



The *Fourth R*

Healthy Relationships Plus

Small Groups Program

A program to prevent adolescent violence through the promotion of positive healthy relationships

Palm Springs



**Centre for Research & Education
on Violence Against Women & Children**

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Relationships



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History of the *Fourth R*

- Research Project
- Writing Lessons
- Pilot Schools
- Thames Valley Implementation
- National Implementation
- International Implementation



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International Implementation



- Alabama
- Alaska
- California
- Colorado
- Florida
- Idaho
- Kansas
- Massachusetts
- Michigan
- Missouri
- New Hampshire
- New York
- North Dakota
- Ohio
- Rhode Island
- Texas
- Washington

Program Registries

- **Canada**

- Ontario Bullying Prevention Data Base
- Canadian National Crime Prevention Registry
- Curriculum Services Canada
- Public Health Agency of Canada Promising and Best Practices Portal
- Public Health Agency of Canada Promising and Model Crime Prevention Programs
- National School-Based Mental Health and Substance Abuse Consortium

- **United States**

- SAMHSA's National Registry of Evidence-Based Programs and Practices
- US Department of Justice Programs Crime Solutions
- Office of Juvenile Justice and Delinquency Prevention's Model Programs Guide
- Find Youth Info Government Evaluated Program Directory

What does it mean to be “mentally well”?



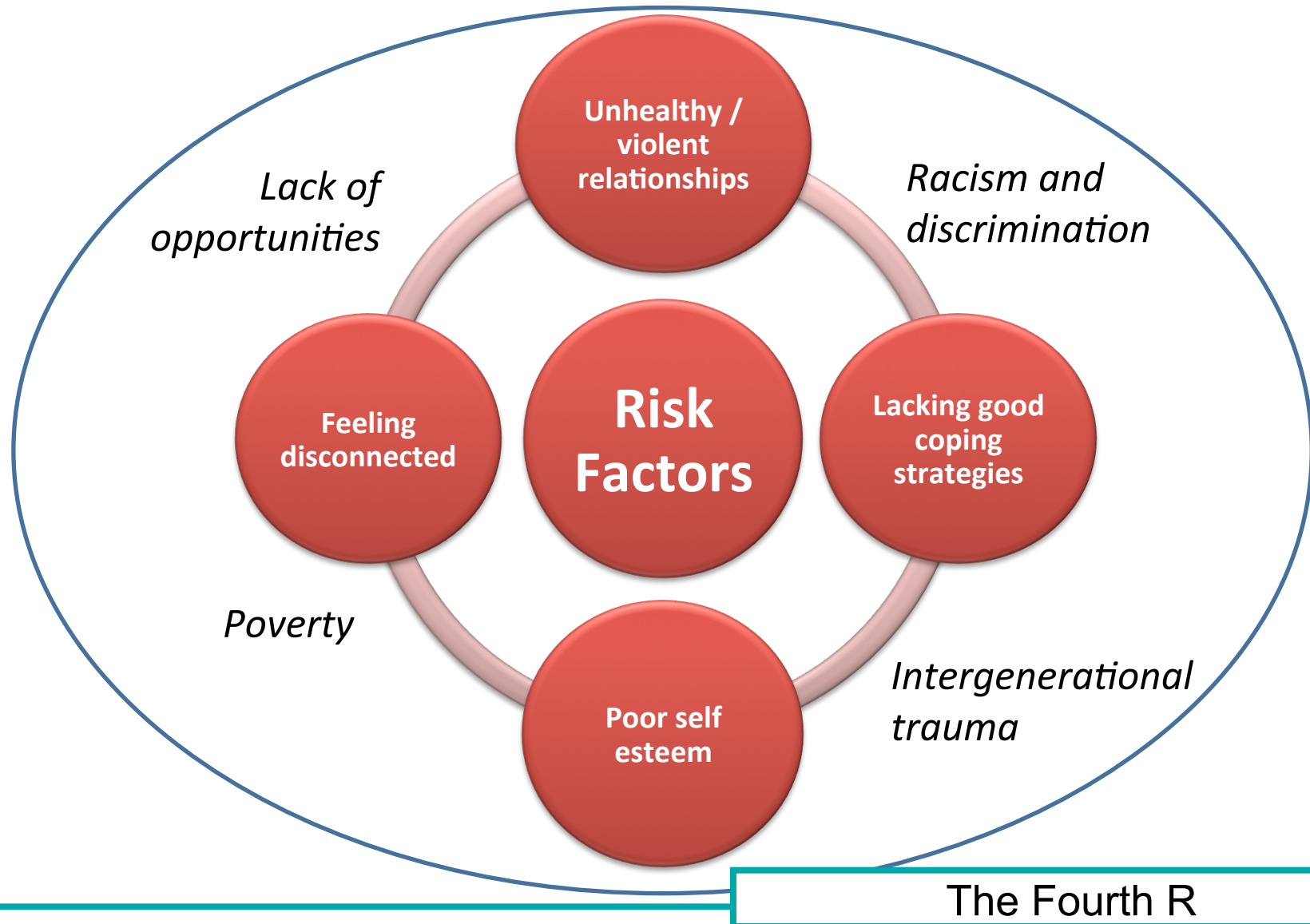
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What kinds of issues can get in the way of good emotional health?



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What kinds of issues can get in the way of good emotional health?



One in five people will experience a mental health issue in their lives



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Relationships and Mental Health: What's the connection?

- Healthy relationships can contribute to a person's mental wellbeing. A young person who feels **meaningfully connected** and who has healthy relationships in their life is in a much better position to access help when needed.
- Unhealthy relationships can contribute to mental health issues and challenges.
- A person's mental health can affect how they interact with the people in their life: Parents, peers, partners, teachers, co-workers, etc.



Our Job:

What we are trying to do and
how we are going to do it!



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What We Are Trying To Do...

1. Promote discussion about mental health challenges in a safe, accepting environment.



What We Are Trying To Do...

2. Get youth to think about how they manage their stress level and emotional wellbeing.



What We Are Trying To Do...



3. Get youth to think about how their relationships contribute to their emotional wellbeing.

What We Are Trying To Do...

4. Arm them with some information about how they might help themselves or a friend who is struggling.

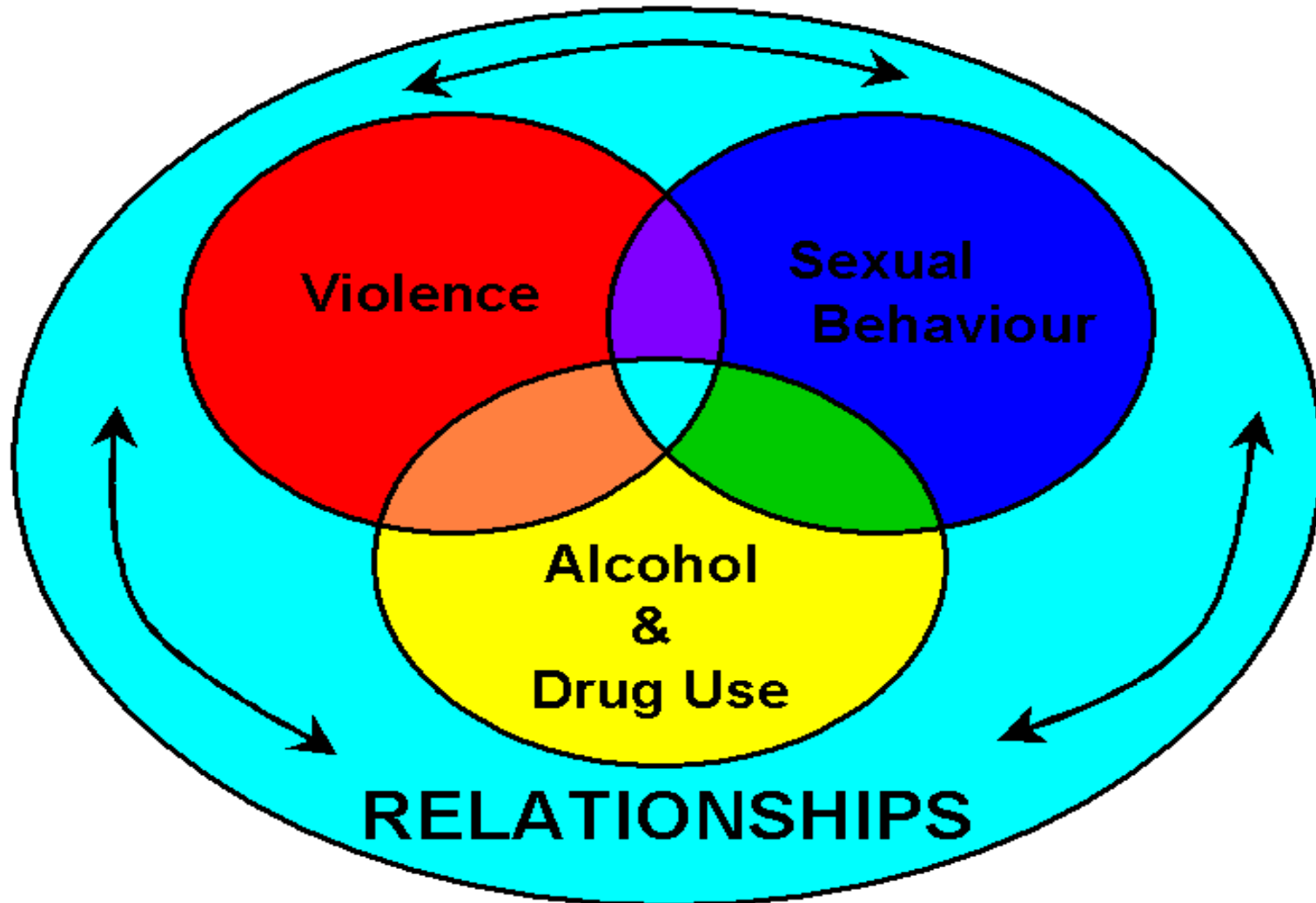


What We Are Trying To Do...

5. Help students to know when they need to seek professional assistance, either for themselves or a friend, and how to do that.



Adolescent Risk Behaviors: The Relationship Connection



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Positive Youth Development

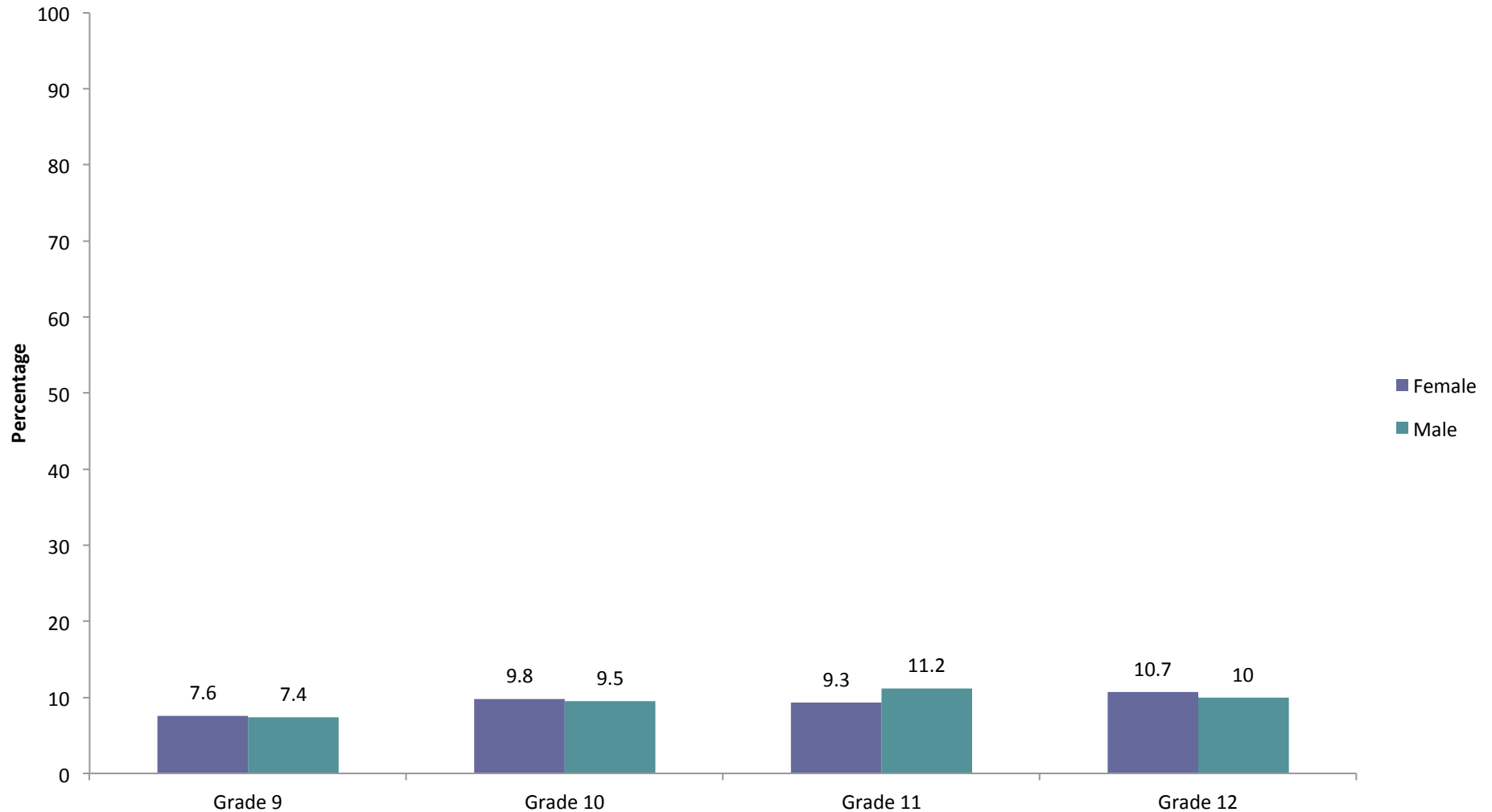
- Want to help teens go beyond not drinking, not being violent. etc.
- What do they WANT their relationships to look like, not merely what to avoid
- Build resilience for future stressful situations
- Universal intervention
 - No stigma for being involved
 - All teens will end up in difficult interpersonal situations
 - Increase capacity of bystanders

Skill Development

- Focus on helping teens keep themselves safe in potentially dangerous situations
- Recognize that some of these behaviours are normative
- Criminalization has not been an effective way to reduce problems and can exacerbate problems

Dating Violence

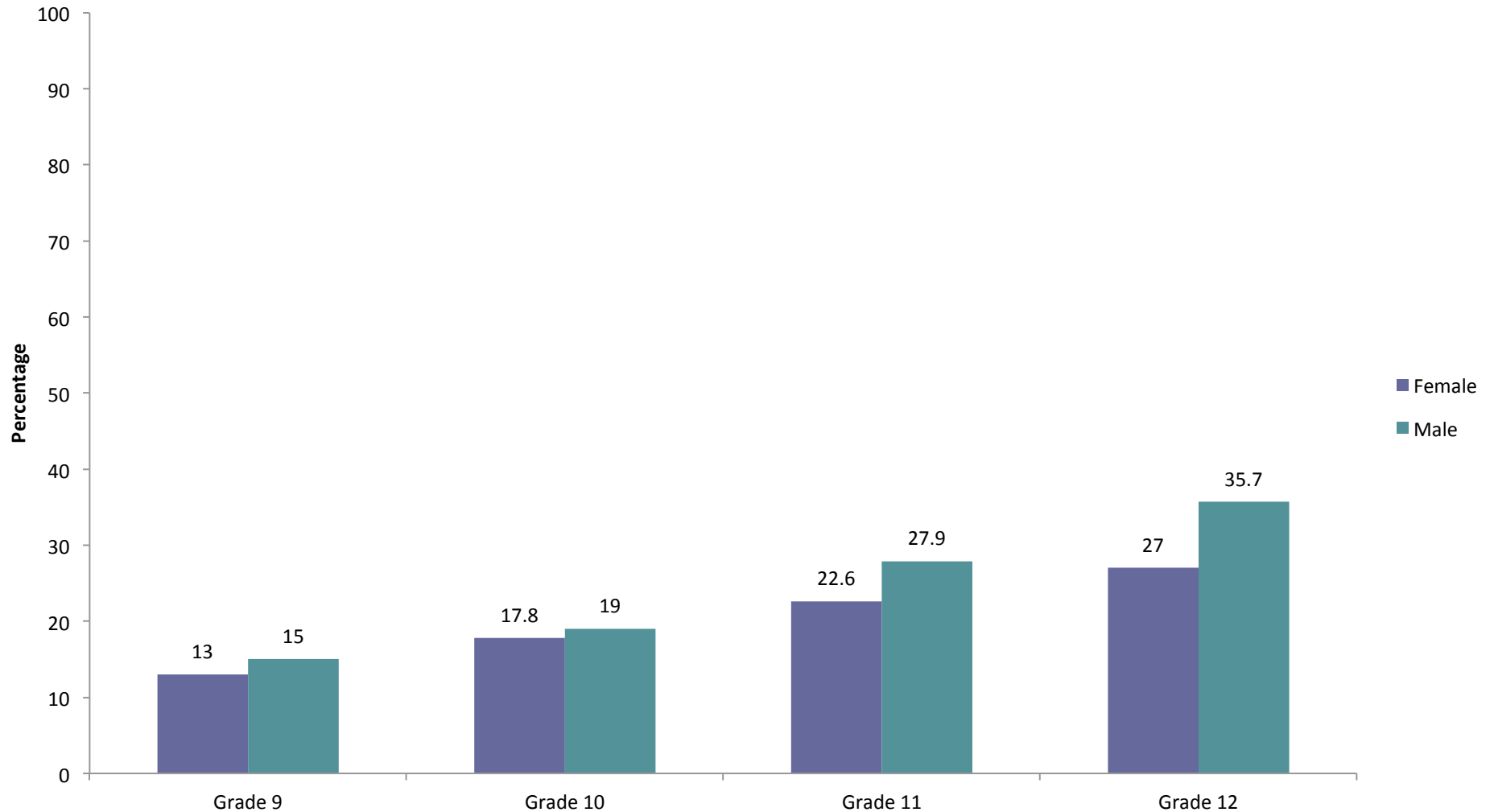
Hit, Slapped, Or Physically Hurt On Purpose by Their Boyfriend or Girlfriend (during the 12 months before the survey)



United States, High School Youth Risk Behavior Survey, 2011

Increase of Teens Binge Drinking

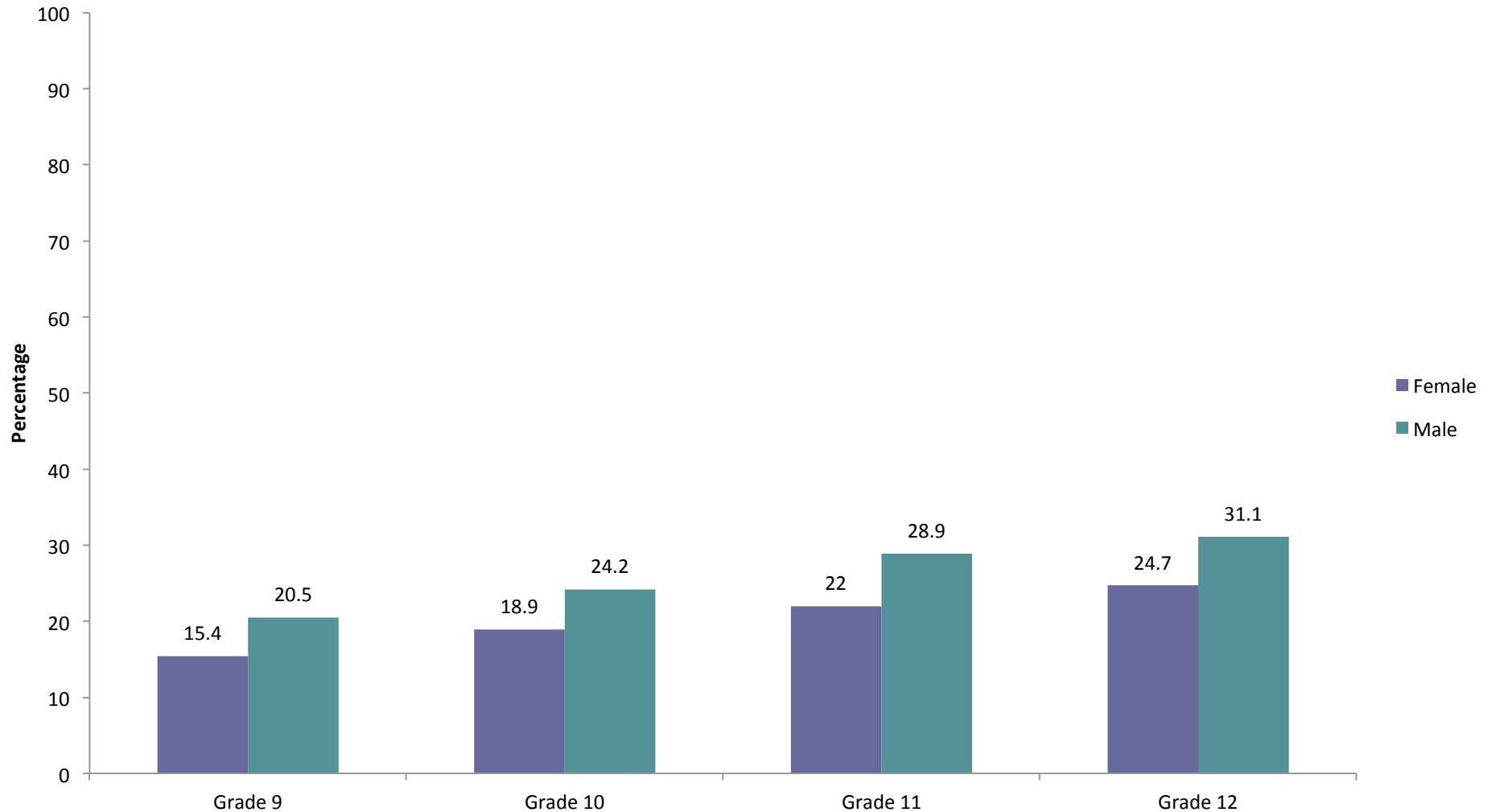
Had Five or More Drinks of Alcohol In a Row Within A Couple of Hours on at Least 1 Day (during the 30 days before the survey)



United States, High School Youth Risk Behavior Survey, 2011

Increase of Teens Using Illicit Drugs

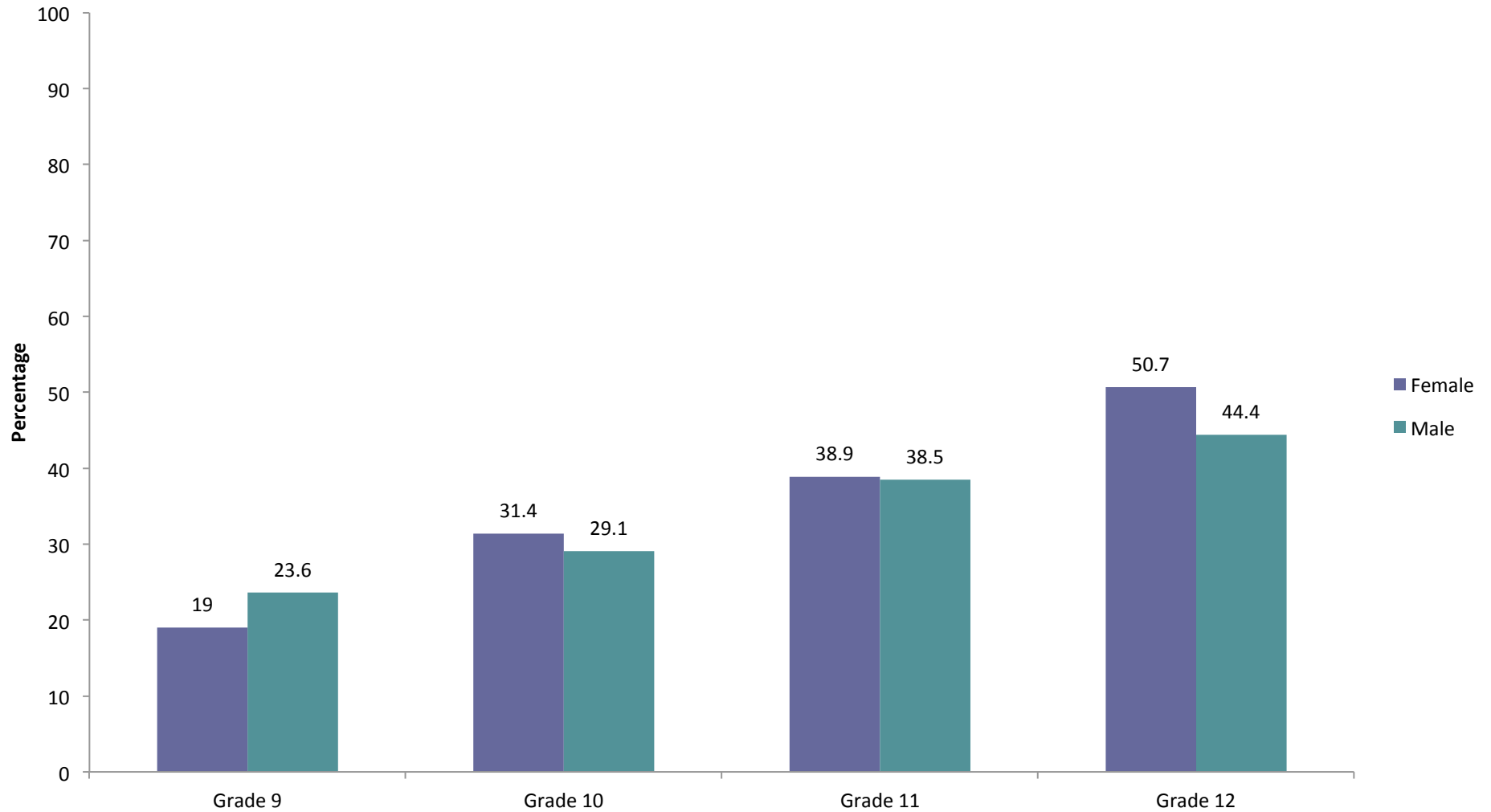
Used Marijuana One or More Times (during the 30 days before the survey)



United States, High School Youth Risk Behavior Survey,
2011

Percentage of Teens Sexually Active

Had Sexual Intercourse With At Least One Person (during the 3 months before the survey)



United States, High School Youth Risk Behavior Survey, 2011

Post It, Pile It



What has stayed the same?

What has changed the most?

erroy

Then and Now

farout

Post It, Pile It

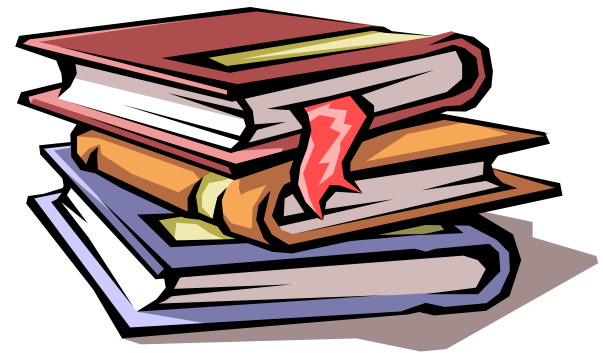


What has stayed the same?

What has changed the most?

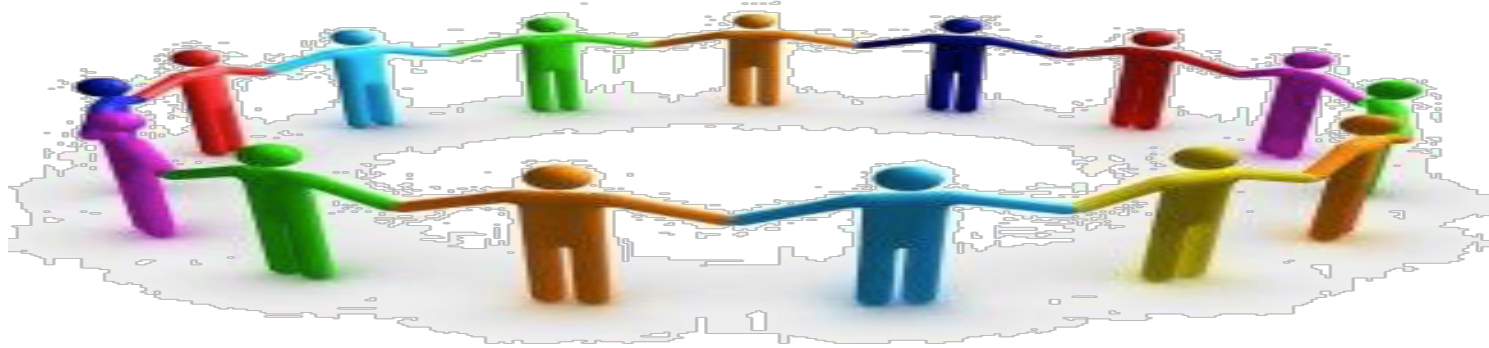
Overview of the Healthy Relationships Plus Program

- Principles and Participants
- Implementing the Program
- Prior Experience with Violence



Overview

- Warm-Up (Journal Response)
- Game (Activities)
- Cool Down (Journal Topic)



Strategies



Warm-Up

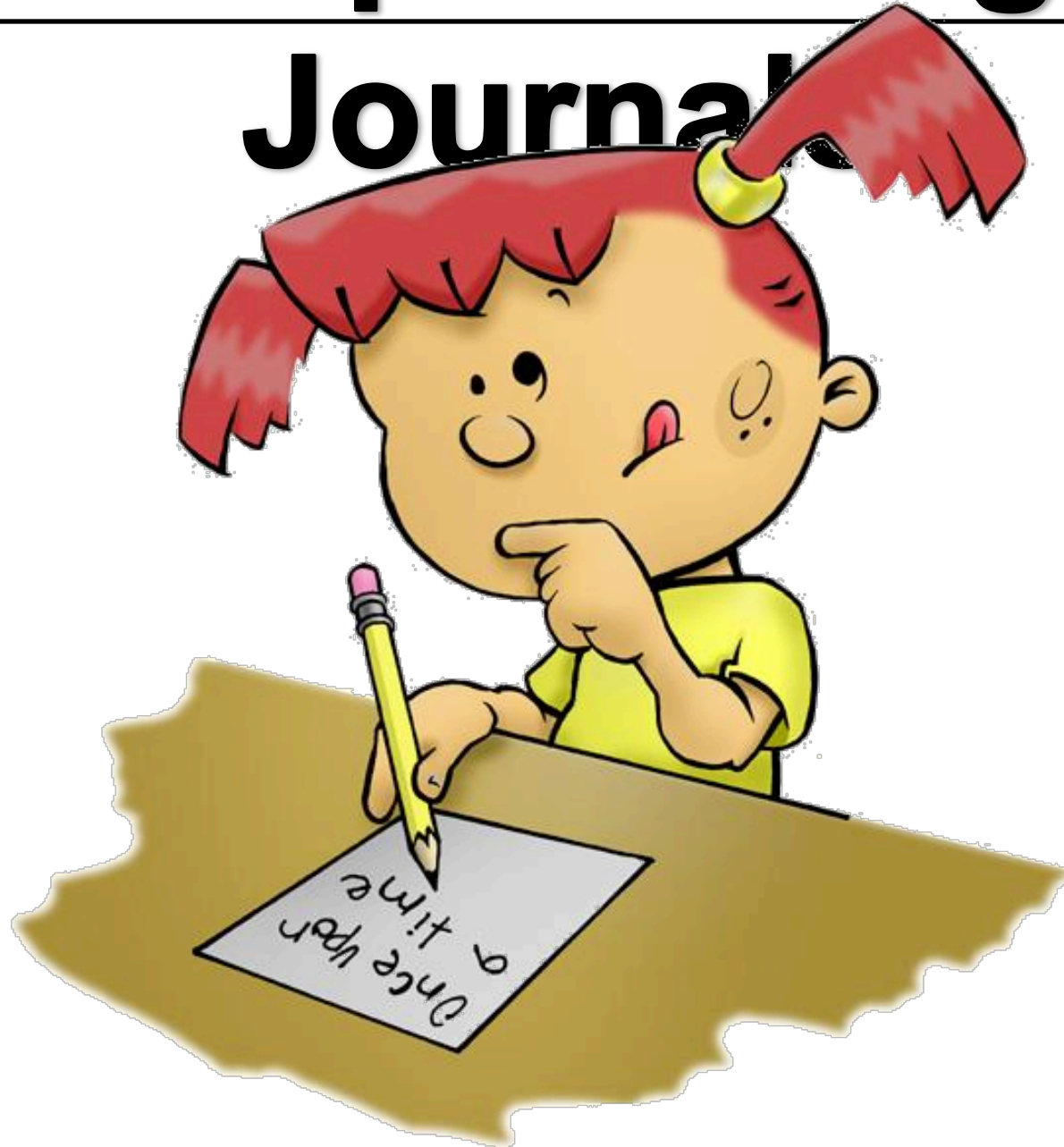


Where's the Lie?



Group Sharing -

Journal



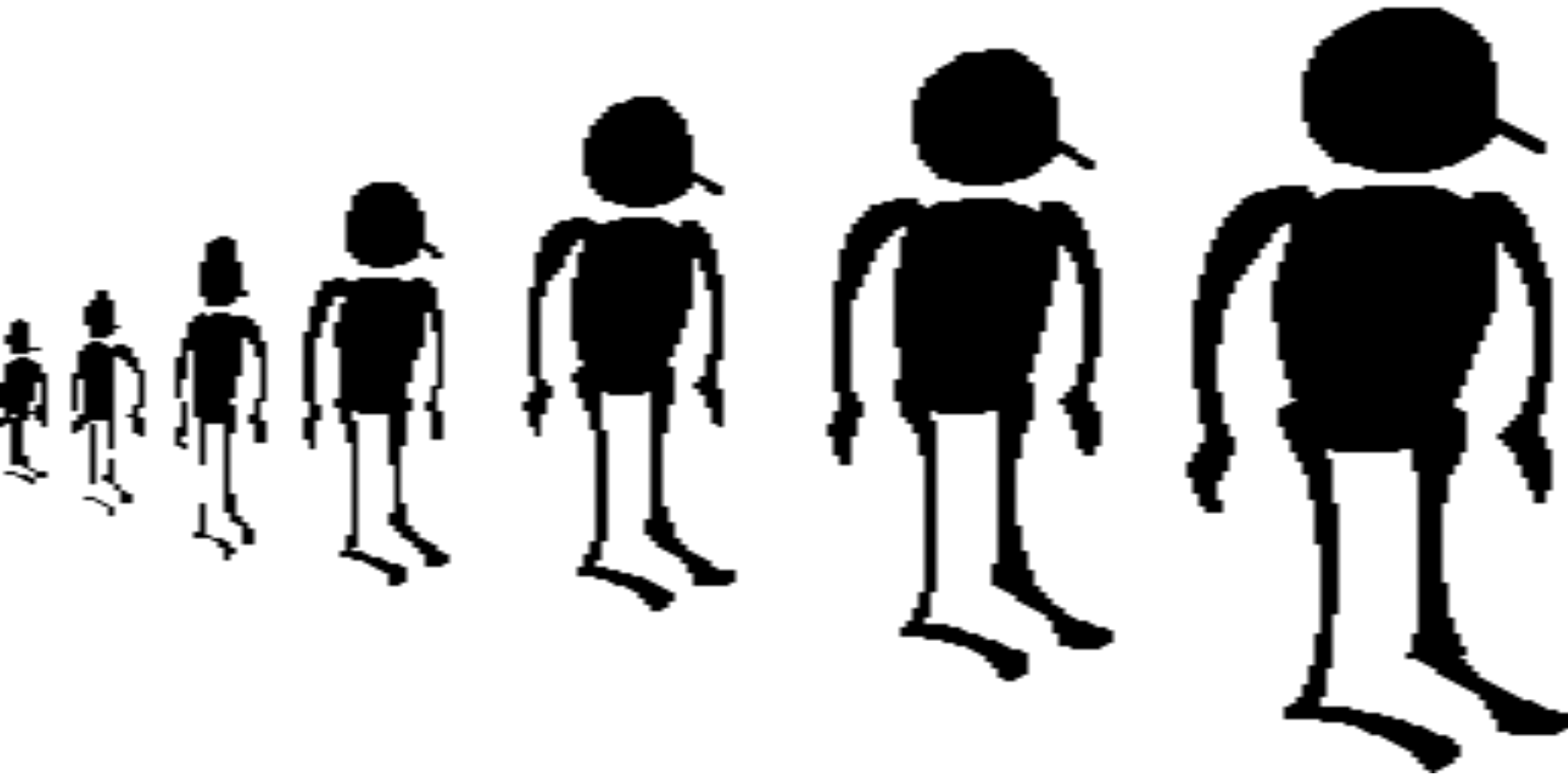


GAME

Stand Up



fold the line





Move to the
Music



Move to the Music Questions

- What does it **LOOK** like when people are in a *healthy* relationship? What do you actually **SEE**?
- What does it **LOOK** like when people are in an *unhealthy* relationship? What do you actually **SEE**?

ABSOLUTELY

YES, BUT...

Four Corners

NO WAY!

NO, BUT...

RESPECT

Looks Like...

Sounds Like...

Feels Like...



Cool
Down

Journals



GROUP SHARING



Using Role Plays



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Steps for Successful Role Plays

- Give clear directions
- Provide a model role play
- Focus on skills
- Monitor and coach as necessary
- Keep the role plays short
- Debrief completely

Guidelines for Respondent

- What to say...
 - Tell the person what the problem is
 - Tell the person what you would like to see happen instead.
 - Try to maintain your friendship/relationship while still stating what you want.
- How to say it...
 - Use a calm voice.
 - Take the emotion out of the situation.
 - Use open posture.
 - Face the person.
 - Be confident.
 - Speak clearly.
 - Respect your rights and the other person's rights.

Guidelines for Making an Apology

- Be sincere
- Tell the person why you are sorry
- Tell the person how you will correct the situation (if possible)
- Use a serious tone of voice

Video Resources: Skills for Effective Relationships

- Aggressive
- Refusal
- Combination
- Combination

Fourth R Resources

- 7th-9th Health and Physical Education
- 9th-12th English
- Aboriginal Perspectives Program
- Peer Mentoring Program Aboriginal Youth
- Alternative Education Program
- Youth Safe Schools Committee Manual
- Parent Newsletters
- Safe Schools Pre-Service Course Materials
- Master Trainer Manual

Questions



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