



## HRY Program Overview

Healthy Relationships for Youth (HRY) is a school-based, peer-facilitated violence prevention program developed by the Antigonish Women's Resource Centre and Sexual Assault Services Association and offered in partnership with schools locally and across Nova Scotia. The program trains students from Grades 10-12 to deliver a series of twelve HRY sessions to Grade 9 students in partnership with the classroom teacher. The interactive sessions are designed to reduce the risk of violence for youth through developing their skills and knowledge about creating and maintaining healthy relationships.

HRY has been cited as a promising practice program for the way it involves youth as peer educators in the classroom, schools and communities. The program has been offered to 10 local high schools since 2006. Since then HRY has continued to grow and is now offered in 25 schools in communities from Southwestern to Northeastern Nova Scotia. Since its inception HRY has reached approximately 4,821 grade nine students and has trained 985 youth facilitators around the province.

## What's new with HRY?

This June the Healthy Relationships for Youth program will be hosting its second annual *Spark the Change* youth leadership retreat. This weekend event held in rural Nova Scotia will bring together lead youth facilitators from around the province to team-build, deepen their knowledge and skills, get inspired, and have fun!

The HRY program is supporting young women to take action on the issues of hypersexualization and cyberviolence through two new projects. *Youth Educating and Acting on Hypersexualization (YEAH!)*, an initiative funded through the NS Department of Health and Wellness, engages youth in challenging gender-based violence through creative expression. In partnership with the YWCA Halifax we have trained two young women as facilitators with the *Safety NET* project, which is focused on developing a youth-informed provincial strategy for addressing cyberviolence against young women and girls.

We are thrilled to be partnering with Leacross Foundation to sustain our core work with the Healthy Relationships for Youth program. Our curriculum is evolving along with the changing realities of rural Nova Scotian youth, and through ongoing youth feedback we are updating our classroom activities to keep the program both fun and educational for facilitators and grade 9 students alike!

***Healthy Relationships for Youth is a program of the Antigonish Women's Resource Centre and Sexual Assault Services Association. Our work with HRY is made possible through the generous support of Leacross Foundation, Canadian Women's Foundation, Nova Scotia Department of Justice (Lighthouses), and individual donors.***

Photos from last year's *Spark the Change*:









