

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.

Developed & delivered by:



Financial contribution from



Public Health
Agency of Canada

Agence de la santé
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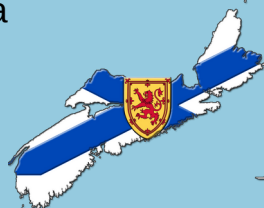
CONTENT



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

Project Activity Summary

REVIEW
the HRY
curriculum

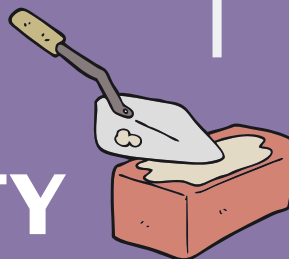


IMPLEMENT

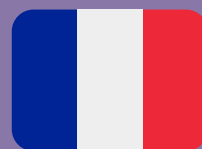
the program in
four different
school regions in
rural Nova Scotia



**BUILD
CAPACITY**



TRANSLATE



the program
to French

ASSESS



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

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?

Moraig MacGillivray

Coordinator for the Healthy
Relationships for Youth Program

902-863-6221

moraig@awrcsasa.ca

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