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 2019, 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

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 2 - Substance Use, Addictions, and Related Behaviours
Lesson 1 - Problematic Substance Use
Lesson 2 - Linking Substance Use with Mental Health
Lesson 3 - Connection Between Body Image and Substance Use
Lesson 4 - Help-Seeking Practice
Lesson 5 - Researching the Implications of Substance Use and Addictions
Lesson 6 - Implications of Substance Use and Addictions Presentations
Lesson 7 - Practising Skills Related to Substance Use and Other Addictions
Lesson 8 - 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 - Benefits of Delaying Sexual Activity
Lesson 5 - Communication
Lesson 6 - Culminating Activity

* In Alberta and Northwest Territories, Unit 3 is titled “Growth and Development” and includes different lessons than above for Grade 7 and 8.

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

Each lesson is 40-45 minutes in length
The Fourth R - Grade 8 Catholic

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 - Analysing Media
Lesson 5 - Developing Skills for Healthy Relationships
Lesson 6 - Skills Into Action
Lesson 7 - Support Services and Culminating Activity

Unit 2 - Substance Use, Addictions, and Related Behaviours
Lesson 1 - Investigating Drug Categories
Lesson 2 - Warning Signs of Using Substances and Problematic Substance Use
Lesson 3 - Identifying Consequences of Problematic Substance Use
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 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 - Contraception and Communication
Lesson 6 - Effective Communication
Lesson 7 - Culminating Activity

* In Alberta and Northwest Territories, Unit 3 is titled “Growth and Development” and includes different lessons than above for Grade 7 and 8.

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

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.

The Fourth R - Grade 9 Catholic

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 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 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 4 - Healthy Eating
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