

# Healthy Youth Relationships



## EQUIP YOURSELF TO HAVE SAFE, RESPECTFUL RELATIONSHIPS

### Course Overview

The purpose of **Healthy Youth Relationships** is to help teens gain the knowledge and skills to develop healthy relationships and prevent dating violence. Animated characters guide participants through the course's content, interactive games and quizzes.

### Who Should Take the Course?

Youth aged 14–17

### Course Objectives

Upon completion of this course, participants will be able to:

- Recognize the importance of healthy boundaries
- Understand healthy communication skills including assertive communication
- Recognize the warning signs of an unhealthy relationship
- Understand conflict resolution skills
- Understand legal responsibilities around consent
- Develop a Personal Safety Plan
- Promote healthy relationships at school and in the community

The course is presented in five modules:

1. Introduction
2. Characteristics of a Healthy Relationship
3. Communication and Conflict Resolution
4. Unhealthy Relationships and Dating Violence
5. Taking a Stand and Making Change

### Materials

*My Safety Plan* tool and *How to Help A Friend* fact sheet as PDF downloads.

### Assignments

Learners complete their own customized Safety Plan. This assignment will not be graded.

### Evaluation Process

An optional short pre-survey and post-survey measure learning and course effectiveness. Upon successfully completing all modules, there is a printable certificate for your records.

### Course Duration

This short online course is self-paced. On average, the course will take about 90 minutes to complete.



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