

# 4 | THE FOURTH R

## RELATIONSHIP-BASED PROGRAMS FOR HEALTH EDUCATION

The Fourth R stands for relationships.

The curriculum document includes units on *Personal Safety & Injury Prevention, Human Development & Sexual Health, Substance Use, Addictions & Related Behaviours, and Healthy Eating.*



The **Fourth R** programs are evidence-based, evaluated, and founded on extensive research and apply best practice approaches to building skills and reducing harm among adolescents.



This program meets many of the provincial Health Education outcomes, where best practice approaches are used to support youth in making healthy choices. The programs are also widely accepted as effective prevention programming on various registries across North America.

### THE GRADE 9 INDIGENOUS INFORMED PROGRAM...

- Reflects on the Reconciliation between Indigenous and non-Indigenous people
- Situates some of the issues facing Indigenous youth in a historical context examining colonization practices, racism and oppression – for example, linking residential schools and the widespread effects of trauma in communities
- Focuses on holistic models of healthy youth development and relationships with an emphasis on the connection to sexual decisions and substance use
- Provides youth with opportunities to identify individual and community strengths within their cultural framework that will support them in making healthy choices
- Employs culturally relevant teaching strategies such as the use of sharing circles and bringing community members into the classroom
- Includes additional role play examples featuring Indigenous youth which support the curriculum by demonstrating healthy relationship skills in situations relevant to youth (e.g., racism at school, inter-cultural relationships)
- Addresses cultural myths and stereotypes about substance use



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