

# Resources for Teachers and Schools

## Preventing Relationship Violence

April 2013 Created by Be the Peace project [www.bethepeace.ca](http://www.bethepeace.ca)

### **APPROVED FOR SCHOOL CURRICULA**

- 1) N.S. Department of Health and Wellness- **A Healthy Sexuality resource for grade 7**, including information about sexual violence and how to recognize power imbalances in relationships. It has been sent to all schools. The entire resource is available online at: [http://www.gov.ns.ca/hpp/publications/11032\\_SexBook\\_En.pdf](http://www.gov.ns.ca/hpp/publications/11032_SexBook_En.pdf)
- 2) Forest Heights Schools is currently using the **Voices Program, purchased by Schools Plus**. A US based program with interactive workbooks and facilitator guides. An 18-week program, 1.5 hours/week, done over the lunch hour with a bit more time on each end. It's about self discovery and empowerment for girls, but they are trying to develop the same for boys.
- 3) **Men4Change** offer a **Healthy Relationships Violence Prevention** curriculum for \$70. You can read more details on their website at <http://www.m4c.ns.ca>
- 4) **Expect Respect:** A School-Based Program for Preventing Teen Dating Violence and Promoting Safe and Healthy Relationships by Barbara Ball and Barri Rosenbluth (2008). Available online at [www.safeplace.org/document.doc?id=27](http://www.safeplace.org/document.doc?id=27).
- 5) **Canadian Red Cross, RespectED** [www.redcross.ca/RespectED](http://www.redcross.ca/RespectED). Program teaches kids and adults how healthy relationships look and feel; violence/abuse prevention. Learn to recognize the signs of abuse, dating violence and harassment, and how to get help.

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**OR Schools Plus to participate in training.**

- Award winning programs- youth learn how to create healthy relationships and adults learn how to build safer relationships in their organizations and communities. RespectED helps our partners teach these programs. Through our delivery method we are able to bring violence and abuse prevention education to communities, the classroom, the workplace and your desktop.
- Modules are sequential, so as you go from grade level to grade level, the material builds on previous modules.
- There's a training CD that comes with the kit and can be used. But they do recommend at least one teacher in the school attend a 2-day training with Red Cross, as there are often questions after watching the CD.
- **TRAINING FEES ARE BEING WAIVED (Nov 2012).**
- **THE PROGRAMS:**

#### CHILDREN AND YOUTH IN SCHOOLS

- **C.A.R.E. Kit: (Grades Primary to 3)-** abuse prevention through the use of storytelling, puppetry and song. With each module in the Care Kit there's a series of activities can be used throughout the school year. Designed to keep the issues in the classroom.
- **It's Not Your Fault: (Junior High Grades, age 12+)** understand why different forms of abuse and violence occurs and how to get help. Work closely with guidance counselors and teachers about disclosure.
- **Healthy Youth Relationships: (ages 12+)** healthy relationships, communication, sexual assault, emotional/physical abuse and how to get help.
- **Beyond the Hurt: (ages 12+)** prevention, intervention, and the impact of bullying.
- **Presentations** on healthy youth relationships- one-off presentation for HS students
- **Bullying Prevention program-** youth led; train 1 teacher who trains 10-12 youth in Grades 6-12 in their school to deliver 3-hour workshop with their peers and younger, on bullying and harassment prevention. Can be 3-hours or three 1-hour presentations. (It's also really a leadership program). Older kids may also go to other schools to do presentations. In some groups it becomes like a club. This is an evidenced based program endorsed by PrevNet, the leading bullying prevention network in Canada

#### ADULTS

- **Prevention in Motion:** increased understanding of abuse prevention, neglect of children and handling disclosures.
- **Promoting Healthy Youth Relationships:** helps adults understand youth relationship dynamics, prevention strategies and how to help.
- **Beyond the Hurt Adult Workshop:** adults learn the effects on youth of bullying and harassment through prevention and intervention.
- **Walking the Prevention Circle:** explores issues relating to abuse, neglect and violence through the history, challenges and potential of Aboriginal Peoples.

#### ONLINE

- **Respect in the Workplace:** employees learn to stop discrimination, harassment and workplace bullying.
- **Respect in Schools:** adults learn to prevent abuse, bullying and harassment in schools.
- **Respect in Sports:** coaches and parents learn to prevent abuse, bullying and harassment in sport.

#### 6) **Healthy Relationships for Youth Curriculum-** Grade 9.

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Antigonish Women's Resource Centre and Sexual Assault Services Association  
902 863-6221 [www.antigonishwomenscentre.com](http://www.antigonishwomenscentre.com)

- a. Developed by Antigonish Women's Resource Centre and highly evaluated by the Canadian Women's Foundation (funder).
- b. Currently used in 9 of 10 schools in Strait Regional School District
- c. Co-taught by Grade 10, 11, 12 students
- d. Pilot to begin in Lunenburg County in 2014

7) **Sexual Violence Prevention Toolkit** Created by the **TriCounty Women's Centre**

- a. A 2012 compendium of resources including movie and video recommendations, activities, workshops, websites, and community resources.
- b. Used in most schools in Tri-County district.
- c. Available free online at [www.tricountywomenscentre.org/sexual-violence-project.html](http://www.tricountywomenscentre.org/sexual-violence-project.html) .
- d. A kit is available to borrow through Second Story Women's Centre
- e. Includes films on DVD:
  - Sext Up Kids (CBC Doc Zone)
  - Sexy Inc. (nfb.ca)
  - Shredded (nfb.ca)
  - The Colour of Beauty (nfb.ca)
  - Dreamworlds
  - Miss Representation
  - Generation M