

# HEALTHY YOUTH RELATIONSHIPS

## YOUTH FACILITATOR MODEL



**Red Cross Healthy Youth Relationships (HYR)** is an educational program for students in middle and high school grades that will help teens gain the knowledge and skills to develop healthy relationships and prevent dating violence.

While the HYR program lessons can be delivered by teachers or by certified Prevention Educators alone, involving youth as facilitators can increase youth participation and learning.

### Youth Facilitator Role

Youth who are trained as facilitators of the **Red Cross Healthy Youth Relationships** program are equipped to lead experiential learning activities that develop self-awareness and skills in decision making, communication, and conflict management.

*"I had the opportunity to train 14 HYR Youth Facilitators in March, 2015. The level of enthusiasm exceeded my expectations. They were engaged and offered valuable input into the training program. The videos in the program were very well received but the highlight was when they practiced and delivered one of the activities...they all did an amazing job."*

— Child and Youth Care Worker

### Developing Youth Facilitators

Youth are trained and certified over two days to co-facilitate with adults.

On the first day of training, Youth Facilitators participate in the HYR lessons from a learner's perspective, in order to increase their knowledge and understanding of the content.

On the second day, Youth Facilitators use various facilitation techniques as they practice delivering activities from the HYR lessons in a positive and supportive environment.

### Benefits of Engaging Youth Facilitators

In addition to developing public speaking and leadership skills, Youth Facilitators become role models of positive and respectful behaviours, making healthy relationships the norm rather than the exception. Student participants are engaged and motivated by peers whom they see as credible role models. As students develop and practice healthy relationship skills, the entire school culture is impacted.

For more information:

**Just for youth! FREE online Healthy Youth Relationships course to complement your teaching at [www.redcross.ca/respect](http://www.redcross.ca/respect)**



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