The Healthy Relationships for Youth (HRY) Program

Making the case for Peer-facilitated teen dating violence prevention programming.

What is the HRY?

The Healthy Relationships for Youth (HRY) Program is a school-based peer-facilitated violence prevention program created by the Antigonish Women's Resource Centre and Sexual Assault Services Association. The goal of HRY is to reduce the risk of violence for youth through developing their skills and knowledge in creating and maintaining healthy relationships.

The program includes 12 interactive sessions led by youth facilitators and supported by teachers and staff. The sessions are designed to foster youth development through peer support, critical thinking, open dialogue and experiential learning.

CONTENT

Sessions cover topics such as healthy communication and boundary setting skills, positive conflict resolution, types of abuse, the cycle of violence, consent, diversity and inclusion, gender and sexuality, cyber violence, and substance use, all with the overarching goal of violence prevention.

WHERE?

The HRY program will be implemented in four different school regions in rural Nova Scotia.

WHEN?

October 2018-September 2023

WHO?

The HRY is delivered to students in grade 9 as part of their Healthy Living curriculum through a peer facilitation model.

The HRY approach to learning is done in collaboration between youth facilitators, grade 9 students, HRY coordinators and classroom educators.

Developed & delivered by:

Financial contribution from:

Public Health Agency of Canada
Agence de la santé publique du Canada
Project Activity Summary

**REVIEW**
the HRY curriculum

**TRANSLATE**
the program to French

**IMPLEMENT**
the program in four different school regions in rural Nova Scotia

**ASSESS**
the use of a peer-facilitated model in delivering healthy relationship programming

**BUILD CAPACITY**
between organizations, students and classroom educators to work toward creating healthier schools and communities in rural Nova Scotia and ending gender-based violence.

Want more information?
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