

HEALTHY YOUTH RELATIONSHIPS

Program Lesson Package for Youth-Serving Organizations

Equipping Youth for Healthy, Safe, Respectful Relationships

The Healthy Youth Relationships program equips youth with the knowledge and skills to be safe, recognize vulnerable situations, develop personal safety plans, and define where to get help.

Materials and Content

The comprehensive curriculum provides ready-to-go lesson plans and comes with a USB flash drive with PowerPoints, video clips, and ready-to-print handouts and templates.

Twelve lessons build on each other using an interactive approach to knowledge acquisition—games, videos, role plays, and discussions enhance learning.

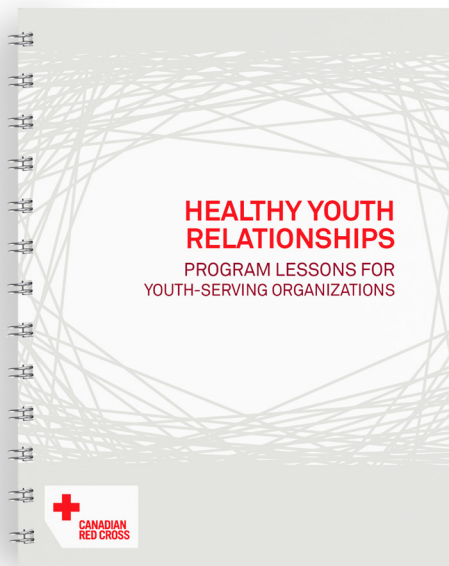
“Providing youth with this information is very important and we have great discussions around all these topics and this helps to bring awareness to their understanding of these things as well as how to get help and support.” Program Leader—Youth-Serving Organization

- Lesson 1: Introduction
- Lesson 2: Foundations of a Healthy Relationship
- Lesson 3: Understanding Ourselves
- Lesson 4: Communication Skills
- Lesson 5: Conflict Resolution
- Lesson 6: Understanding Dating Violence
- Lesson 7: Emotional Violence
- Lesson 8: Physical Violence
- Lesson 9: Consent and Sexual Violence
- Lesson 11: Intervention and Response
- Lesson 12: Promoting Healthy Relationships

Youth will be able to:

- Recognize the importance of healthy boundaries
- Recognize how values, media, culture, gender, and sexual orientation help shape identity
- Practice healthy communication skills including assertive communication and empathy
- Recognize the warning signs of an unhealthy relationship
- Demonstrate conflict resolution skills
- Understand legal responsibilities around consent
- Understand the responsibilities around, and assess the impact of, sexting
- Understand how to support a friend experiencing dating violence
- Develop a Personal Safety Plan
- Understand how to access school and community resources to help with dating violence
- Understand how social action can promote healthy relationships in your school and community

Contact your local Red Cross office to learn more about how to become a certified Prevention Educator and deliver the Healthy Youth Relationships Program in your organization.



Just for youth! **FREE** online Healthy Youth Relationships course to complement your teaching at www.redcross.ca/respect

For more information, contact:

