



The Fourth R Catholic - Grade 7, 8, 9

About The Fourth R

The Fourth R is a skills-focused relationship based approach aimed at preventing adolescent violence and related risk behaviours.

Newly revised in 2015 The Fourth R program applies a youth-focused, harm-reduction strategy that encompasses knowledge, positive relationship skills, and decision-making. The curriculum meets Health Education guidelines and is taught by classroom teachers. It is a universal approach that includes all adolescents in education about safety and risk. The Fourth R covers four main units; Personal Safety and Injury Prevention, Substance Use, Addictions and Related Behaviours, Human Development and Sexual Health, and Healthy Eating. There are assessment and evaluation tools provided within the resources and there is a culminating activity at the end of each unit.

The Fourth R - Grade 7 Catholic **Each lesson is 40-45 minutes in length**

Unit 1 - Personal Safety and Injury Prevention

- Lesson 1** - Healthy Relationships
- Lesson 2** - Impact of Bullying and Harassment
- Lesson 3** - Benefits and Dangers of Technology
- Lesson 4** - Stress and Emotional Regulation
- Lesson 5** - Decision Making
- Lesson 6** - Skills Into Practice
- Lesson 7** - Practising Skills and Culminating Activity

Unit 3 - Human Development and Sexual Health*

- Lesson 1** - Knowing Yourself
- Lesson 2** - Changes at Puberty
- Lesson 3** - Consent
- Lesson 4** - Communication
- Lesson 5** - Culminating Activity

Unit 2 - Substance Use, Addictions, and Related Behaviours

- Lesson 1** - Problematic Substance Use
- Lesson 2** - Linking Substance Abuse with Mental Health
- Lesson 3** - Connection Between Body Image and Substance Abuse
- Lesson 4** - Help-Seeking Practice
- Lesson 5** - Researching the Implications of Substance Use and Addiction
- Lesson 6** - Implications of Substance Use and Addictions Presentation
- Lesson 7** - Practising Skills Related to Substance Use and Other Addictions
- Lesson 8** - Practising Skills and Culminating Activity

Unit 4 - Healthy Eating

- Lesson 1** - Personal Eating Practices
- Lesson 2** - How Food Plays a Role in Health
- Lesson 3** - Making the Connection Between Food Choices and Physical and Mental Health
- Lesson 4** - Goal Setting for Healthier Eating Practices
- Lesson 5** - Culminating Activity: Encouraging Healthier Eating Practices

* Unit 3 in Alberta and Northwest Territories - Growth and Development and includes different lessons (Grade 7 and 8).

The Fourth R - Grade 8 Catholic Each lesson is 35-40 minutes in length

Unit 1 - Personal Safety and Injury Prevention

- Lesson 1** - Identifying Risky Situations
- Lesson 2** - Recognizing the Impact of Violence
- Lesson 3** - Assessing Dangerous Situations
- Lesson 4** - Influence of the Media
- Lesson 5** - Developing Skills for Healthy Relationships
- Lesson 6** - Skills Into Action
- Lesson 7** - Support Services and Culminating Activity

Unit 3 - Human Development and Sexual Health*

- Lesson 1** - Self-Concept
- Lesson 2** - Attractions, Benefits and Risks of Relationships
- Lesson 3** - Consent
- Lesson 4** - Factors Influencing Relationships
- Lesson 5** - Considering Sexual Health Decisions
- Lesson 6** - Effective Communication
- Lesson 7** - Culminating Activity

Unit 2 - Substance Use, Addictions, and Related Behaviours

- Lesson 1** - Investigating Drug Categories
- Lesson 2** - Warning Signs of Using/Abusing Substances
- Lesson 3** - Identifying Consequences of Substances Misuse and Abuse
- Lesson 4** - Stress: Effects on Mental health and Emotional Well-Being/ How to Manage Stress
- Lesson 5** - Making Decisions
- Lesson 6** - Effective Communication Skills
- Lesson 7** - Applying Skills and Making a Difference - Culminating Activity

Unit 4 - Healthy Eating

- Lesson 1** - Myths and Facts about Healthy Eating and Active Living
- Lesson 2** - Understanding the Food Guide and Activity Guide
- Lesson 3** - Macronutrients vs. Micronutrients
- Lesson 4** - Evaluating Food Choices
- Lesson 5** - Goal Setting for a Personal Action Plan
- Lesson 6** - Fast Food Analysis and Decision Making
- Lesson 7** - Culminating Activity

* Unit 3 in Alberta and Northwest Territories - Growth and Development and includes different lessons (Grade 7 and 8).

The Fourth R - Grade 9 Catholic Each lesson is 70 minutes in length (except the Healthy Eating Unit).

Unit 1 - Personal Safety and Injury Prevention

- Lesson 1** - Recognizing Stressors for Youth
- Lesson 2** - Benefits/Risks of Technology and Strategies for Safety
- Lesson 3** - Emotional Well Being and Support for Self and Others
- Lesson 4** - Help Seeking and Support
- Lesson 5** - Understanding and Managing Conflict
- Lesson 6** - Unhealthy Relationships and Understanding Consent
- Lesson 7** - Ending a Friendship/Relationship and Culminating Activity

Unit 3 - Human Development and Sexual Health

- Lesson 1** - Skills and Strategies for Healthy Relationships
- Lesson 2** - Factors that Influence Understanding of Gender Identity and Sexual Orientation
- Lesson 3** - Stereotypes and Support
- Lesson 4** - Factors to Consider About Sexual Relationships
- Lesson 5** - Consent and Sexual Responsibility
- Lesson 6** - Communication Skills
- Lesson 7** - Decision Making and Culminating Activity

Unit 2 - Substance Use, Addictions, and Related Behaviours

- Lesson 1** - Resilience
- Lesson 2** - Influences
- Lesson 3** - Consequences and Support
- Lesson 4** - Binge Drinking and Sexual Consent
- Lesson 5** - Practising Communication Skills
- Lesson 6** - Building Skills to Resist Social Influence/ Pressure
- Lesson 7** - Culminating Activities

Unit 4 - Healthy Eating

*The Healthy Eating Unit is meant to be integrated into a regular Physical Fitness/Activity Unit/
The lessons in Unit 4 range from 15-30 minutes*

- Lesson 1** - Eating, Sleeping and Exercise Patterns
- Lesson 2** - Understanding Canada's Food Guide
- Lesson 3** - Goal Setting for Healthy Eating
- Lesson 4** - Social and Environmental Influences on Food Choices
- Lesson 5** - Skills for Making Healthy Food Choices