

# Youth Healthy Relationships Program (YHRP)



An evaluation of the P.E.P. Talk Intermediate Program, a dating and gender-based violence prevention program

*Developed & delivered by:*



*In collaboration with:*



**FACTOR-INWENTASH**  
FACULTY OF SOCIAL WORK  
UNIVERSITY OF TORONTO



*Financial contribution from*



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

## What is the YHRP?

The YHRP is an evaluation of the P.E.P. Talk Intermediate Program. This program is a gender-based and dating violence prevention program that focuses on helping youth build skills for establishing healthy relationships and preventing abuse and violence.

The program consists of 11 modules and recognizes that in order to help youth successfully navigate intimate partner relationships it is important for them to relate to both themselves and others in a healthy way.

## Overall program

Teach youth skills for building positive, healthy relationships, for recognizing unhealthy relationships, and to prevent abuse and violence in the context of dating relationships.

## Information about the P.E.P. Talk Intermediate Program



The program is evidence-informed with each module supported by current, up to date research and best practice. Our Prevention Educators have been actively delivering this program in Toronto schools since 2013.



The program raises awareness about what constitutes healthy relationships and promotes effective communication skills and personal self-care. It helps youth to develop essential skills to be able to recognize harmful power dynamics, obtain consent, respond to difficult relational contexts, and seek help in situations causing distress.



The program addresses relationships with others across a variety of important domains and from both perspectives of victimization and aggression. The program addresses dating violence against all genders and sexual orientations.



The program has also been designed to be adapted across diverse populations and settings to address cultural responsiveness and issues of equity. The YHRP program and evaluation approach uses a trauma and resilience informed framework to ensure the safety of the youth participants and to increase self-awareness of their strengths.

# Project Activities

## What is the overall goal of the YHRP Project?

The overall goal is to evaluate the P.E.P. Talk Intermediate Program.

## Who is conducting the research and what are the details?

The research is to be conducted by **Dr. Ramona Alaggia** and the evaluation team



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## SUMMARY

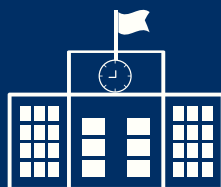
**1200**  
Participants



**OUTCOME-BASED  
EVALUATION\***  
Mixed methods  
Pre/post design  
Matched control group



**2** School  
boards  
TDSB, TCDSB



**PROCESS  
EVALUATION\*\***  
Quantitative &  
Qualitative analysis  
Program revision



★ **OUTCOME-BASED EVALUATION:** a mixed methods study using a pre/post design with matched control group to rigorously evaluate the P.E.P. Talk Intermediate Program.



### ONGOING PROCESS EVALUATION:

- Prevention Educators will be interviewed and youth will be surveyed to have their voices represented in process issues
- Fidelity checks will also be carried out to ensure intervention adherence
- Data collected will undergo in-depth analysis and the program will be revised and/or expanded upon based on the results obtained

## Want more information?

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