



# Walking the Walk, Talking the Talk: Helping Youth Build Healthy Relationships

**VIRTUAL**

**April 27**

**11:30a.m.-1:00p.m.  
Eastern**

**REGISTER HERE!**

This presentation will inform adults how to talk to youth about healthy relationships, setting healthy boundaries, and healthy use of social media.

During this presentation, participants will learn effective and interactive strategies and resources to discuss healthy relationship with the youth they serve.

Olivia and Andrea are professionally trained Adolescent Health Educators with a combined total of 19 years of experience.

## Join us for this experience as we:

- help young people identify and categorize signs of healthy and unhealthy relationships;
- better understand how to communicate negative impacts of social media; and
- provide resources to youth and adults.

### Speakers

**Olivia Cosgray Martinez**  
Adolescent Health Educator  
Life Smart Youth

**Andrea Kamwendo**  
Manager of Program Quality  
Life Smart Youth

### Community Partners

Youth Connections

Girls, Inc. of Johnson County

Johnson County System of Care/  
Adult & Child

Columbus Behavioral Health