

HEALTHY YOUTH RELATIONSHIPS



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. Educating teens on healthy peer and intimate relationships is an essential part of a school-wide approach for building and promoting safety.

The **Red Cross Healthy Youth Relationships** program consists of 12 experiential lessons, aligned and packaged for specific grade levels. The grade lessons build on each other to enhance learning through games, videos, role plays, and discussions. Schools can choose to purchase specific grade level packages or the entire set of 12 lessons. Resources include a manual for adults, grade-specific lessons and activities, and a youth online course.

"I am very enthusiastic about rolling out the HYR program; it is a very complete program and easy to follow. The Lesson Plans are fantastic, organized and clearly outlined."
Teacher — Upper Canada DSB

Youth Facilitators: Peer to Peer

Students can be trained and certified as Youth Facilitators; in this role they co-facilitate with teachers. This increases peer participation and learning, as well as youth leadership, communication, and facilitation skills.

"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

Healthy Youth Relationships is evidence-informed. The Red Cross has based the program on a public health approach with a commitment to ongoing support that includes updates and information on the latest research in the violence prevention field.

This unique program supports curriculum outcomes in Health, Social Sciences, and the Humanities, developing youth's self-awareness and skills in decision making, communication, conflict management, empathy, critical thinking, and social action to promote healthy relationships.

Youth will gain knowledge and skills in:

- Healthy relationships
- Personal boundaries
- Gender identity and sexual orientation
- Media and stereotypical influences
- Dating violence—physical, emotional, sexual
- Consent
- Sexting
- Helping themselves and their friends

For more information:

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



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