



THE FOURTH R

A RELATIONSHIP-BASED AFTER-SCHOOL PROGRAM

Relationships are crucial both in reducing violence and increasing responsible choices among youth. The most successful strategies to reduce adolescent risk behaviors engage youth in making healthy choices, and anchor these choices in the context of their relationships with peers, romantic partners, and adults. It is important that young people be given information that will help them make good decisions, and are shown positive relationship models that will demonstrate alternatives to the negative examples they frequently see in the world around them.

The foundation of our strategies is skill-based activities that promote healthy relationships and target a wide range of abuse and violence (bullying, peer and dating violence), high-risk sexual behavior and substance use among adolescents. We believe that expanding efforts to assist youth in making responsible choices will play a natural and crucial role in promoting positive development and reducing harmful behaviours.

**“Youth-Centered”
Environment**

**Skills practice is
part of the learning**

“Sports” model

**Promotes positive,
healthy relationships**

Only costs \$75.00

“This program was designed to build strengths, resilience, and coping skills among youth as a way of enhancing interpersonal functioning. Every aspect of the program, from the material presented to the relationships among facilitators and participants, is designed to model appropriate use of power and respectful relationships, and support youth empowerment.”

WHY CHOOSE THE FOURTH R?

- ◆ Teaches relationship skills in a similar way as many other academic or athletic skills – through breaking down steps and guided practice
- ◆ Provides exposure to healthy alternatives
- ◆ Equips youth with the skills to engage in healthy relationships themselves
- ◆ Encourages extensive skill development and role-play activities to help develop effective and healthy responses to everyday situations
- ◆ Enables effective communication
- ◆ Provides skills to manage situations where they or their friends are confronted with conflict, abuse, or violence
- ◆ Includes fully structured sessions, assessment and evaluation measures, teacher resource CD, and a DVD
- ◆ Targets the prevention of violence through the promotion of positive, healthy relationships



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