

# HEALTHY YOUTH RELATIONSHIPS

## Program Lesson Package for Grade 7–8

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

The Healthy Youth Relationships program equips grade 7 and 8 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.

Eight 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 Ourselves

### Lesson 4: Communication Skills

### Lesson 5: Conflict Resolution

### Lesson 6: Understanding Dating Violence

### Lesson 7: Consent

### Lesson 8: Intervention and Response

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

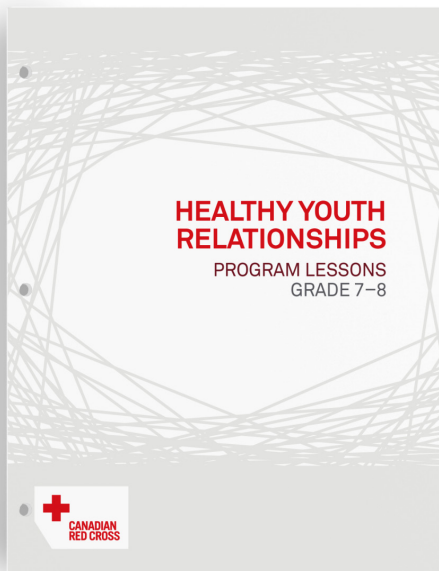
### Learning Outcomes

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

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

- Identify healthy and unhealthy relationships
- Understand using personal power to develop healthy relationships
- Recognize the importance of healthy boundaries
- Recognize how values and media influence identity
- Practice healthy communication skills including assertive communication and empathy
- Recognize the warning signs of an unhealthy relationship
- 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

The Healthy Youth Relationships Lesson Package for Grade 7–8 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:

