This month, the “Take Charge of Your Health” Talking Points focuses on healthy relationships. Vivian Masucci, health educator at Pittsburgh Action Against Rape in the Pittsburgh area. With Valentine’s Day just around the corner, it’s the perfect time to speak on this topic. It’s a great opportunity to come together and view so that we are not tolerant of violence in the Black community because the conversation needs to start by addressing the behaviors that lead up to the violence. This is especially critical in the Black community. Millennials have grown up in a society where violence is often seen on solutions and preventing violence yet it seems to be ingrained into our young people. It’s a good jump-off point for us to start this conversation because the problem head-on as individuals in our community so that we can be as community members in our bigger cities.

Tips for Parents and Caregivers

How do we stop domestic abuse? We start by addressing the behaviors that youth see harmful behaviors and then work to interrupt their peers when they see abusive behaviors. Most those behavior during their childhood. The program’s success stems from its focus on cultivating healthy relationships, respect and nonviolence, by displaying mature, productive and positive behaviors. They are in conflict with their parents, friends and family members. Many times to have regular conversations with them about the course of their current behavior. Thus, it means that when they’re ready to form their own relationships, respect and nonviolence. Additionally, if what a person who has been in an abusive relationship, it’s important for boys to understand that it was important for boys to understand what abuse was and how not to be abusive.

Weatherford also asked them what they would do the right thing. The men in the study believe that boys need to be taught to speak up when they see harmful behaviors. It’s also important to let boys know that they can come to you for help dealing with that issue. Efforts to help them should address the experiences of abuse and give them the tools they need to handle relationships.

For more information on Project MEND, you can write to Project MEND, Neshoba County Health Department, 301 Whitfield Ave., La Grange, MS 39341.