

Healthy Relationships

Teaching Resources and Lesson Plans

At My Best

At [My Best®](#) is a Free comprehensive curriculum-supported web based toolkit for children in grades kindergarten to grade three to promote and develop children’s overall wellness. At My Best® combines physical activity, healthy eating and emotional well-being and aims to support children’s optimal physical and emotional development by inspiring and motivating them to make healthier choices today, and develop lifelong healthy habits. (Grades K-6).

Making Space: Teaching for Diversity and Social Justice Throughout the K-12 Curriculum

[Making Space](#) is designed to help K-12 teachers in virtually every subject area find ways to promote:

- awareness and understanding of the diversity that exists within our society—differences that are visible (e.g., race, ethnicity, sex, age, physical ability) and differences that are less visible (e.g., culture, ancestry, language, religious beliefs, sexual orientation, gender identity, socioeconomic background, mental ability)
- support for the achievement of social justice for all people and groups—particularly in ensuring that people’s backgrounds and circumstances do not prevent them from achieving the full benefits of participation in society, and in addressing injustice faced by those who historically have been and today frequently continue to be marginalized, ignored, or subjected to discrimination or other forms of oppression

Pride Education Network

Pride Education Network advocates for an inclusive, respectful environment for all students, staff and families, regardless of their actual or perceived sexual orientation and/or gender identity, within all B.C. educational institutions, through the development of concrete supports, policies, resources and actions.

[Resources for Educators, Youth and their Families](#)

WITS Programs (Walk Away, Ignore, Talk it Out, Seek Help)

[WITS](#) is a program created **by** educators **for** educators to help children prevent victimization, such as bullying, discrimination and lateral violence. The WITS program gives children aged 5 to 11 the tools to manage conflicts and empowers them to make safe, positive choices within their community.

WITS provides students, their teachers, parents and caregivers, and community leaders with a common language to discuss conflict & peer victimization. Children across Canada proudly exclaim “**I use my WITS**” as they engage in positive, pro-social behaviours. Resources are also available in French.

Canadian Red Cross - Healthy Relationships Information and Resources

[Violence, Bullying, and Abuse Prevention - Information for Educators](#) offers information and resources on how you can support children and youth, and how you can deliver Red Cross violence prevention programs in your school.

[Bullying and Harassment Prevention](#)

[Healthy Youth Dating Relationships](#)

[Healthy Relationship Tips](#)

[Child Abuse and Neglect Prevention](#)

YouTube Videos for Secondary Students on Relationships

[Where is the line between love and control?](#) (0:47 seconds)

[The Relationship Spectrum: How It Works](#) (1:55 mins)

Kids Help Phone

[Kids Help Phone](#) is Canada's only 24/7 e-mental health service offering free, confidential support to young people in English and French.

[Kids Help Phone's Counsellor in the Classroom Program](#) promotes the discussion of mental health and well-being among young people. It's available to students in Grades 6 through 12 across Canada. Classes that participate will learn about mental health, Kids Help Phone's services and how/where to seek support. If you're an educator for students in Grades 6 through 12 in Canada, check this out.

Workshops and Guest Speakers

Roots of Empathy

Started in 1996, [Roots of Empathy](#) is an evidence-based classroom program that has shown significant effect in reducing levels of aggression among school children while raising social/emotional competence and increasing empathy. At the heart of the program are a neighbourhood infant and parent who engage students in their classroom. Over the school year, a trained Roots of Empathy Instructor guides the children as they observe the relationship between baby and parent, understanding the baby's intentions and emotions. Through this model of experiential learning, the baby is the "Teacher" and a catalyst, helping children identify and reflect on their own feelings and the feelings of others. Research results from national and international evaluations of the Roots of Empathy program indicate decreases in aggression and increases in pro-social behaviour.

Seeds of Empathy

A sister-program to the Roots of Empathy program, [Seeds of Empathy](#) is designed for Early Childhood settings to foster social and emotional competence and early literacy skills and attitudes in children aged 3-5 years.

Out in Schools

[Out in Schools](#) engages youth through film in the promotion of safer and more diverse learning environments.

Homophobia, transphobia and bullying are serious issues facing today's youth, particularly queer youth. By bringing queer films to local high schools to facilitate discussion with youth on bullying, homophobia and stereotypes, we give youth a safer space to explore these issues. We aim to increase understanding through education to combat the issues threatening the safety of our classrooms for all students.

Out in Schools works with school boards, educators, community organizations and student-run Gay Straight Alliances to reduce isolation and increase the safety of learning environments for all youth in our communities.

Information for Parents

ERASE

The ERASE strategy is a comprehensive and multi-pronged approach to promote positive mental health and wellness and prevent bullying and violent behaviours in schools. The strategy includes a coordinated approach involving schools, families and community partners. The strategy also includes the [ERASE](#) web site, a portal that provides parents and students with helpful tips and advice on how to address bullying. The site also includes a confidential online reporting tool for youth to report bullying (available in both English and French)