

Multicultural Youth & Safe Relationships



What is Multicultural Youth and Safe Relationships?

Multicultural Youth and Safe Relationships is a culturally-sensitive program to engage immigrant, refugee, and visible minority youth and their caregivers in teen dating violence (TDV) prevention activities .

This project is delivered by MOSAIC, the Multilingual Orientation Service Association for Immigrant Communities.

Developed and implemented by:



Financial contribution from



Public Health
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Project Goals



CREATE

The first objective of this project is to create a culturally-sensitive program to engage immigrant, refugee and visible minority youth and their caregivers in teen dating violence prevention activities.



RESPOND

The program will respond to the unique needs of immigrant, refugee and visible minority youth and caregivers by ensuring cultural sensitivity and language accessibility. This will decrease risk factors for and enhance protective factors against teen dating violence.



EVALUATE

The final step of the project is to analyse the effectiveness of the program which will be developed from evidence-based practices and tailored to the immigrant, refugee and visible minority families.



Project Components

A Youth Workshops (10 sessions total - once per week)

- ▶ Increase participants' knowledge of the dynamics of TDV and healthy relationships and of TDV supports available
- ▶ Decrease youth acceptance of TDV and increase their perceived negative consequences of TDV
- ▶ Decrease acculturation conflict
- ▶ Improve their skills in resolving conflicts and communicating

B Caregiver Workshops (5 sessions total - every other week)

- ▶ Increase participants' knowledge of the dynamics of TDV and healthy relationships and of TDV supports available
- ▶ Increase caregiver knowledge of youth susceptibility to TDV
- ▶ Decrease acculturation conflict
- ▶ Increase active and open communication, appropriate monitoring and constructive conflict resolution skills.

C Family Activity Booklets & Check-Ins

- ▶ Family activity booklets will include a variety of interactive activities that caregivers and youth will complete together at home.
- ▶ The booklets reiterate the learnings from workshops, and allow families to engage on the topics interactively together
- ▶ Project staff will perform regular check-ins with both youth and caregivers during and after completion of the booklets to encourage participation, answer questions, debrief, and provide resources and referrals as required

Intervention Research Activities



- 1 Analyse the efficacy of the program
- 2 Assess how well it responds to the unique needs of immigrant, refugee and visible minority families, addressing TDV in a culturally sensitive manner
- 3 Youth and their caregivers will be engaged throughout the project, from the needs assessment stage through to program piloting and assessment.

Contact:

Nova Chamberlin

Manager, Innovative and Health Promotion Programs
(604) 254 9626 ext.1061
nchamberlin@mosaicbc.org

Zarghoona Wakil

Senior Manager, Specialized and Innovative Programs
(604) 254 9626 ext.1076
zwakil@mosaicbc.org

Ali Tisso

Coordinator, Multicultural Youth and Safe Relationships Project
(604) 254 9626 ext.1060
atisso@mosaicbc.org

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