

BE THE PROGRAM



“For youth, by youth” intervention to prevent dating violence and promote healthy relationships

Project Goal

To reduce teen/youth dating violence (TDV) by assisting young people and the adults who support them to identify the root causes in their environments that facilitate dating violence.

Objectives

- 1** Increase capacity (knowledge, skills, attitudes, critical thinking about system-level root causes) of teens and youth leaders (influencers) to create and implement programs that promote healthy relationships and prevent dating violence.
- 2** Increase capacity (knowledge, skills, attitudes, critical thinking about system-level root causes) of teens and youth in participating partner programs to foster healthy relationships and prevent dating violence.
- 3** Increase the capacity of adult allies to support youth in dating violence prevention (awareness of youth realities, youth/adult partnership approach & connection, knowledge of evidence, project principles, system thinking).
- 4** Shift adult behaviours, cultures, environments, contexts that participating youth inhabit to exhibiting more messages, practices, resources, open dialogue that address/advocate against root causes of dating violence.
- 5** Shift behaviours of youth to prevent gender-based violence perpetration and/or victimization.
- 6** Increase knowledge of the process for evidence-based youth-designed programming that is responsive and adaptive to immediate youth realities and contexts.

Project lead by:

**The Students
Commission**
*Centre of Excellence for
Youth Engagement*



**La commission
des étudiants**
*Le centre d'excellence pour
l'engagement des jeunes*

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Ophea**

Project Activity Summary

1 ENGAGEMENT, TRAINING, SUPPORT OF YOUTH



Be the Program engages Canadian youth to design, implement and evaluate teen/youth programs to prevent dating-violence, customized for their peer group. Youth leaders will be supported by adult allies from organizations across Canada.

2 ENGAGEMENT, CAPACITY BUILDING, KNOWLEDGE SHARING WITH PARTNERS & ADULT ALLIES



A youth/adult partnership model is used to build the capacity of youth leaders, service providers, and organizations to integrate new knowledge and approaches into their work. There will be knowledge exchanges between the youth leaders and the adults throughout the 5 years.

3 EVIDENCE REVIEW, INTERVENTION DESIGN WITH ON-LINE AND FACE-TO-FACE DESIGN LABS



Youth leaders will identify the needs of their peers in an evidence-based participatory research process. With support from program curriculum design experts in Design Labs, they will research and design their own programs, then implement them.

4 INTERVENTION RESEARCH – IMPLEMENTATION. MONITORING, REVISIONS



As they implement, they will be supported with youth/academic research teams to conduct on-going formative evaluation to adjust and improve the programs and document the results.

During the 5 years of the project, participants and those influenced by them will be invited to be part of a longitudinal study, co-led by youth with experts to measure the impact of their peer-designed programs over time.

5 KNOWLEDGE SHARING



Through our shared program/intervention research platform, *Sharing the Stories* (StS), comprehensive comparisons will be done with data collected from other programs. We include annual Data Parties related to the learning from the intervention research, as well as knowledge exchanges between the youth leaders and the adults.

Contact:

Stoney McCart, Director of Strategic Partnerships
stoney@studentscommission.ca

Christa Romaldi, Associate Director
christa@studentscommission.ca

Sharif Mahdy, Executive Director
sharif@studentscommission.ca

Check out our website and our social media:

