

YOUTH VIOLENCE PREVENTION

Implementing *The Fourth R* in Thunder Bay & District

What is The Fourth R?

The Fourth R is an evidence-informed, curriculum-based, classroom intervention for Grades 7 to 9 that uses a healthy relationships approach to the social and emotional development of youth.

Each grade level curriculum document includes units on:

- 1 Personal Safety & Injury Prevention
- 2 Substance Use, Addictions & Related Behaviours
- 3 Human Development & Sexual Health
- 4 Healthy Eating

What is the Northern approach?

- Incorporate concepts of gender, health equity, and trauma and violence awareness into program training and delivery
- Indigenous-informed version to situate issues facing Indigenous youth in a historical context
- Include a list of local supports for teacher training
- Create a youth-informed Booster module for Grade 10 students

Project lead by:



Original program by:



The Fourth R
Strategies for Healthy
Youth Relationships



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Public Health
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Project Goals

ENHANCE PROGRAM

Enhance *The Fourth R* program to local context (including option for Indigenous youth) and evaluate its implementation among Grade 9 students in Thunder Bay and District.

SUSTAIN CHANGES

Build teacher capacity to create inclusive, respectful, and safe learning spaces. Create positive and sustained changes in student attitudes, knowledge, and behaviours related to TDV.

REDUCE VIOLENCE

Decrease TDV and prevent future partner violence in Thunder Bay and District in the long-term.

Project Highlights

PROCESS EVALUATION & INTERVENTION RESEARCH

*(takes place
throughout)*

Conduct process evaluation and intervention research to evaluate the implementation and outcomes of the Grade 9 Indigenous Fourth R and Booster. Use evidence to inform the planning and implementation of future TDV prevention interventions.

Enhance and implement The Fourth R program

Adapt implementation to local context.

Begin implementing Grade 9 program in Public, Catholic, French Catholic, and Indigenous schools across Thunder Bay and District.

Offer Indigenous-informed version to all Grade 9 students.

YEAR 1

2018-2019

Develop, implement, and evaluate Grade 10 Booster module

Develop youth-informed booster sessions to prolong and sustain program outcomes for students.

YEAR 2

2019-2020

Build capacity and deliver Booster

Implement Grade 7 and 8 *Fourth R* curriculum to build capacity.

Deliver Grade 10 Booster.

Create community of practice for teachers & support staff.

YEAR 3

2020-2021

Build sustainability

Train local teachers to be Master Trainers.

Create and deliver exit surveys.

YEAR 4

2021-2022

Sustainability continued

Repeat teacher training.

Ongoing PHU support for program.

Yearly plain language summaries.

YEAR 5

2022-2023

Exchange knowledge

Create final report and conduct conference presentations.

YEAR 6

2023-2024

PROPOSED OUTCOMES:

Short-term Positive and sustained changes in attitude, knowledge, and behaviours among students. Increased capacity in teachers and schools to prevent dating violence and implement healthy relationships training.

Long-term Improved ability of schools to address dating violence and support educators. Decreased TDV and gender-based violence in Thunder Bay and District.

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