




The Fourth R

A school-based program to prevent adolescent violence and related risk behaviours



Classroom and Small Group Strategies to Reduce Dating Violence and End Abuse

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Relationships

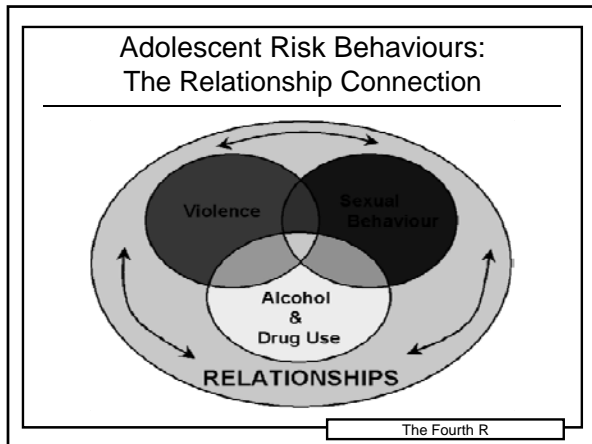



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What is the Fourth R?

- A relationship-based approach to prevent adolescent violence and related risk behaviours
 - Peer and dating violence
 - Substance use
 - High risk sexual behaviour
- School-based comprehensive prevention approach

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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
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- ### 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
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Resources for Schools and Communities

- 7th, 8th, 9th Health Education
- 9th – 12th English
- Alaskan Native version
- Alternative Education
- After-School Program Part 1 and Part 2
- Parents
- Community Partnership and Training Opportunities
- University Safe Schools Course

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7th Grade Unit Overview: *Personal Safety and Injury Prevention*

Lesson #	Topic
1	Healthy Relationships
2	Impact of Bullying and Harassment
3	Benefits and Dangers of Technology
4	Stress and Emotional Regulation
5	Decision Making
6	Skills Into Practice
7	Practicing Skills and Culminating Activity

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Grade 11 English

- 4 Non-Fiction Units
- 24 Lessons
- Topics Include:
 - Media Violence: Video Games
 - Bullying
 - Dating Violence
 - Substance Use and Abuse

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Alternative Education

- Adapting the core lessons so that they meet Ontario Secondary Curriculum Expectations across several subject areas as well as addressing the needs of mixed-grade classrooms
- Adding lessons to address issues relevant to Alternative Education students (e.g., expanded lessons on drug use/abuse)
- Enhancing role-play opportunities for additional skill-building
- Teaching students basic coping skills using cognitive-behavioral strategies
- Ensuring flexibility for non-traditional class times and delivery

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After-School Program

- “Sports” design
 - Warm Up
 - Game
 - Cool Down
- Two parts
 - First part: 12 Sessions
 - Topics include apologies, healthy relationships, effective communication, influences, values, boundaries, dating violence, standing up for what is right, break-ups, etc.
 - Second part: 12 sessions
 - Topics focus on healthy relationships and leadership development
 - Topics include healthy relationships, being a leader, understanding differences, decision-making, responsibilities, empathy, upstanders, etc.

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Alaskan Native Version



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VIDEO: Student Feedback

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VIDEO: Skills Into Action

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Using Role Plays in the Classroom



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Video Resources: Skills for Effective Relationships

- Assertive Passive Aggressive
- Delay Negotiation Refusal
 - Combination
- Negotiation
 - Combination
- Passive Assertive

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Video Resources: Skills for Effective Relationships

- Aggressive
- Combination

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Teaching/Learning Strategies in Action



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Findings

- Compared to students receiving the usual health class in their schools, students in the Fourth R:
 - Learned more than their counterparts about violence, substance use, and sexual health
 - Had healthier attitudes about violence
 - Enjoyed the class more and found it more useful
 - Reported experiencing less relationship aggression (both as perpetrators and victims)
 - Sexually active boys practiced safe sex 2.5 years later (i.e., always use a condom)

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Findings

Results: Skill Acquisition

- Negotiation Skills
 - Fourth R students were 2.2 times more likely than control students to show at least one negotiation skill during role-play interaction
- Delay Skills
 - Fourth R female students were 4.8 times more likely to show at least one delay skill during role-play interaction
- Yielding to Pressure
 - Control students were 2.0 times more likely than Fourth R students to yield to pressure

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QUESTIONS?



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