

## Safe and Healthy Relationships

### Curriculum Resources for Teachers

- ❖ [Respectful Futures – Shaping Healthy Relationships \(all grades\)](#) was created by Surrey Schools' Leadership in Learning and includes a package of [Teaching Materials](#) with 6 modules to support healthy relationship education, including Facilitation Guide, a Mindful Handbook, PowerPoints and relevant video clips. Modules include 'Characteristics of a Healthy Relationship', 'Links between Thinking Feeling and Behaviour', 'Building Better Relationships through Better Communication', 'Understanding and Managing Anger', 'Understanding the Impacts of Unhealthy Relationships' and 'How to Develop and Sustain Healthy Relationships'. The various modules can be delivered to all ages but with an age-relevant approach and are presented in a manner of progression that allows younger children to address relationships in a more global way, while giving older youth opportunities for a more specific and focused examination of relationships.
- ❖ [Kids in the Know \(Grades K-12\)](#) is the Canadian Centre for Child Protection's interactive safety education program designed for students. The purpose of the program is to help educators teach children and youth effective personal safety strategies in an engaging, age-appropriate and interactive way that builds resiliency skills and reduces their likelihood of victimization in the online and offline world.
- ❖ [Expect Respect & A Safe Education \(ERASE\)](#) is all about building safe and caring school communities. This includes empowering students, parents, educators and the community partners who support them to get help with challenges, report concerns to schools, and learn about complex issues facing students, including gender-based violence, online safety and school safety.
- ❖ [Teaching Sexual Health \(Grades 4-12\)](#) out of Alberta has resources for Teachers on [Sexual Consent](#) as well as curriculum for teaching about [Healthy Relationships](#) in the context of Sexual Health Education.
- ❖ [Gender-Based Violence Prevention Education Resources](#) created by Ophea Healthy Schools Healthy Communities in Ontario include ready-to-use classroom activities. Scenarios help students develop an understanding of gender-based violence, including the role of the bystander, as well as decision-making, problem-solving, communication, and conflict resolution skills to prevent or respond to situations of verbal, physical, and social bullying and abuse, sexual harassment, sexting, and coercive, inappropriate, and/or non-consensual sexual behaviours. There are also expert videos to support educators in using the classroom activities with students.
- ❖ [Healthy Relationships Resource Kit \(Grades K-12\)](#) focuses on developing positive relationships with friends, family members, neighbours & any other people one may encounter in life. The kit contains interactive activities that encourage children & youth to discuss the key elements that help make a healthy relationship.

- ❖ [Premier's Action Committee on Family Violence Prevention: Teachers \(Grade 9\)](#) includes resources such as the [Equity Wheel for Teens](#), [Teen Power and Control Wheel](#) and the Microphone Project, which helps teachers start a conversation with students on topics including consent, gender stereotypes, healthy relationships, sexual assault, communication and support.
- ❖ [Media Education Foundation: Violence, Media & the Crisis in Masculinity Study Guide \(Grades 9-12\)](#) is based on the Tough Guise video created by Jackson Katz about violence being a gendered phenomenon and that any attempts to understand it requires that we understand its relationship to cultural codes and ideals of masculinity and manhood. A key message is that change is possible and violence can be prevented.
- ❖ [Futures Without Violence: Lessons from Literature](#) is an innovative program that enlists English teachers to use the books and material already being taught to facilitate discussion and build awareness about physical, verbal and sexual abuse. Lessons from Literature engages and empowers educators with actionable resources that help students learn the material while also enabling adolescents to build healthy, non-violent relationships.
- ❖ [Kids Health in the Classroom: Healthy Relationships \(Grades 6-12\)](#) has Teachers' Guides for [Grades 6-8](#) and [Grades 9-12](#) designed for teachers to help students learn to recognize and protect themselves from the dangers of unhealthy relationships. The guides include standards, related links, discussion questions, activities for students, and reproducible materials.
- ❖ [Healthy Relationship High School Educators Toolkit](#) and [Middle School Educators Toolkit](#) were created by [Love Is Respect](#) to recognize that Educators are in a position to influence, motivate and lead children and youth. As a mentor and role model to students, teachers play a critical role in helping them get an understanding of healthy relationships and learn to recognize the signs of an unhealthy or abusive relationship. By leveraging classroom discussion, special projects and modeling appropriate behaviors, Educators can have a tremendous impact on how students grow to understand and appreciate safe, healthy and respectful relationships.
- ❖ [The Fourth R: Strategies for Healthy Youth Relationships](#) is a comprehensive, school-based program designed in Ontario to include students, teachers, parents, and the community in reducing violence and risk behaviours. The contention is that relationship knowledge and skills can and should be taught in the same way as reading, writing, and arithmetic, and therefore we refer to the classroom-based curriculum as the Fourth R (for Relationships).
- ❖ [WITS \(Grades K-5\)](#) 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. Resources are available to schools with a subscription, but they do offer subsidies for select schools and free subscriptions for those schools with a largely indigenous student count.



## Online Videos for Secondary Students on Consent:

- ❖ [Consent – Thompson River University](#) (3:01 mins)
- ❖ [Let's Talk About Consent - NYU](#) (3:53 mins)
- ❖ [Rise Above Let's talk Consent in Relationships](#) (3:41 mins)
- ❖ [Teaching Teens About Consent \(for parents and caring adults\)](#) (33:55)

## Online Videos for Secondary Students on Relationships:

- ❖ [Where is the line between love and control?](#) (0:47 seconds)
- ❖ [The Relationship Spectrum: Love is Respect](#) (1:55 mins)

## Workshops and Guest Speakers

- ❖ [Safeteen for Schools \(Grades 6-12\)](#) is passionate about social justice and empowering youth with skills for self-regulation and building healthy boundaries. It facilitates exercises and discussions with on how media, social media, gender stereotypes effect body image and self-concept and how that effects healthy choices in relationships with ourselves and others. Safeteen meets many of BC's New Curriculum Physical & Health Education learning standards and gets 4.5 Stars on the UBC Best Practices Social Emotional Learning.
- ❖ [Be More Than a Bystander Program](#) BC Lions players, specially trained by the Ending Violence Association of BC on bystander intervention and anti-violence principles, have reached thousands of BC high school students since they began delivering the Be More Than a Bystander message. The program focuses on the importance of creating a safe environment in the school for youth, what it means to be more than a bystander, and how students can initiate impactful change. Presentations are offered at no charge, virtually or in-person to the general student body. EVA BC coordinates with local anti-violence support workers to ensure students have support if needed and provide information for the schools regarding support services in their area.
- ❖ [Roots of Empathy](#) is a long-standing evidence-based classroom program that has shown significant effect in reducing levels of aggression among school children, including bullying, while increasing prosocial behaviour such as empathy, kindness, caring and inclusion. 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.

## Additional Resources for Schools

- ❖ [Addressing Youth Dating Violence: Resource Hub for Educators](#) was created by PrevNet in Alberta to share curriculum-based approaches that can reduce youth dating violence and provide strategies for educators. The site includes an interactive training module and tip sheets.
- ❖ [BC Network of Child and Youth Advocacy Centres](#)
- ❖ Child and Youth Advocacy Centres (CYACs) are collaborative services designed to provide a coordinated response to child abuse and crimes against children and youth. CYACs serve a number of [communities](#) in the Interior Region, including Kamloops and area, the North Okanagan, Kelowna, West Kelowna and Lake Country, and the West Kootenay region. CYACs ensure a coordinated, trauma-informed, culturally safe response to all forms of violence against children and youth.
- ❖ [Assessment Toolkit for Bullying, Harassment, and Peer Relations at School](#) Created by the Canadian Public Health Association, this tool provides criteria of best practices and evaluation tools for anti-bullying programs.
- ❖ [Preventing violence against women and girls in the education context](#) provides a summary of promising gender-transformative initiatives for the primary prevention of violence against women and girls in educational contexts in Canada and around the world, with a focus on communication and messaging. When the Centre for Excellence in Women's Health analyzed the evidence on this topic, schools emerged as an important context for advancing violence prevention and gender equality in Canada.
- ❖ [Trauma Informed Teaching at Every Grade Level: From Theory to Practice](#) explores trauma-informed educational practices and theory. The eBook advocates for supportive, and healing classroom environments and shows educators how to build safer spaces.
- ❖ [Supporting Students Exposed to Domestic Violence: A Guide for Teachers](#) was created by the BC/Yukon Society of Transition houses to help educators understand and be aware of students exposed to domestic violence, and how they can be supported in the classroom.

## Resources for Students, Parents and Families

- ❖ [Youth Against Violence Line](#) Call 1-800-680-4264 and talk one-on-one to a YAV Line support worker 24 hours a day, 7 days a week, or e-mail us at [info@youthagainstviolenceline.com](mailto:info@youthagainstviolenceline.com) If you're in any way concerned about your safety or the safety of others, we can help. And, because the YAV Line is a multilingual service, we can talk to you in your language. Concerned parents, teachers, caregivers, service providers and others are also welcome to call for information and assistance. **If you or someone you know are in immediate danger, please call 911 or your local police department.**
- ❖ [Kids Help Phone](#) is a 24/7 e-mental health service offering free, confidential support to young people in English and French.

- ❖ [VictimLinkBC](#) is a toll-free, confidential, telephone service available across B.C. 24/7. It provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence, including victims of human trafficking exploited for labour or sexual services. VictimLinkBC provides service in more than 110 languages, including 17 Indigenous (including First Nations, Métis, and Inuit) languages. Call or text 1-800-563-0808 or 604-836-6381
- ❖ [Expect Respect & A Safe Education \(ERASE\)](#) provides parents and students with helpful tips and advice on how to address bullying and gender-based violence. The site also includes a confidential [online reporting tool](#) for youth to report bullying (available in both English and French)
- ❖ [The BC Children’s Hospital Family Toolkit](#) has resources for parents to support conversations with their children and youth with diverse abilities on a variety of topics, including [Healthy Relationships](#) and [Personal Safety](#).
- ❖ [Help Starts Here: Information on Youth Dating Violence](#) includes information on youth dating violence, it’s impacts, and how to reach out for help.
- ❖ [Love is Respect](#) includes resources for youth on LGBTQIA+ and dating violence, setting boundaries, ending unhealthy relationships, and supporting others.
- ❖ [Cybertip.ca’s Online Sexual Violence](#) page includes resources for parents to talk with teens about online sexual violence and information for youth about online sexual violence.



*The Interior Health Healthy Schools Team endeavours to include free or low cost, evidence-based resources recommended by our health and school partners, especially those that align with the B.C. Curriculum. This is not an exhaustive list of all the resources available on this topic and we encourage educators to ensure each resource is appropriate for their class or school. Please contact us with any suggested changes or additions at [healthyschools@interiorhealth.ca](mailto:healthyschools@interiorhealth.ca)*

*To explore other Toolkits, visit [Healthy Schools Teaching Toolkits](#).*