



Healthy Relationships Plus Program - Enhanced

for vulnerable youth and youth in the justice system

WHAT IS HRPP?

The Healthy Relationships Plus Program (HRPP) is a small groups program with additional emphasis on mental health, suicide prevention, and addiction prevention.

16 one hour sessions that can be facilitated by community professionals, counsellors or educators.

The skill-based strategies promote healthy relationships and target a wide range of adolescent risk behaviours.

Assisting youth in making responsible choices can play a crucial role in promoting positive mental health and reducing harmful behaviours.

Beyond skills, the HRPP develops critical thinking, self-awareness, problem-solving and promotes healthy attitudes.

WHY ENHANCED HRPP?

Trauma Informed Adaptations

Provides exposure to healthy coping strategies

Encourages extensive skill development and role-play activities to develop effective responses



Harm reduction approach and additional high risk scenarios

Provides skills to manage situations where youth are confronted with conflict

Teaches consent and addresses sexual exploitation

Enhanced information on dating violence and safety planning



• Youth-Centered

• Mental Health promotion & awareness

• Skills Practice

• Promotes Positive, Healthy Relationships



THEFOURTHR@UWO.CA



YOUTHRELATIONSHIPS.ORG



519-858-5154