

# Respectful Relationships Canada



## Type of intervention



Group Work



Game

## Target groups, levels of prevention and sub-groups:



Primary prevention

Young People (12-17 Years) | Male & Female | Group Work, Game | English



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## Target population

Young people ages 12-18 years (high school, grades 7 to 10).

## Delivery organisation

Respectful Relationships was developed and is delivered by SWOVA Community Development and Research Society, a registered charity in Canada, in partnership with local school district and partner agencies.

## Mode and context of delivery

A 12 week programme delivered in high school in regular class time, by two facilitators. The programme is different for each school year and builds on the previous year's content. Youth team members co-deliver sessions following training. These young people also take part in the curriculum development and evaluation of the programme.

There is an adapted and culturally relevant programme available for Aboriginal communities.

A trainer's programme, e-learning training, adult facilitator guide and youth team training guide are available.

## **Level/Nature of staff expertise required**

Skilled adult facilitators who have completed training on this programme.

Young people are also trained to deliver the programme. Their training includes facilitation skills, social activism, self-awareness and leadership. They receive regular mentoring, school credits for participating in the programme and are supported to miss school to co-facilitate the workshops.

## **Intensity/extent of engagement with target group(s)**

Two hour sessions for 12 weeks, in each grade from grade 7 -10.

## **Description of intervention**

Key Learning Objectives of Respectful Relationships:

- Developing self-worth and respect
- Setting personal boundaries
- Dealing with difficult feelings
- Learning assertive communication skills
- Dealing with peer pressure
- Recognizing the signs of healthy and unhealthy relationships
- Understanding the relationship between power and violence
- Balancing rights and responsibilities

12 two-hour workshops are delivered by adult and youth facilitators, working in partnership in school settings, from grade 7 to grade 10. The workshops actively engage young people in a collaborative learning process through activities, personal story telling and writing. The curriculum focuses on social competence and emotional learning with young people encouraged to take more responsibility for themselves as well as for each other.

Involvement of young people in the design, delivery and evaluation of the programme is a key element.

## **Evaluation**

Responsive Responsibility has received a number of provincial and national awards in Canada. It has been endorsed by UNICEF and features on the UN-Habitat Best Practices Database.

Evaluations can be found on the SWOVA website; [www.swova.org](http://www.swova.org).

## **References**

Tutty, L.M. (2011) Healthy Relationships. Preventing Teen Dating Violence. An Evaluation of Teen Violence Prevention Programmes. Canadian Women's Foundation

Healthy Relationships 101: An overview of School-based Healthy Relationship Programs. Canadian Women's Foundation.

<http://www.canadianwomen.org/sites/canadianwomen.org/files/PDF%20-%20Healthy%20Relationships%20101.pdf>

## **Contact details**

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