



# Healthy Relationships Plus Program

## 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.

14 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 HRPP?

Enables effective communication

Provides exposure to healthy alternatives

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



Targets the prevention of violence through the promotion of positive, healthy relationships

Provides skills to manage situations where youth are confronted with conflict

Teaches relationship skills similar to academic and athletic skills

Equips youth with the skills to engage in healthy relationships



• Youth-Centered

• Mental Health promotion & awareness

• Skills Practice

• Promotes Positive, Healthy Relationships



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