

# Healthy Relationships for Youth

"The GOAL of this work continues to be working to reduce the risk of violence for youth through developing skills and knowledge related to creating and maintaining healthy relationships."

# Healthy Relationships for Youth

## OBJECTIVES:

- To engage Grade 9 students in ten school sites within the Strait Regional School Board, in a series of classroom sessions designed to promote healthy and respectful relationships.
- To assist youth in developing the attitudes, values and skills they need to build and maintain healthy relationships.
- To increase students' understanding of racial/cultural diversity specifically relating to the Mi'kmaq and African Nova Scotian community.
- To increase students' awareness of issues related to violence prevention and social inequities from a gender based perspective.
- To foster youth development which includes: peer support, youth empowerment, youth-adult partnerships, meaningful contribution and experiential learning.

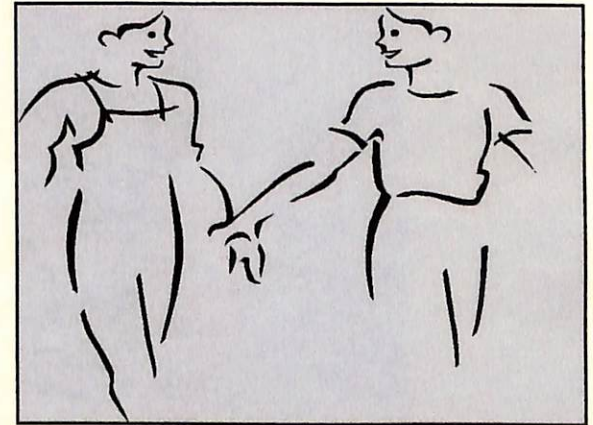
# The HRY Curriculum:

1. **Introductory Session**
2. **Focus on Diversity**
3. **Communication Skills**
4. **Separate Gender**  
(Learning from Each Other)
5. **Boundaries**
6. **Conflict Resolution**



# The HRY Curriculum:

7. **Stereotypes & Pop Culture**
8. **Gender Identity & Sexual Orientation**
9. **Power & Violence: Part One**
10. **Power & Violence: Part Two**
11. **Folklore & Story Telling**
12. **Where Are We Now?**



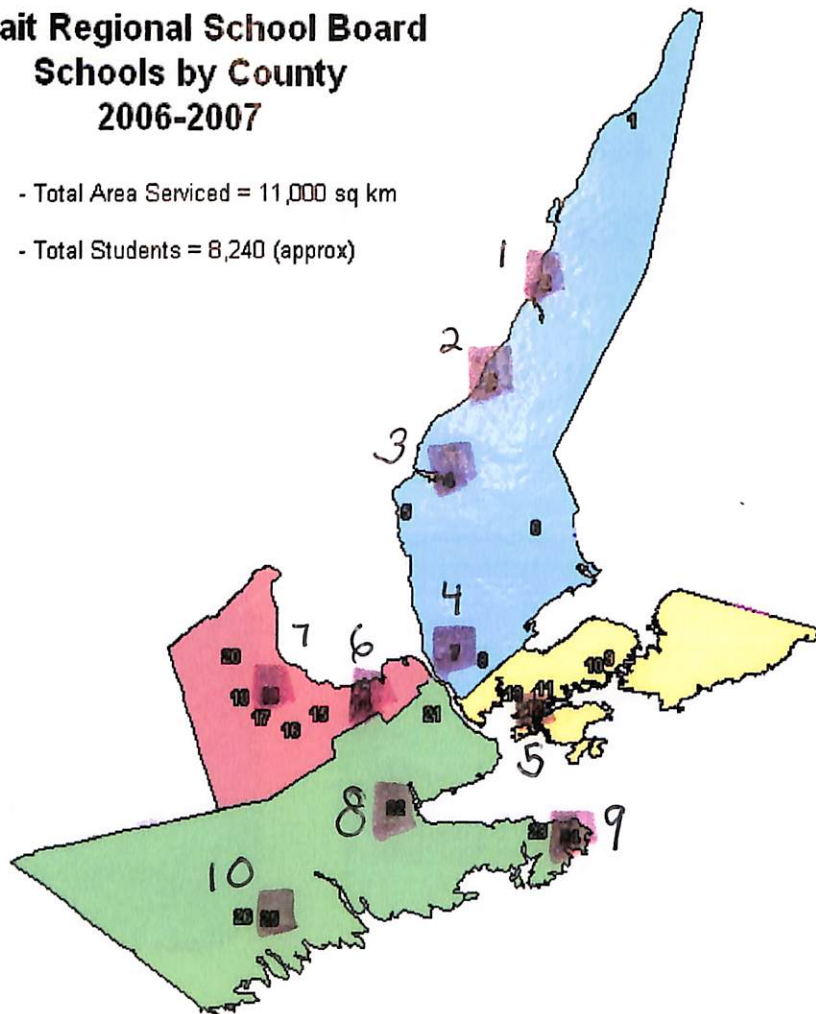
# The HRY Team!



# The HRY Schools

## Strait Regional School Board Schools by County 2006-2007

- Total Area Served = 11,000 sq km
- Total Students = 8,240 (approx)



### INVERNESS COUNTY

1. Pleasant Bay
2. Cape Breton Highlands Ed Centre/Academy
3. Inverness Ed Centre/Academy
4. Dalbrae Academy
5. Bayview Education Centre
6. Whytecomagh Education Centre
7. SAERC
8. Tamarac Education Centre

### RICHMOND COUNTY

9. East Richmond Ed Centre (5-8)
10. East Richmond Ed Centre (P-4)
11. Felix Marchand Education Centre
12. Richmond Academy
13. West Richmond Education Centre

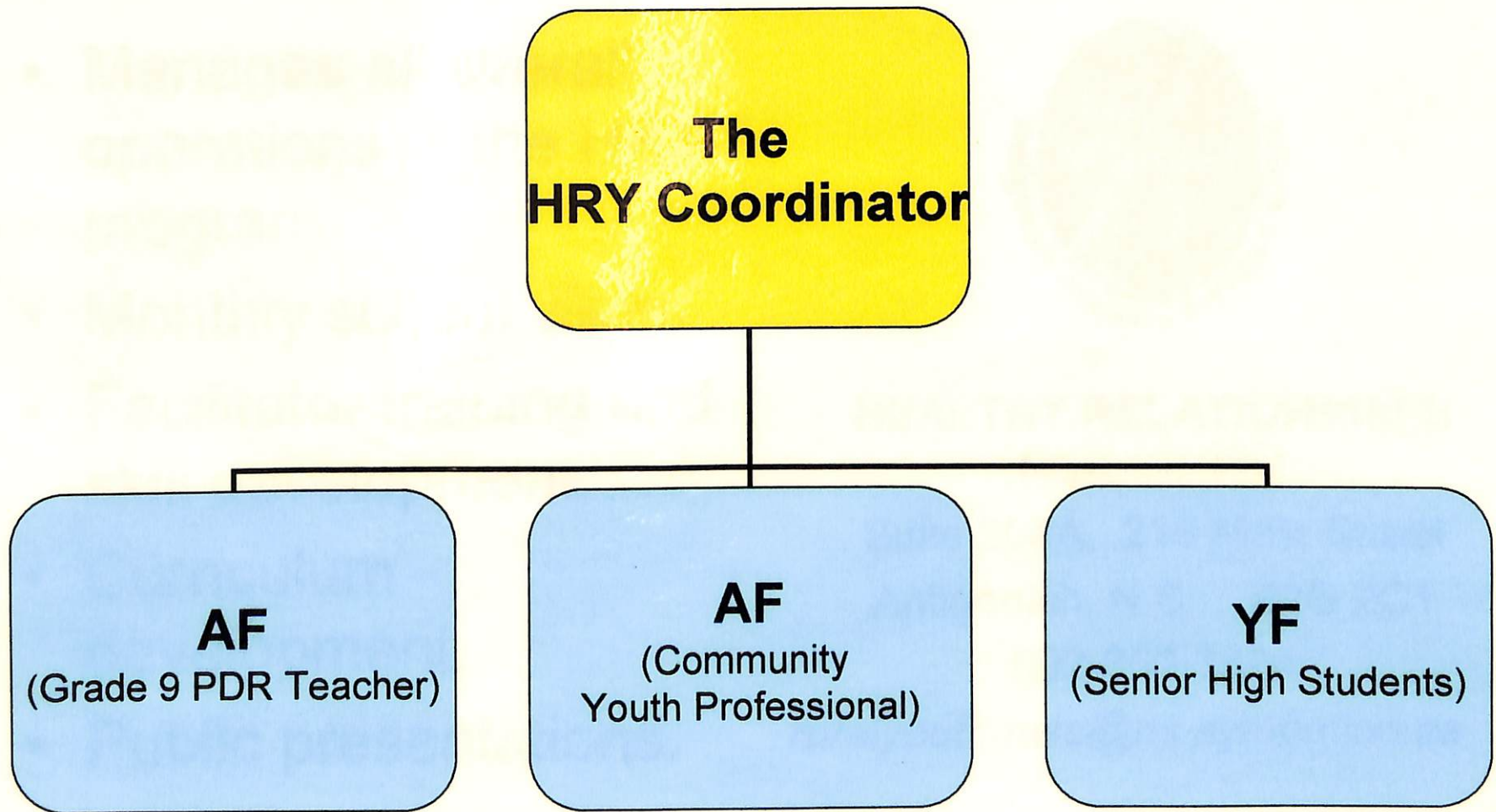
### ANTIGONISH COUNTY

14. East Antigonish Ed Centre/Academy
15. Rev. H.J. MacDonald
16. St. Andrew's Consolidated
17. Antigonish Education Centre
18. St. Andrew Junior
19. Dr. J.H. Gillis Regional
20. H.M. MacDonald

### GUYSBOROUGH COUNTY

21. Mulgrave Memorial Education Centre
22. Chedabucto Ed Centre/Guysborough Academy
23. Fanning Education Centre
24. Carso Academy
25. St. Mary's Academy
26. St. Mary's Education Centre

# The HRY School Teams



# The HRY Coordinator

- Manages all overall operations of the HRY program.
- Monthly school visits.
- Facilitator training and skill development.
- Curriculum development.
- Public presentations.



## **HEALTHY RELATIONSHIPS FOR YOUTH**

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*[ruralityouthawrc@ns.sympatico.ca](mailto:ruralityouthawrc@ns.sympatico.ca)*

# The HRY Facilitators

## • The Adult Facilitators

- Grade 9 PDR teachers
- Youth professionals from the community
- Manage the local HRY program and mentor the YFs.

## • The Youth Facilitators

- Grades 10 - 12
- Facilitation & Diversity Training
- Assist with the HRY classroom delivery
- School based projects

“What is the one thing you learned that stands out for you?”....

“That people should value others’ for their differences”

“I learned about solving conflicts”.

“I found it easier to talk to girls like myself.”

“Be kind to others.”

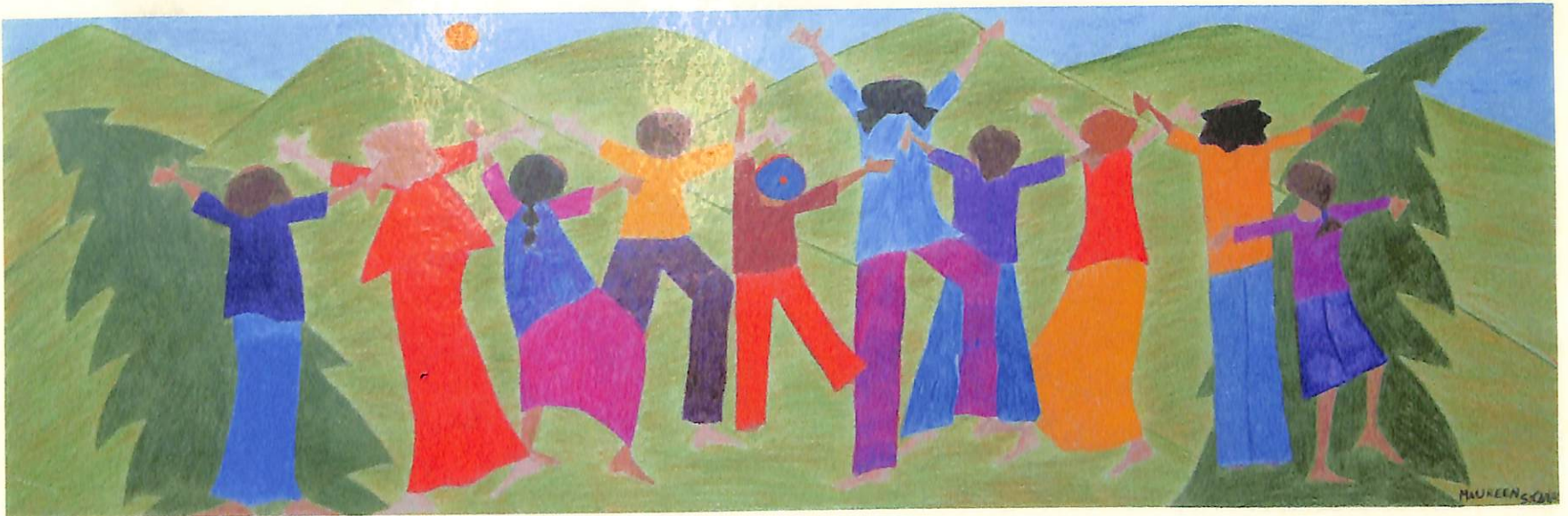
“Don’t judge people and respect decisions.”

“Difference between healthy and unhealthy relationships.”

“I learned that students can be teachers when they’re 16 or 17.”

“From what I learned, I know what to do and how to treat the women in my life, and I’m glad I learned this.”

# Healthy Relationships for Youth



Thank you!

# The HRY Program



## The H.R.Y. Team!

A brighter tomorrow starts today...

**Healthy Relationships for Youth** is a school based violence prevention curriculum taught to Grade 9 students as part of their regular PDR class time.

The HRY Team is made up of PDR teachers from each school, professionals from the community, and youth leaders. Together we bridge communication barriers, open up the silence around diversity issues, and teach Grade 9 students life skills that will allow them to pursue healthy relationships and solve conflicts peacefully and productively.



A brighter tomorrow starts today. To find out more about the **HRYP Program**, contact the HRY Program Coordinator:

[ruralyouthawrc@ns.sympatico.ca](mailto:ruralyouthawrc@ns.sympatico.ca)

The HRY Program highlights the involvement of peer educators in the classroom and within their schools and communities.



The Youth Facilitators in each participating school are recruited from Grades 10 - 12 and trained in leadership and facilitation skills.

There are more than sixty Youth Facilitators in the Strait Regional School District participating in the program this year.

*"Having youth facilitators improves the way you look at different things, they come from the same place."*  
- student

*"I found it easier to talk to girls like myself."* - student

*"I've learned that students can be teachers when they're 16 or 17."*  
- student

## HRYP Program Objectives:

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