

# Healthy Youth Relationships Programme Canada



## Type of intervention



*Classroom setting*

## Target group/s, level/s of prevention and sub-group/s:

(Potential)  
**Offenders**

Primary prevention

Young People (12-17 Years) | Male & Female | Classroom Setting | English, French

**Children and Young  
People (Victims)**

Primary prevention

Young People (12-17 Years) | Male & Female | Classroom Setting | English, French

## Target population

Young people aged 12 years and above.

## Delivery organisation

Canadian Red Cross, RespectED: Violence & Abuse Prevention.

## Mode and context of delivery

Workshops in schools.

## Level/Nature of staff expertise required

To be certified to deliver the Healthy Youth Relationships Programme to a young person audience, educators and professionals must successfully complete the four hour Healthy Youth Relationships Programme online course and the seven hour Healthy Youth Relationships Programme facilitation training. They must be associated with an organisation that has a signed Training Partner Agreement with RespectED. Certified Prevention Educators are provided with a curriculum, teaching resources and supporting materials.

## **Intensity/extent of engagement with target group(s)**

Training Partners can deliver the Healthy Youth Relationships Programme workshop as a single two hour session, or can extend the Healthy Youth Relationships Programme throughout a school year for up to 16 hours of education.

## **Description of intervention**

A revised version of the Healthy Youth Relationships Programme will be released in 2015.

The Healthy Youth Relationships Programme explores healthy and unhealthy peer romantic relationships, focusing on dispelling stereotypes, building both communication and prevention skills and empowering youth to make healthy relationship choices. This eight-module programme helps young people to identify:

- healthy dating relationships and supporting behaviours
- what makes relationships abusive
- consent, protection and reporting procedures
- where to find support and community resources

The workshop reviews the legal definitions and ramifications of emotional abuse, physical assault and sexual assault. Case studies, group work, role plays and media clips are used to support this information and youth leave with a summary of important points and contact numbers.

## **Evaluation**

Please refer to:

<http://www.redcross.ca/what-we-do/violence,-bullying-and-abuse-prevention/program-evaluations>.

On this website, under 'What's Love Got TO Do With It?' and 'Hidden Hurt', there is a study that examined youth responses from both 'It's Not Your Fault' child abuse prevention workshops and 'What's Love Got To Do With It?' relationship violence prevention workshops.

For further evaluation inquiries, please contact the Canadian Red Cross directly (see contact details below).

## **References**

<http://www.redcross.ca/what-we-do/violence,-bullying-and-abuse-prevention/educators/healthy-youth-dating-relationships/healthy-youth-relationships-program>

## **Contact details**

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