



December 5-08 Kanata - EMC

EMC photo by SABINE GIBBINS

Holy Trinity Catholic High School's Grade 9 Physical Health and Education girls class poses here with police chief Vern White (far right), and representatives from Crime Prevention Ottawa as well as both school boards last Thursday at 'The Fourth R' launch at city hall.

Youth learning about 'The Fourth R' in new program

By SABINE GIBBINS

Staff Writer

Young people will have the opportunity to learn how to develop healthy relationships and prevent harmful ones thanks to a new school program.

A partnership between Crime Prevention Ottawa, the Ottawa Police Service, the Ottawa Carleton District School Board

(OCDSB), and the Ottawa Catholic School Board saw a unique program for Grade 9 physical and health education courses launched last Thursday at city hall.

The program caters to all students whether or not they are at risk.

Currently, Holy Trinity Catholic High School in Kanata and Ridgemont High School in Ottawa's

south end have implemented The Fourth R

in their curriculum.

The Fourth R, according

to its website, consists of a

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YOUTH

•From front page

comprehensive program which encourages a whole-school approach to preventing violence, bullying and promoting healthy relationships.

Included in the program are 21 skill-based lessons which meet the Ontario Ministry of Education's learning expectations for Grade 9 health education.

"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," states the site.

Guest speakers at the event included Crime Prevention Ottawa executive director Nancy Worsfold; Jamie McCracken, director of education for the Catholic school board; Jennifer Adams, superintendent for the OCDSB; and Ottawa police chief Vern White.

Additionally, Mary-James Giller Symes of Holy Trinity and Gio Donato of Ridgemont HS addressed the audience, which included students from each school.

The launch saw not only an unveiling of the program but a role-playing exercise between each school to demonstrate the different types of situations youth may find themselves in:

relationship violence and substance abuse, for example.

"Youth learn by doing, that's why a creative curriculum with role-plays can be so successful," stated Worsfold. "This is a great investment in our future. We need to stop relationship violence before it starts."

Crime Prevention Ottawa, she said, has been involved in a number of programs for the last year, including women abuse prevention, which is concentrated on during the month of November.

"When we started this group, we looked around and what we saw in Ottawa was that there were a lot of programs for women who were already victims of violence," she said.

"But we thought there needed to be more investments made in prevention. What we found was a very exciting investment developed down in London, Ontario, called The Fourth R. So we've been working with the school boards to encourage them to take a look at this program and implement it in their high schools."

McCracken spoke about the importance of the program for youth and added how the Ministry of Education has been focusing more on promoting and teaching about healthier lifestyles.

There is more to achieving a healthier lifestyle

than just physical education, McCracken said, relationships are an important part of that, as well.

"That's what this program is all about," he said.

Grade 9 is the perfect time to instill this in a young student, he added, as it is the time when most are starting to develop relationships and are at risk.

Moreover, he believed it was a very proactive way to encourage young people to make critical decisions.

As a former principal and guidance counselor, McCracken recalled times when he saw students involving themselves in risky situations, and the repercussions that followed.

As a principal, he remembered confronting the parents and their son or daughter about being involved in a harmful activity, such as substance abuse, and said oftentimes, the student would say their friends had been doing it, and they thought they had to do it, too.

As a guidance counselor, he recalled speaking to women who were involved in abusive relationships.

"They thought they were in love, but really they were in danger, and they were being forced into doing things they weren't comfortable doing," he said.

It's important to realize, he states, youth have choices about relationships and choices about taking drugs, and learning to be

assertive in making those decisions.

From the Ottawa Police perspective, said Chief White, the program focuses on youth and helps them in making the right decisions, which is a often a challenge, even for the police force.

"I want to compliment and congratulate the two school boards, as well as Crime Prevention Ottawa, for this initiative," he said.

They are all willing partners when it comes to trying to help youth make difficult decisions, he said, and especially when it comes to crime prevention, social development and early intervention.

"There is no late intervention, from my perspective, whether it's grade 9, grade 12, or grade 3, it's our opportunity to intervene and be involved with young people," said Chief White.

Schools involved

Mary-James Giller Symes, a physical education teacher at Holy Trinity, called the program a very valuable one.

Role playing, she added, works very well with students in teaching them about how to solve the different situations in which they may find themselves.

Students in her Grade 9 girls class, she said, have "put their best foot forward" in learning the skills they need to develop healthy relationships with their parents and friends, for instance.

Jennifer Adams, superintendent for the OCDSB, said this program will help ensure youth are not "future clients of Chief White."

By the time they leave high school, she added, these students will have the tools needed to ensure they make the right choices.

Worsfold said schools are not obliged to partici-

pate in the program, but are certainly encouraged to. It depends on when their physical education classes begin.

The Fourth R takes a harm reduction and health promotion approach, states the website.

It also takes a relationship focus with three teen health-risk behaviours: bullying/violence, substance abuse, and sexual behaviour.

It provides students with opportunities to develop important skills to navigate health risk behaviour and benefits all Grade 9 students.

It promotes the development of healthy family, peer, and dating relationships, and targets all adolescents with a healthy-relationship based program, building resilience in youth.

For more information on the program, please go to www.thefourthr.ca.

Fourth R is positive choice for teenagers

METRO - Nov 28 - 2008

TRACEY TONG
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Through a new peer-to-peer program recently adopted by city schools, police are hoping to reduce the instances of drug use and dating violence in local teens.

When it comes to talking to young people, their peers have more influence than adults, said Ottawa Police Chief Vern White.

"It's a generational issue," he said. "The Fourth R is an

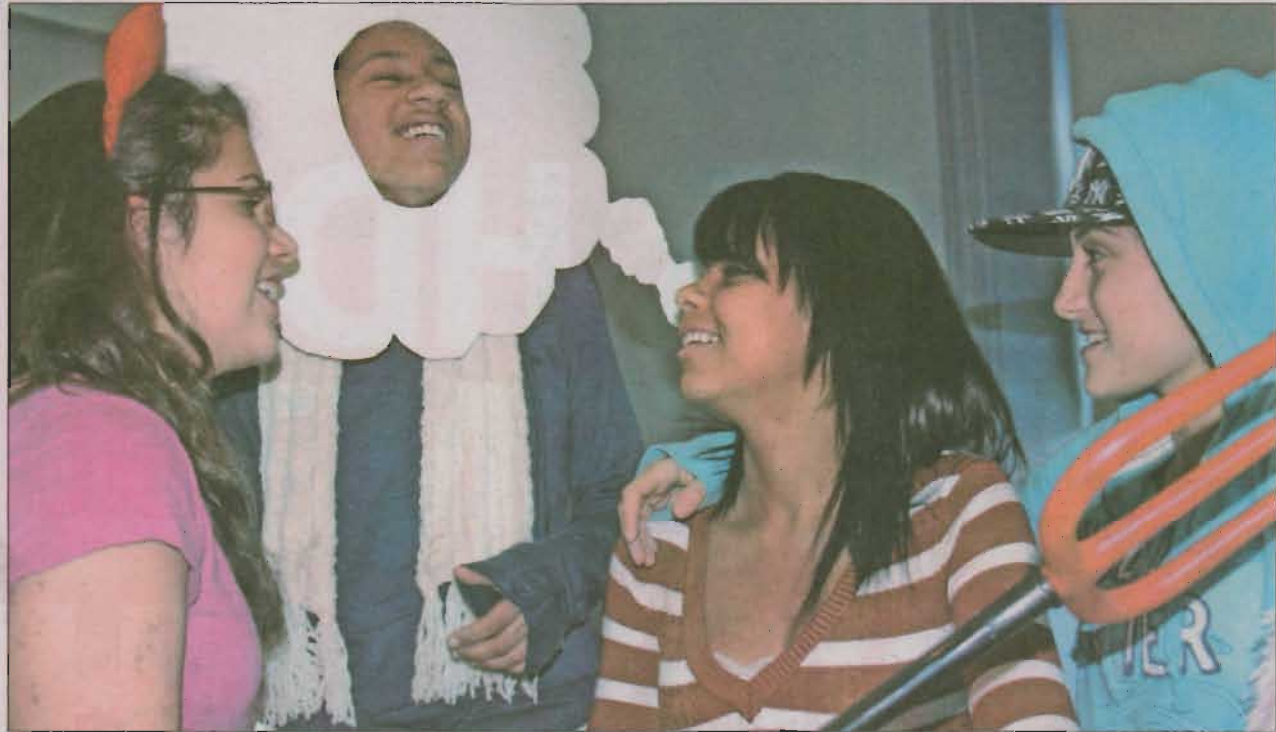
opportunity for young people to teach young people about difficult issues. You can have a positive influence on others," White told the teens at the Fourth R event at city hall earlier this week.

In partnership with the Ottawa Police Service, the Ottawa-Carleton District School Board and the Ottawa Catholic School Board, Crime Prevention Ottawa has brought the Fourth R — a program that discusses violence, substance abuse and promotes healthy relationships by targeting all Grade 9 students — to the community.

The Fourth R teaches refusal skills, which are useful for all youth whether or not they are "at risk."

"We're really trying to make sure they're not future clients of Chief White's," said Jennifer Adams, superintendent of the Ottawa-Carleton District School Board. "The program helps them get the skills to face the complex world they live in."

Students at Holy Trinity High School did role-playing to explore a variety of scenarios teens might be in-



Holy Trinity High School students Taylor McWade, from left, Grace Miller, Shannel Moise and Mya Milito perform a peer-pressure scenario for the Fourth R program at city hall earlier this week.

involved in, said Grade 9 teacher Mary-James Giller Symes.

"When we started our work, we saw that there were a lot of programs for victims of violence, but there needed to be more fo-

cus on prevention," said Nancy Worsfold, executive director of Crime Prevention Ottawa.

"This is done in a proactive way, before they get into a situation that would be bad for them," said Jamie

McCracken, superintendent of the Ottawa Catholic School Board.

This program will give students the tools to make the right choices, he said.

"You have to live your own life and not always go

with what your friends do," said 14-year-old Ridgemont High School student Inshar Khan.

LOCAL NEWS

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BY SABINE GIBBINS

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A partnership between Crime Prevention Ottawa, the Ottawa Police Service, the Ottawa-Carleton District School Board (OCDSB), and the Ottawa Catholic School Board saw a unique program for Grade 9 physical and health education courses launched on Wednesday, Nov. 26 at city hall.

The program caters to all students whether or not they are at risk.

Currently, the south end's Ridgemont High School and Holy Trinity Catholic High School in Kanata have implemented The Fourth R in their curriculum.

The Fourth R, according to its Web site, consists of a comprehensive program that encourages a whole-school approach to preventing violence, bullying and promoting healthy relationships.

Included in the program are 21 skill-based lessons that meet the Ontario Ministry of Education's learning expectations for Grade 9 health education.

"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," states the site.

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Additionally, Mary-James Giller Symes of Holy Trinity and Gio Donato of Ridgemont HS addressed the audience, which included students from each school.

The launch saw not only an unveiling of the program but a role-playing exercise between each school to demonstrate the different types of situations youth may find themselves in: relationship violence and substance abuse, for example.

"Youth learn by doing, that's why a creative curriculum with role-plays can be so successful," stated Ms. Worsfold.

"This is a great investment in our future. We need to stop relationship violence before it starts."

Crime Prevention Ottawa, she said, has been involved in a number of programs for the last year, including women abuse prevention, which is concentrated on during the month of November.

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group, we looked around and what we saw in Ottawa was that there were a lot of programs for women who were already victims of violence," Ms. Worsfold said.

"But we thought there needed to be more investments made in prevention. What we found was a very exciting investment developed down in London, Ontario, called The Fourth R. So we've been working with the school boards to encourage them to take a look at this program and implement it in their high schools."

Mr. McCracken spoke about the importance of the program for youth and added how the Ministry of Education has been focusing more on promoting and teaching about healthier lifestyles.

There is more to achieving a healthier lifestyle than just physical education, Mr. McCracken said, relationships are an important part of that, as well.

"That's what this program is all about," he said.

Grade 9 is the perfect time to instill this in a young student, he added, as it is the time when most are starting to develop relationships and are at risk.

Moreover, Mr. McCracken said he believed it was a very proactive way to encourage young people to make critical decisions.

As a former principal and guidance counselor, Mr. McCracken recalled times

when he saw students involving themselves in risky situations, and the repercussions that followed.

As a principal, he remembered confronting the parents and their son or daughter about being involved in a harmful activity, such as substance abuse, and said oftentimes, the student would say their friends had been doing it, and they thought they had to do it, too.

As a guidance counselor, Mr. McCracken recalled speaking to women who were involved in abusive relationships.

"They thought they were in love, but really they were in danger, and they were being forced into doing things they weren't comfortable doing," he said.

It's important to realize, Mr. McCracken noted, that youth have choices about relationships and choices about taking drugs, and learning to be assertive in making those decisions.

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White, the program focuses on youth and helps them in making the right decisions, which is a often a challenge, even for the police force.

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For more information on the program, please go to www.thefourth.ca.

Press Review, 09:19:31 28 Nov 2008

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140788

City of Ottawa, PARENT ORDER TO 140392-220

INFOS REGIONALES (08:30) (CBOF-FM), Ottawa, 27 Nov 2008, 08:32AM, Length: 00:00:57, Ref# 112ED0E-3

DAVID SAVOIE, DAVID SAVOIE, Reach: 13,000

JUSTICE: UN GROUPE DE TRAVAIL SUR LA PREVENTION DU CRIME A OTTAWA LANCE UN PROGRAMME

JUSTICE: UN GROUPE DE TRAVAIL SUR LA PREVENTION DU CRIME A OTTAWA LANCE UN PROGRAMME CIBLANT LES ELEVES DE NEUVIEME ANNEE. LES JEUNES SONT ENCOURAGES A DIRE NON A LA DROGUE, LA VIOLENCE ET L'ALCOOL. " NANCY WORSFOLD", COMITE PREVENTION DU CRIME D'OTTAWA.

Press Review, 11:51:51 27 Nov 2008

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City of Ottawa, PARENT ORDER TO 140392-220

AT NOON NEWS (cjoh-tv), Ottawa, 26 Nov 2008, 12:32PM, Length: 00:02:52, Ref# 112CB50-12

MICHAEL O'BYRNE, MICHAEL O'BYRNE, Reach: 9,000

TWO HIGH SCHOOL STUDENTS NOW WHO WILL BE TRAINING TO SAY NO TO DRUGS

TWO HIGH SCHOOL STUDENTS NOW WHO WILL BE TRAINING TO SAY NO TO DRUGS IN GYM CLASSES. A NEW PROGRAM WILL HELP HIGH SCHOOL PHYSICAL EDUCATION TEACHERS TO TARGET VIOLENCE AND SUBSTANCE ABUSE. WITH US NOW, " NANCY WORSFOLD", THE EXECUTIVE DIRECTOR OF CRIME PREVENTION OTTAWA. TELL US ABOUT THE 4-R PROGRAM. WHAT DOES IT STAND FOR AND HOW DOES IT WORK? [CURRICULUM, SCHOOL BOARD; SCHOOL BOARDS; TEACHERS]