

# HEALTHY YOUTH RELATIONSHIPS

## Program Lesson Package for Grade 9–10

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

The Healthy Youth Relationships program equips grade 9 and 10 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.

Seven 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: Understanding Ourselves

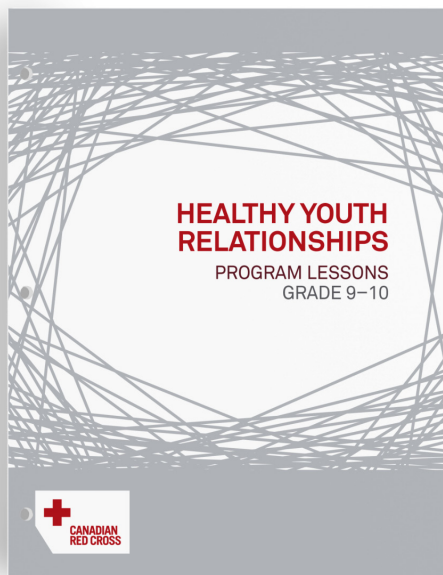
#### Lesson 3: Conflict Resolution

#### Lesson 4: Unhealthy Relationships and Emotional Violence

#### Lesson 5: Physical Violence

#### Lesson 6: Consent and Sexual Violence

#### Lesson 7: Intervention and Response to Dating Violence



*“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 seven lessons, students will be able to:

- Identify characteristics of a healthy relationship
- Recognize factors that help shape identity, including cultures, gender, and sexual orientation
- Understand why conflict happens in relationships
- Demonstrate an understanding of conflict resolution skills
- Identify types of violence in relationships: emotional and physical violence, sexual assault, and sexual harassment
- Understand the effects of anger
- 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

The Healthy Youth Relationships Lesson Package for Grade 9–10 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:

