

# HEALTHY YOUTH RELATIONSHIPS

## Program Lesson Package for Grade 11–12

### Equipping Students for Healthy, Safe, Respectful Relationships

The Healthy Youth Relationships program equips grade 11 and 12 students 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.

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

### Lesson 1: Introduction

### Lesson 2: Foundations of a Healthy Relationship

### Lesson 3: Understanding Dating Violence

### Lesson 4: Impact of Dating Violence

### Lesson 5: Intervention and Response to Dating Violence

### Lesson 6: Promoting Healthy Relationships

*“Being handed the document with the lesson plans laid out, almost scripted word for word, is awesome.”—Teacher*

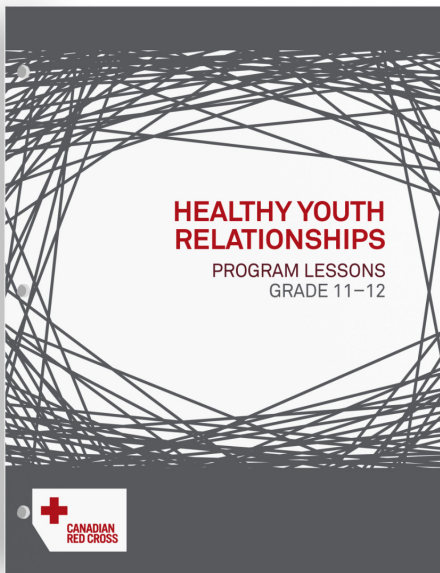
### Learning Outcomes

HYR supports curriculum outcomes in Health, Social Sciences, and the Humanities.

Over the course of the six lessons, students will be able to:

- Identify characteristics of a healthy relationship
- Understand using personal power to develop healthy relationships
- Understand dating violence: its definition, prevalence, impact, and legal consequences
- Demonstrate skills to ask for and give consent
- 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 the collective responsibility to prevent dating violence
- Demonstrate an understanding of how to plan and participate in social actions to promote healthy relationships in your school and community

The Healthy Youth Relationships Lesson Package for Grade 11–12 is available for \$50 at [www.shop.redcross.ca/respectededucation](http://www.shop.redcross.ca/respectededucation)



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

For more information, contact:

