

HEALTHY YOUTH RELATIONSHIPS FOR YOUTH-SERVING ORGANIZATIONS



Red Cross Healthy Youth Relationships 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 community-wide approach for building and promoting safety.

Red Cross Healthy Youth Relationships

There are 12 lessons that build on each other to enhance learning through games, videos, role plays, and discussions. Resources include a manual for adults, program lessons and activities, and an online course for youth.

Healthy Youth Relationships is evidence-informed. The program is based 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.

Youth will gain knowledge and safety skills in:

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

“Providing youth with this information is very important and we have great discussions around all these topics and this helps to bring awareness to their understanding of these things as well as how to get help and support.”
Program Leader—Youth-Serving Organization

Prevention Educator Training

The Healthy Youth Relationships Prevention Educator Training is a 14 or 21 hour training to prepare staff to facilitate the **Healthy Youth Relationships** program. Adults are trained and certified to deliver lessons to young people ages 12–17, and to work with trained Youth Facilitators.

Youth Facilitators: Peer to Peer

Youth can be trained and certified as Youth Facilitators to co-facilitate with trained and certified adults. This offers peer participation and learning as well as youth leadership, communication, and facilitation skills.

For more information:

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

