

YOUTH PEER VIOLENCE PREVENTION PROGRAMS (AGES 13-18)

Challenge Day

Challenge Day is a one-day workshop where youth, teachers, parents, administrators, counsellors and members of the community experience for themselves that love and connection are indeed possible in our schools and communities. The workshop is designed to address all forms of discrimination and bullying. One trained facilitator leads the workshop and one adult is needed for every 4 or 5 youth. Through a carefully designed series of innovative games, activities, group discussions, icebreakers and trust-building exercises, participants learn how to break down the walls of separation and create new levels of respect and communication with their peers, teachers, parents and themselves. Challenge Day is based on the belief that separation, isolation and loneliness are the root cause of a wide range of teen issues such as teasing, bullying, stereotyping, racism, violence, suicide, and the use of drugs, alcohol and tobacco. By promoting self-acceptance and respect for others, Challenge Day ignites participants' passions and inspires them to become positive forces in their schools and communities. To introduce the school and larger community to the Challenge Day concepts, 'Be The Change School Teams' begin with a series of Showcase Challenge Days. These days help to enroll support and participation in creating the school's long range plan. Additional Challenge Days or other programs, such as the Mentorship and Challenger programs, can then be integrated into that plan. Challenge Days can also be tailored for special classes, such as Leadership/Conflict Resolution Groups or the Junior class Legacy model, while Senior Challenge Days are a wonderful way for graduating seniors to gain closure on high school, and plan for what the future holds. In some cases, where entire schools are committed to creating an environment where every child feels safe, loved and celebrated, School Teams can be coached in co-creating the entire "Be The Change School" model.

For more information about the program or to order resources or training contact:
www.challengeday.org.

Equal Safe and Proud (ESP)

ESP is an weekly after-school program for girls which focuses on building self-esteem through discussion, guest presenters, field trips, special events and other activities. The program may be delivered by community groups, schools, RCMP Youth Outreach, etc. During the program the girls talk about what issues are of concern to them and decide who they might invite to discuss these issues. Examples of issues for discussion include dating violence, sexually transmitted diseases, etiquette, cultural diversity, feminism. Families First Resource Centre evaluated the Montague Intermediate program held in 2005-06.

For more information contact: Aileen Petrie, Families First, Montague PEI; Phone: (902) 838-2096.

Girls Healthy Relationship Program

This program for girls aged 15-19 years uses a combination of the Healthy Relationship program and the Young Women's Lives curriculum. Information about these and other resources are available at www.teenrelationships.org/help/help.htm and Young Women's Lives: Building Self-Awareness for Life.

For more information contact: Sandra Campbell, RCMP Youth Outreach, Montague, PEI.

Healthy Relationships

Healthy Relationships is a violence-prevention curriculum that is designed to help teenage youth understand the dynamics of both unhealthy and healthy relationships. The activities are best integrated into the Personal Development and Relationships (PDR) component of the school Health curriculum. It is also suitable for use in Family Studies and English, as well as in other classes that focus on gender relations and violence. Although the curriculum was designed for classroom use, it can easily be adapted to accommodate one-on-one or small group presentation in a variety of community-based settings. This program has been used in a number of schools across the province.

For more information contact: Men For Change, Box 33005, Quinpool Postal Outlet, Halifax, NS B3L 4T6; Tel (902) 457-4351; Fax: (902) 457-4597; Email: info@m4c.ns.ca; Web site: www.m4c.ns.ca.

Healthy Relationships for Youth

This school based program highlights youth involvement as peer educators in the classroom and within their schools and communities. The focus of this program is to deliver a series of twelve sessions within the Health curriculum of grade 9, which focuses on developing and maintaining healthy relationships. The classroom delivery of this curriculum will be with a community person partnered with the classroom teacher who will be assisted by a member of a Youth Team. The Youth Teams in each participating school will be recruited from Grades 10-12 and will be trained in leadership and facilitation. Youth Team members will also develop self-directed in-school projects. This program evolved from the Rural Youth Education Project in Antigonish, Nova Scotia. It has been evaluated as part of the National Crime Prevention Strategy

For more information about the program contact: Jean Crosby, Project Coordinator, Suite 206A, 219 Main Street, Antigonish, NS B2G 2C1; Phone: (902) 863-3624 / 863-6221. Email: ruralyouth@ns.sympatico.ca

Healthy Sexuality Presentation GLBT Youth

The objectives of the presentation are as follows:

* To share information regarding counselling GLBT youth

- * Understanding the Tasks of Adolescents
- * To dispel common myths associated with GLBT youth
- * Offer sensitivity awareness while assisting the GLBT community
- * Becoming aware of issues faced by G.L.B.T. youth.

The presentation outline is as follows:

- * Homosexuality Defined
- * Sexual Orientation Defined
- * Myths about Homosexuality
- * Effects of Homophobia on GLBT youth
- * Tasks of Adolescents
- * Coming Out Process
- * Do's and Don't's regarding GLBT Youth
- * Making your area accepting for GLBT Youth What to do with offensive statement / comments in a public place?

For more information about the program contact: Michael Doiron; Email: msdoiron@ihis.org.

Living Values Education Program (LVEP)

This is a comprehensive values education program with published guides for all ages. This innovative global character education program offers a wide variety of experiential values activities and practical methodologies to educators, facilitators, parents and care givers that enable children and young adults to explore and develop twelve universal values. A program of UNESCO, Living Values has been implemented in 74 countries at over 7,000 sites. Educators implementing LVEP report positive changes in teacher-student relationships and in student-student relationships both inside and outside the classroom. Educators note an increase in respect, caring, cooperation, motivation, and the ability to solve peer conflicts on the part of the students. Aggressive behaviours decline as positive social skills and respect increase. Living Values helps educators create safe, caring values-based atmospheres for quality learning. A wide range of issues and personal and emotional skills are broached in this program in order to involve students age 15 years and older in an enjoyable but serious exploration of values in relation to the self, others, the society, and the world. Core values lessons are offered in addition to ideas for different subject areas. Link below to see the twenty goals outlined in Living Values Activities for Young Adults, and the complete list of lessons, "steps", toward achieving those.

For more information about the program contact: Lisa Jenkins 4ofus@isn.net; or the Living Values website: www.livingvalues.net.

Love Without Violence

This purpose of the program is to provide teenagers with tools that will alter unhealthy views on abusive relationships and violence in general. The focus of the program is prevention, education, information and awareness. This program has been widely used

in New Brunswick schools

For more information contact: Coalition Against Abuse in Relationships, PO Box 1660, Moncton, NB E1C 9X5.

Making Waves/Vague par vague, Inc.

This is a successful province-wide project in New Brunswick that educates and involves teens in dating violence prevention activities. Making Waves also develop resource material for teens, teachers, guidance counsellors and administrators. Since its inception ten years ago, all New Brunswick English High Schools have had the opportunity to participate in the Making Waves experience. A total of six successful Vague par vague weekends have been hosted in order to bring the message to New Brunswick Francophone students. This is a youth driven program. In times of trouble, whom do we turn to first? Most often it's our friends and peers. That's why Making Waves teaches young people the skills, awareness and sensitivity they need to help each other. Making Waves has been evaluated as part of the research by the Muriel MacQueen Ferguson Centre, Dating Violence Prevention in New Brunswick. To access the report contact:

http://www.unbf.ca/arts/CFVR/documents/PSTFinalReportJanuary2007E_003.pdf

For more information about the project contact: Making Waves, PO Box 65 Station A, Fredericton, NB E3B 4Y2; Julie Rioux, Provincial Director; Phone: (506) 474-1773; Fax: (506) 459-8626; E-mail: makingwaves@nb.aibn.com. Or contact: Tom Patterson, Program Coordinator; Phone: (506) 474-1666; Fax: (506) 459-8626; E-mail: waves@nb.aibn.com

RespectEd

RespectEd youth presentations are presented by trained volunteers through the Canadian Red Cross abuse prevention programs. The presentations include the following:

It's Not Your Fault explores all types of abuse and neglect, why it happens and where to go for help. This program has received the 'Seal of Recommendation' from Curriculum Services Canada

What's Love Got To Do With It? explores healthy and unhealthy relationships while stressing communication and prevention skills. Legal issues and community resources are also discussed.

Abuse is Not Love (English as an Additional Language) offers real abuse prevention programs to new Canadian youth. These workshops address abuse issues in a manner that respects cultural sensitivities and language barriers. Participants learn the vocabulary of healthy relationships, abuse, violence and harassment, and then explore the issues from a Canadian understanding.

Beyond the Hurt addresses bullying and peer harassment, and is delivered by adults and young people working together for maximum impact.

For more information about these programs contact the Red Cross at:
<http://www.redcross.ca/article.asp?id=000294&tid=030>

Students Against Violence Everywhere (SAVE)

SAVE is a program for both male and female students in intermediate and high schools and can be adapted for elementary schools. The focus of the program is the establishment of youth groups that plan projects on the prevention of relationship violence. SAVE is delivered by a Teacher Advisor with a community volunteer or professional ie. Transition House Association Outreach worker. The International SAVE group provides guidelines, ideas and resources to help students plan activities. SAVE PEI has been implemented in Montague High School, where the students worked with K-Rock 105.5 to produce radio commercials that focus on relationship issues; produced VIP cards "Violence is Preventable" with information and service phone numbers, which were distributed to all classrooms; and hosted SAVE week Nov. 27-31, 2006. The "Silent Witness" presentation was the first event and an information table was set up for the week. Evaluation documentation is available for 2005-06 from Eastern PEI Family Violence Prevention Services, Phone (902) 838-2096.

For more information about the program contact: Maxine MacLellan, Youth Project Facilitator, Eastern PEI Family Violence Prevention Services, Phone: (902) 838-0795; www.savepei.com , or International S.A.V.E. Organization www.nationalsave.org

Violence Prevention Curriculum for Adolescents

This program can be used individually or in conjunction with a comprehensive health curriculum. The curriculum is targeted to grades 9 and 10. Students explore the nature of interpersonal violence and consider ways to prevent it. They examine the causes of anger and healthy and unhealthy ways to express it, analyse the results of fighting, discuss strategies for preventing fights, and practice nonviolent alternatives to fighting. Research results found a 25 percent reduction in antisocial and violent behaviours relative to a comparison group.

For more information or to order the program contact: Erica Macheca, Education Development Centre; Phone: (617) 969-7100; Fax: (617) 969-5951; Email: emacheca@edc.org; Website: www.thtm.org.

Virtues Project

The Virtues Project is for children and youth of all ages. Its mission to provide empowering strategies that inspire the practice of virtues in everyday life through programs of excellence and simplicity which support people of all ages to cultivate their virtues – the gifts of character.

For more information about the project contact: Norma Gallant; Phone (902) 854-3095;

Email: coolskier57@yahoo.com; or Wendy White Snow; Phone (902) 436-4094; Email: wendywsnow@hotmail.com; or the Virtues Project website: www.virtuesproject.com.

Women and Violence: Education is Prevention (WAV:EIP)

Women and Violence: Education is Prevention is a community-initiated, schools-based, primary prevention project that targets students aged 12-18. Its goal is to reduce rates of violence against women and girls in the long term by helping youth of both genders develop the skills, attitudes and awareness they need to establish and maintain healthy and respectful relationships with peers and intimate partners throughout their lives. The *Healthy and Respectful Relationships* curriculum is designed to be delivered by one or more pairs of community-based female and male facilitators specially trained for the job. A three-year evaluation of the program found it effective in reducing violence.

For more information about the project contact: Saltspring Women Opposed to Violence and Abuse (SWOVA), 390 Upper Ganges Road, Salt Spring Island, B.C., Canada V8K 1R7; Tel/Fax (250) 537-1336; Email: swova@saltspring.com.

Young Women's Lives: Building Self-Awareness for Life

This fully integrated program that gives schools, community health agencies, youth service organizations, juvenile corrections, adolescent treatment programs, and churches effective tools for making a practical impact on young women's lives. The Young Women's Lives Curriculum is used to prevent problems or to intervene with young women at risk. The Healthy Relationships Program has been evaluated. Results are available at www.m4c.ns.ca/man11.html

For more information about the Healthy Relationships Curriculum: Phone: (902) 457-4351; Fax: (902) 457-4597; Email: hrc@m4c.ns.ca; Or contact the developers, M. Nell Myhand and Paul Kivel, Volcano Press, PO Box 270, Volcano, CA 95689; Phone: (800) 879-9636; Website: www.volcanopress.com.