

A resource for scaffolding youth, grades 9-12

key words: gender based violence, healthy relationships, self examination, social justice



Respectful Futures

Shaping Healthy Relationships

www.respectfulfutures.ca

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The Big Idea

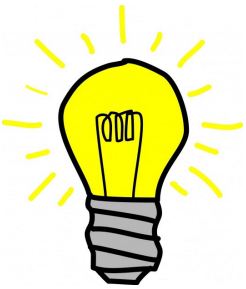
Personal happiness is determined to a great extent by our ability to form supportive, mutually respectful and honest relationships with others.

BC Ministry of Education Curriculum

- ▶ Core competencies of curriculum aligns with the BC Ministry of Education
- ▶ Personalized learning
- ▶ Builds capacity on positive communication
- ▶ Critical thinking skills
- ▶ Supports personal and social identity
- ▶ Decolonization sensibilities and Indigenous FPPL
- ▶ Cross Cultural

Background

- ▶ Respectful Futures 2017, revised in 2020, a program for teens, which grew out of Respectful Relationships, based on: **Cognitive Behavioural Theory**.
- ▶ Respectful Relationships is a BC Corrections Program taught to men by trained probation officers and correctional officers. It is a program for men who have been convicted of intimate partner violence.



Aha moment! We need a Prequel!!

Extremely high success rate - 35-50% of correctional clients who completed Respectful Relationships did not reoffend.

Men consistently reported that had they had this set of skills earlier in life, they would not have fallen into patterns of intimate partner abuse and ended up under community supervision or in jail in the first place.

Partners

- ▶ Stroh Health (first funder)
- ▶ BC Corrections
- ▶ BC Ministry of Education
- ▶ Community and Crime Prevention
- ▶ Surrey School District
- ▶ Chetwynd School District
- ▶ Youth Justice
- ▶ Ending Violence Association of BC
- ▶ RCMP
- ▶ Abbotsford Community Services (Archway)
- ▶ Sara for Women
- ▶ FNEESC

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Six Modules

- Module 1 - Characteristics of Healthy Relationships
- Module 2 - Links Between Thinking, Feeling and Behaviour
- Module 3 - Building Better Relationships through Better Communication
- Module 4 - Understanding and Managing Anger
- Module 5 - Understanding the Impacts of Unhealthy Relationships
- Module 6 - How to Develop and Sustain Healthy Relationships

Module 1 - Characteristics of Healthy Relationships

- ▶ This is the foundational unit. All others follow from this.
- ▶ Invites youth into a conversation about relationships, from their perspectives.
- ▶ Developing a definition of relationships that talks about **connection, friendship, respect, responsibility, safety.**
- ▶ Exploring a simple model of **ME+You+US**. This model gives youth a framework and a way to talk about healthy relationships.

Let's take a quick look at the resources

► <https://www.surreyschools.ca/respectfulfutures/teachingmaterials/>

The link to the entire 2015 Curriculum, including Facilitator's Guide and Mindfulness Booklet.

The first module, 23 pages: Module 1 Characteristics of a Healthy Relationship.

Everything a facilitator needs to competently and sensitively run a group.

Implementation Suggestions

- ▶ Work with a co-facilitator
- ▶ There's a lot of content... so divide the work load
- ▶ Over a weekend: Friday evening, Saturday, and Sunday morning.
- ▶ Or spread it over 10 weeks
- ▶ Be committed to delivering the curriculum without a major break in between (ie: Spring Break)
- ▶ Offer drinks and snacks; try to get a sponsor
- ▶ For the health of the group, politely but firmly, manage participants who are too outspoken, take too much air time, or any way sabotage etc.

Tips for Facilitators

- ▶ **Be non judgmental and respectful**
- ▶ **Create a safe environment**
- ▶ **Be the respectful role model**
- ▶ **Know your limits**
- ▶ **Be flexible**

From The Mindful Handbook

- ▶ In closing, two grounding (or centering exercises)
- ▶ 1. Hand breathing
- ▶ 2. Mini tapping