, etc.)	Student training
Target age group	15+ years
Socio-emotional skill focus (feelings, communication, relationships, etc.)	Healthy and respectful teen relationships
Description	<p>This is a five-day youth program designed to train students on TDV. Training objectives focus on teaching students how to keep their relationships healthy, how to identify the red flags of an abusive relationship, and seek assistance from a support line; how to think critically about gender roles, stereotypes, the media, and how these affect intimate relationships; how to develop tools for helping friends who are experiencing abuse or being abusive; and how to develop an accurate understanding of consent and sexual assault and understanding of the importance of respecting boundaries as a means to preventing sexual assault.</p> <p>For middle schoolers, the program begins by asking students to reflect on what makes a healthy friendship, and then students are introduced to the differences between flirting and sexual harassment, and the importance of learning to set boundaries. In high school, students receive a comprehensive overview of TDV and how to prevent it. Lessons on sexual harassment and sexual assault are often included as part of the Healthy Relationships curriculum.</p>
Languages	English
Access Link	<ul style="list-style-type: none"> • https://safefuturesct.org/teen-dating-violence-prevention-program/

Tool 4: Educators as bystanders to TDV

Resource Type (book, video, website, training program, etc.)	Teacher infosheet
Target age group	15+ years
Socio-emotional skill focus (feelings, communication, relationships, etc.)	Healthy and safe relationships
Description	<p>This is a comprehensive information sheet designed to raise educator awareness about TDV. The first part provides background information on the statistics of TDV prevalence in the United States and the negative outcomes of TDV on young people. The second part provides a description of steps educators may take to increase their awareness about TDV. These steps include: recognizing red flag behaviors, using neutral language to communicate with students, developing an explicit TDV policy, and contacting sexual assault and domestic violence competent authority bodies.</p>
Languages	English
Access Link	<ul style="list-style-type: none"> • https://maec.org/resource/educators-as-bystanders-recognizing-and-responding-to-teen-dating-violence/
Supplementary Materials	<ul style="list-style-type: none"> • Break the cycle: https://www.breakthecycle.org/school-policy/

Tool 5: Preventing TDV from the inside out

Resource Type (book, video, website, training program, etc.)	Video
Target age group	13+ years
Socio-emotional skill focus (feelings, communication, relationships, etc.)	Healthy and respectful teen relationships
Description	<p>This is a TED talk video, in which a high school graduate, Briana Neben, describes the issues of domestic violence and the difficulties faced by the victim in recognizing its symptoms. She is an activist who tries to raise public awareness about domestic violence while drawing from her personal story.</p>
Languages	English
Access Link	<ul style="list-style-type: none"> • https://www.youtube.com/watch?v=iwuy5UZy3Gw

Tool 6: Consent hub: Empowering teens on enjoyable and healthy intimate relationships

Resource Type (book, video, website, training program, etc.)	Educational website
Target age group	13+ years
Socio-emotional skill focus (feelings, communication, relationships, etc.)	Healthy and respectful sexual relationships
Description	<p>This educational website is designed for teenagers aged 13 and above, as well as adults (e.g., parents/guardians, educators), focusing on raising awareness about the crucial role that consent and respect play in fostering healthy and safe intimate relationships. Youth have the opportunity to learn about sex, gender roles, open dialogue with adults, and breaking gender stereotypes. Parents/guardians learn some good practices on how to initiate a discussion with teenagers about consent awareness and how to equip themselves in supporting their children in building safe, positive, and healthy relationships.</p>
Languages	Catalan, English, German, Italian, Spanish, Swedish
Access Link	<ul style="list-style-type: none"> • https://consenthub.info/

Tool 7: Consent: Manual for families and teachers

Resource Type (book, video, website, training program, etc.)	Manual/PDF document
Target age group	18+ years
Socio-emotional skill focus (feelings, communication, relationships, etc.)	Healthy and respectful sexual teen relationships
Description	<p>This resource is an educational guide designed for parents, guardians, and teachers to support teenagers in understanding consent, sexuality, and healthy relationships. It explains three approaches to sex education and encourages open, age-appropriate conversations about bodies, respect, intimacy, and the influence of online content such as pornography. The manual offers practical tools, activities, and discussion exercises that make it easier to talk about sensitive issues in family and school settings. It also provides tips for creating safe spaces, breaking stereotypes, and equipping adults to guide young people towards positive, respectful, and empowering relationships.</p>
Languages	Catalan, English, German, Italian, Spanish, Swedish
Access Link	<ul style="list-style-type: none"> • https://conexus.cat/wp-content/uploads/2024/09/Manual-CONSENT-CAT.docx_compressed.pdf (Catalan) • https://www.work-with-perpetrators.eu/consent/manual (all languages)

Tool 8: Consent: Emotional education toolkit for youngsters of secondary school

Resource Type (book, video, website, training program, etc.)	Teacher manual
Target age group	18+ years
Socio-emotional skill focus (feelings, communication, relationships, etc.)	Healthy and respectful sexual relationships
Description	<p>This manual is designed for secondary school teachers to foster emotional education and prevent gender-based violence, while addressing the negative impact of pornography and promoting healthy relationships. It provides both a theoretical framework and practical methodology, with classroom activities adapted for students from the first to the fourth year of secondary school, contextualized for educational settings in Italy and Spain. The toolkit includes interactive exercises, group reflections, and supporting materials, all framed through a gender-sensitive and digital-awareness perspective. Its main goal is to empower young people to critically reflect, engage in dialogue, and build safe, respectful, and positive relationships.</p>
Languages	Catalan, English, German, Italian, Spanish, Swedish
Access Link	<ul style="list-style-type: none"> • https://conexus.cat/wp-content/uploads/2024/09/consent_SS_CAT_240314_web.pdf (Catalan) • https://www.work-with-perpetrators.eu/consent/toolkit-secondary-school (all languages)

Tool 9: Coeduca't: Guidelines for affective–sexual education

Resource Type (book, video, website, training program, etc.)	Teacher manual
Target age group	13–16 years
Socio–emotional skill focus (feelings, communication, relationships, etc.)	Healthy and respectful teen relationships and emotional education
Description	<p>This is a set of teaching materials, part of the Coeduca't program, which provides affective–sexual education guidelines for secondary school students. The materials consist of two guides: one for 13–14-year olds and one for 15–16-year-old students. Both guides promote gender equality, respect, and healthy relationships by integrating sexuality education into the curriculum from a rights-based and feminist perspective. The materials address key themes such as values, human rights, relationships, gender construction, consent, pleasure, body awareness, puberty, and reproductive health. Each guide offers practical activities, discussion prompts, and resources for teachers to adapt to different age groups. Together, they form a progressive pathway that empowers young people to critically reflect, prevent violence, and develop autonomy in their emotional and sexual lives.</p>
Languages	Catalan
Access Link	<ul style="list-style-type: none"> • https://drive.google.com/file/d/1_lj17hgdzcNLghbpII_K8nBBKVyftfX8/view (for 13 and 14 yo) • https://drive.google.com/file/d/1K3sQYbOuiH0OPx2bekv-VVI9nisVtTHSL/view (for 15 and 16 yo)

Tool 10: Crema: Guide to support and guide young people towards a free, inclusive, and safe sexuality

Resource Type (book, video, website, training program, etc.)	Educational website
Target age group	14+ years
Socio-emotional skill focus (feelings, communication, relationships, etc.)	Expression of feelings, self-control, communication
Description	<p>‘Crema’ aims to guide professionals in applying teaching tools to help young people and adolescents in exploring sexuality from a feminist and diverse perspective. ‘Crema’ seeks to be a resource that responds to young people’s needs regarding sexuality, so that they can experience it with information, pleasure, openness, trust, boundaries, and communication. ‘The program includes 10 audio stories that introduce different topics related to sexuality. These narratives are intended as an entry point for working on sexuality with young people. Additionally, the website includes an activity guide that puts the stories into practice. Visitors may obtain accessible materials directly linked to sexuality through the “FREQUENTLY ASKED QUESTIONS” and the “RESOURCES” sections.</p>
Languages	Catalan
Access Link	<ul style="list-style-type: none"> • https://crema.cat/

Tool 11: School forum

Resource Type (book, video, website, training program, etc.)	Educational website
Target age group	14–16 years
Socio-emotional skill focus (feelings, communication, relationships, etc.)	Interpersonal communication
Description	<p>This tool focuses on an online discussion forum as a safe space where students exchange messages on a previously proposed discussion topic. Discussion forums are one of the many ways students can get to know their classmates, participate, and become part of a group. They encourage interaction and are a great way to make learning more dynamic. The teacher's involvement is essential, as he or she creates the discussions and moderates or responds when necessary.</p> <p>For teachers, it can be a good way to get to know students and break the ice. Everyone has their own personality, and introvert people tend to find it easier to participate in a forum than to establish direct face-to-face communication. Students provide their views, which are listed according to the order in which they were written. The article provides a description of the educational implications of using an online discussion forum in the classroom and ensuring that the activity is successful.</p>
Languages	Italian
Access Link	<ul style="list-style-type: none"> • https://www.evolmind.com/it/blog/cose-un-forum-nell-elearning/

Tool 12: Socio-emotional learning program

Resource Type (book, video, website, training program, etc.)	Teacher training
Target age group	14–16 years
Socio-emotional skill focus (feelings, communication, relationships, etc.)	Digital skill communication
Description	<p>This teacher program involves the development and implementation of digital teaching models for digital education and the dissemination of integrated digital teaching in schools. The program offers a ready-to-use teaching kit and provides materials and resources that can be immediately used in classrooms for curricular experimentation. It also includes cross-curricular training activities suitable for all levels and activities divided by grade level, with resources and worksheets already included in the teaching kit.</p>
Languages	Italian
Access Link	<ul style="list-style-type: none"> • https://scuolafutura.pubblica.istruzione.it/archivio-corsi/55d34a90-42d9-5fb9-b89b-d566e2a64ef9.html

Tool 13: Self-building project

Resource Type (book, video, website, training program, etc.)	Educational website
Target age group	14–16 years
Socio-emotional skill focus (feelings, communication, relationships, etc.)	Relationships
Description	<p>The "Long Live Love" project aims to promote well-being and socio-emotional skills. Specifically, it focuses on helping pre-adolescents gain knowledge and develop attitudes and skills related to interpersonal relationships, affectivity, and sexuality, with the goal of living this dimension of their lives consciously and confidently, respecting themselves and others.</p> <p>The program consists of five teaching units:</p> <ol style="list-style-type: none"> 1. What's happening to me? 2. What kind of man/woman are you becoming? 3. Is it love? 4. You decide? 5. Sex? Safe! <p>Four units are taught in school or in educational groups by specially trained teaching staff, and one is taught by youth space workers.</p>
Languages	Italian
Access Link	<ul style="list-style-type: none"> • https://www.epicentro.iss.it/politiche_sanitarie/educazione-sessuale-affettiva
Supplementary Materials	<ul style="list-style-type: none"> • https://www.wlamore.it/

Tool 14: Engage in equality

Resource Type (book, video, website, training program, etc.)	Teacher training program
Target age group	14–16 years
Socio-emotional skill focus (feelings, communication, relationships, etc.)	Relationships and communication
Description	<p>This training program is designed for teachers and school staff, who work with adolescents. It includes various methods for working with adolescents on the topics of gender-based violence, gender stereotypes, gender roles, relationships and communication at the primary prevention level. The methods are presented clearly, with detailed instructions on how to carry out a given activity.</p> <p>The toolkit is divided into three sections:</p> <ul style="list-style-type: none"> • warm-up methods • beginner methods • in-depth methods <p>The main objective is to increase awareness and commitment among adolescent boys and empower adolescent girls for the prevention of gender-based violence. In addition, several methods also use music and popular culture as a vehicle to improve adolescents' critical thinking and reflections on the negative effects of gender stereotypes and norms and the need for change.</p>
Languages	Italian
Access Link	<ul style="list-style-type: none"> • https://www.istitutodeglinnocenti.it/sites/default/files/allegati/teachers%20toolkit%20final_IT.pdf

Tool 15: Student communication training

Resource Type (book, video, website, training program, etc.)	Training program
Target age group	up to 18 years old
Socio-emotional skill focus (feelings, communication, relationships, etc.)	Communication
Description	<p>This is a training program aiming at exploring different ways of building communication skills to young teenagers. Specifically, it includes different styles of communication and interaction among teenagers, starting from a continuous improvement of self-consciousness to how to manage conflicts in relationship building.</p> <p>The training includes the following sections:</p> <ul style="list-style-type: none"> • Self-learning • Self-leadership • Communication • Personality
Languages	Italian
Access Link	<ul style="list-style-type: none"> • https://files.spazioweb.it/ee/66/ee669d14-233c-4fef-846a-b01ab76c4796.pdf
Supplementary Materials	<ul style="list-style-type: none"> • https://www.wlamore.it/

Notes:



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