

### Introduction

The Respectful Futures resource consist of six modules, which may be used in schools and the community with the various modules being delivered to all ages but with an age-relevant approach. The modules are presented in a manner of progression that allows younger children to address relationships in a more global way, while giving older children/youth opportunities for a more specific and focused examination of relationships.

The *Respectful Futures* modules focus on helping youth to understand and form respectful relationships. The modules allow students to bring their own thoughts and experiences to the program. In this way, they align with the BC curriculum's focus on personalized learning. The modules highlight the individual as s/he interacts with others. In addition, these modules were developed with the BC curriculum's core competencies in mind. The modules build capacity in positive communication, critical thinking, and personal and social identity. These core competencies run through all the courses and learning standards that form the K to 12 curriculums in BC.

*Respectful Futures* is also compatible with other programs offered in BC and adds its own content and perspective to theirs. In particular, *Respectful Futures* aligns philosophically with E.R.A.S.E (Expect Respect and a Safe Education), and the training offered to teachers, counsellors, and principals through the E.R.A.S.E. program.

The modules were designed based on the following principles:

- Evidence-Based Material
- Non-Judgmental Approach
- Age-Appropriate and Timely Information
- Creation of Safe Environments
- Inclusiveness
- Teacher as Role Model
- Role of Counsellors
- Big Ideas
- Assessment of Learning

### Overview of Modules

Schools or districts may adopt *Respectful Futures* as a program that will be implemented over time, with the various modules being used at the appropriate age or grade level. Each teacher or facilitator will, however, be able to use particular modules which are pertinent to a situation that has emerged in the school or community. For example, certain modules may be selected to help address an instance of serious bullying, physical abuse, or sexual violence. While the modules are designed to flow from one topic to the next, they may also be used as stand-alone learning experiences when necessary.

Here is a list of the modules:

	<b>Title</b>	<b>Summary</b>
1	Characteristics of Healthy Relationships	<p>This module is foundational to all that will follow. It begins by inviting students into a conversation about relationships from their perspective. This includes:</p> <ul style="list-style-type: none"> <li>• Developing a definition of “relationship” that talks about connection, friendship, respect, responsibility, and safety</li> <li>• Exploring a simple model called Me+You+Us, which gives students a framework and a way to talk about healthy relationships</li> </ul>
2	Links between Thinking, Feeling, and Behaviour	<p>This module focuses on the connection between how we think, feel, and behave, and highlights the fact that in all situations, we have power and choice. It introduces the ABCDE Model as a tool for understanding these connections.</p>
3	Building Better Relationships through Better Communication	<p>This module explains why communication is more than just talking, and listening is more than just waiting for your turn to talk. It refers back to Module 2, viewing communication from the perspective of the ABCDE Model. Module 3 helps students recognize that how we respond in a situation will affect its outcome.</p>
4	Understanding and Managing Anger	<p>This module helps students understand that anger in and of itself is not a problem. Anger is simply an emotional response to something that has had an impact on us. If we examine what is going on for us in a particular situation, anger can help us identify underlying primary feelings, such as fear or sadness.</p>
5	Understanding the Impacts of Unhealthy Relationships	<p>This module highlights the differences between healthy and unhealthy relationships. It provides opportunities for students to analyze and improve how they behave with others.</p>
6	How to Develop and Sustain Healthy Relationships	<p>This module empowers students to understand and engage in healthy relationships. It reiterates the fact that in these relationships, the persons involved are:</p> <ul style="list-style-type: none"> <li>• Responsible for their own happiness</li> <li>• Able to set and maintain healthy flexible boundaries</li> <li>• Able to recognize that each individual has a right and responsibility to represent their authentic self</li> </ul>