

Healthy Relationships

Teaching Resources and Lesson Plans

Physical and Health Education (PHE) Supports for K-12 Curriculum Implementation

New Physical and Health Education (PHE) resources are available to support teachers in delivering the redesigned K-12 PHE curriculum. The resources support the teaching of mental health and sexual health in elementary and secondary schools.

Developed by B.C. teachers with support from the Ministry of Health, Ministry of Mental Health and Addictions and other key health stakeholders, [Supporting Student Health Elementary](#) and [Supporting Student Health Secondary](#) provide a starting point to teach health topics such as consent, stress and anxiety, safe sex, mental health stigma, cyberbullying, and online safety. The guides also include instructional approaches and tips to respond to unexpected situations.

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). Teachers need to create an account to access information.

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)

The evidence-based [WITS and WITS LEADS Programs](#) bring together schools, families and communities to help elementary school children deal with bullying and peer victimization and encourage adults to respond to children's requests for help. WITS has two components: the WITS Primary Program (Kindergarten - Grade 3) and the WITS LEADS Program (Grades 4 - 6). Both programs use a literature-based curriculum, integrated with provincial and territorial learning objectives, to bring the WITS message into schools. Almost all of the [WITS Programs resources](#) are available free-of-charge on this website. You can download the full resource guide, as well as individual lesson plans, complete online training, watch videos and print off posters and pamphlets. 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 national 24-hour, bilingual and anonymous phone counselling, web counselling and referral service for children and youth. The website also includes information on relationships. Online and telephone counselling is available.

Workshops and Guest Speakers

Respectful Relationships (R+R)

[Respectful Relationships \(R+R\)](#) is a National and Provincial award winning schools-based primary violence prevention program for youth, developed by [SWOVA](#). SWOVA Community Development and Research Society is a non-profit society and registered charity in Canada that empowers youth through education and skill building programs to have healthy and respectful relationships. The society has been working for two decades to prevent violence in all forms. All of the work of the society is based on solid research and evaluation. For more information see [facilitator training](#).

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.

Saleemnoon- Sexual Health Educator

Empowerment Workshops

[iGirl](#) is a straight-to-the-point, lighthearted, two- or three-day workshop that prepares 9–12 year old girls for the multimedia pressure-cooker they'll soon encounter. Knowledge is power and this workshop, created and led by Saleema Noon B.A. M.A. It will give your daughter the power to make smart decisions and to successfully navigate the changes galloping into her young life. In a style that's relevant to preteens, Saleema and her team take the role of big sister, tackling topics like what to expect from puberty, safety on the Internet, understanding what makes a healthy body image, and how to be assertive in even the toughest situations.

[iGuy](#) is a straight-to-the-point, lighthearted empowerment workshop that prepares 9-12 year old boys to make smart decisions in even the toughest situations. We'll challenge society's definition of masculinity, unmask our secret identity, blow off some steam (in a healthy way), tackle online safety, and help build relationships we can feel proud of. In a style that makes sense to guys, Saleema Noon's team takes the role of older brother, giving your son the skills and information needed to ace his teenage years.

Out in Schools

[Out in Schools](#) engages youth through film in the promotion of safer and more diverse learning environments, free from homophobia, transphobia and bullying.

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).

New Healthy Living Resources

The [Healthy Living for Families](#) booklet is designed to help families make healthy choices, with ideas on everything from healthy eating on the run, to supporting kids to have a positive outlook, to being active together. The new [Healthy Living for Teens](#) booklet was created for youth, with youth. Tips in the booklet will help teens to feel their best and make the most of their potential!

The Families booklet is available in 6 languages: English, French, Chinese, Filipino, Persian, and Punjabi and the Teens booklet is available in English and French.

Resources for Teachers and Councillors

Canadian Institute for Substance Use Research- Art of Motivation

[The Art of Motivation](#), developed by the Canadian Institute for Substance Use Research at the University of Victoria, offers a way for school professionals to implement the promising practice related to brief intervention and referral. It helps school professionals help students explore making positive changes to their behaviour,

including their use of alcohol and other drugs. Grounded in a motivational approach, the aim is to support students in examining their situations and deciding if and what they would like to change. This resource can support:

- a school counsellor or administrator working with a student facing disciplinary action for their use of alcohol or other drugs,
- a teacher who both senses a student is struggling with substance use and wants to help prevent a crisis situation, or
- any school professional (or any adult) who wants to help a young person.