

**An Environmental Scan of Canadian
Resources Designed to Foster
Healthy Adolescent Dating
Relationships**

Prepared for the Saskatchewan Prevention Institute

September 2016

An Environmental Scan of Canadian Resources Designed to Foster Healthy Adolescent Dating Relationships

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1. Introduction

The Canadian Pediatric Society defines adolescence as a period that “begins with the onset of normal puberty, and ends when an adult identity and behaviour are accepted” (2016, p. 577). Although individuals develop differently, this period is roughly between the ages of 10 and 19 years. During adolescence, most young people begin to engage in dating and develop romantic and sexual relationships with their peers (Meier & Allen, 2009). Research suggests that approximately 25% of 12 year olds report having had a recent romantic relationship; this percentage rises to 70% for 18 year olds (Carver, Joyner, & Udry, 2003; as cited in Connolly et al., 2014). As adolescents get older, they gain more serious relationship experience and are more likely to report being in steady romantic partnerships (Connolly, Nguyen, Pepler, Craig, & Jiang, 2013; Meier & Allen, 2009).

It is important that adolescents learn how to develop and negotiate healthy dating relationships. Approximately one third of adolescents may experience and/or perpetrate dating abuse, including physical and psychological abuse (Haynie et al., 2013). While psychological dating abuse tends to be more prevalent, a recent review suggested that approximately one in five adolescents between the ages of 13 and 18 experience physical dating abuse (Wincentak, Connolly, & Card, 2016). Both physical and psychological adolescent dating abuse are associated with negative outcomes like poor psychological health, suicidal ideation, and substance use; these outcomes continue into young adulthood (Exner-Cortens, Eckenrode, & Rothman, 2013; Foshee, McNaughton, Gottfredson, Chang, & Ennett, 2013; Haynie et al., 2013). Experiencing dating abuse in adolescent relationships is also associated with future experiences of abuse in young adult relationships (Exner-Cortens et al., 2013). In contrast to the immediate and long term negative effects of dating abuse, experiencing high quality dating relationships in adolescence appears to predict healthier relationship processes and less negative emotion in young adulthood romantic relationships (Madsen & Collins, 2011). Therefore, understanding how to build and maintain healthy dating relationships is important for the prevention of abuse and for adolescents’ short and long term well-being.

1.1 Current Report

The purpose of the current environmental scan was to gather information about existing online Canadian resources that are intended to foster healthy adolescent dating relationships¹. The topic of healthy relationships, including those that are romantic, is included in the educational curricula of Canadian provinces and territories. There are, however, many other healthy relationship resources available through different organizations which can be used within and outside of a formal educational setting. Identifying such resources, which was the goal of the current scan, provides a snapshot of what is available in Canada to help foster healthy adolescent dating relationships. This information can be used as a starting point for anyone seeking materials or services to educate adolescents about healthy relationships. Gathering this

¹ The term “dating relationships” is used to be inclusive of single dating episodes, short-term and long-term relationships, and romantic and/or sexual relationships.

information also allows for the identification of any potential gaps in existing materials and services.

This information is important to the work of the Saskatchewan Prevention Institute, a non-profit organization whose mandate is to promote child health and well-being and reduce the occurrence of disabling conditions in children through primary prevention and education efforts. The Prevention Institute's Sexual and Reproductive Health Program aims to help individuals make informed decisions and healthy choices through the provision of sexual and reproductive health-related education and resources. Understanding what national and provincial resources are available on adolescent healthy dating relationships, especially resources specific to Saskatchewan, will help guide their education efforts in this area including any potential development of new resources.

With these purposes in mind, the information in this document is organized into three main sections: national resources, provincial resources, and Saskatchewan resources. Although Canadian resources are the focus of the current environmental scan, it is important to note that there are also many useful resources and initiatives to support healthy adolescent dating relationships that have been developed in the United States. One such initiative is *Loveisrespect*, which was created with the intention of preventing and ending youth dating abuse (<http://www.loveisrespect.org/>). This national initiative includes extensive online information for adolescents (e.g., on healthy relationships, dating, and abuse); downloadable material (e.g., handouts, posters); healthy relationship toolkits for educators; and 24/7 phone, live chat, or text support for adolescents who have relationship questions or concerns. Another example is the *Teen Power and Control Wheel*², which outlines different forms of power and control that an abusive partner might use to manipulate a relationship. Some of the Canadian resources included in this scan drew upon or included this U.S. material in their own resources. Therefore, while material developed in the United States is not formally included in the descriptions of resources in this document, it may still be represented in the included Canadian resources.

2. Method

The current environmental scan consisted of an online search, using keywords that were entered into Google in various combinations (e.g., *healthy relationships, Saskatchewan* [and other province/territory names], *dating, youth, teen, and adolescent*). When a potentially relevant resource or organization was identified on another organization's website, this organization was then searched for to obtain any relevant information. Additional documents, such as evaluation reports or online resource indexes, were also used to search for potential resources and services. Since this environmental scan utilized an online search method, it is important to acknowledge that there are likely many resources developed and used by organizations that are not included because they are not available online.

² This resource can be viewed at <http://www.ncdsv.org/images/Teen%20P&C%20wheel%20NO%20SHADING.pdf>

Resources and services related to healthy adolescent dating relationships were included if they: appeared on organizations' websites; appeared to be current (i.e., services still being offered and not a one-time or past program); and were tailored towards adolescents, parents of adolescents, or people working with adolescents. Some of the resources included in the current report were clearly identified as being for adolescents as defined by the Canadian Pediatric Society (e.g., specified for grade 9 students), but many used general terms such as "teen" or "youth". Although many Canadian definitions of youth include individuals in their mid to late twenties (United Way of Calgary and Area, 2010), the available resources on "youth" healthy relationships appeared to be intended for younger individuals and were included in this document. In the rare instances when a resource or service was identified as something else (e.g., "for girls") and no recommended age was specified, it was included if it appeared to be developed for individuals between the approximate ages of 10 and 19 years. Resources were not included if they were focused on healthy relationships in general, rather than on healthy dating relationships specifically.³

With the information gathered through this scan, Resource Tables were created to summarize the available online national and provincial materials related to healthy adolescent dating relationships (see Appendices A and B respectively). These tables include the title of the resource, contact information for the organization that is offering the resource, and a direct link to the resource or its description. To provide a general picture of what each resource addresses, these Resource Tables also indicate whether the following content is included:

- Features of healthy relationships: information about what makes a dating relationship healthy (e.g., respect, trust, independence, good communication)
- Skill-building for healthy relationships: activities, exercises, or information intended to strengthen adolescents' ability to build and maintain healthy dating relationships (e.g., exercises or information on positive communication strategies, "how to" tips for building and maintaining healthy relationships)
- Features of unhealthy relationships: information about what makes a dating relationship unhealthy (e.g., control, jealousy, possessiveness, poor communication)
- Abusive dating relationships: information about violence and abuse in dating relationships (e.g., types of abuse, warning signs of abuse, what to do if you are in an abusive relationship)

When the content of resources was not available online, judgements about the information included were made using the description that was available. Some resources may, therefore, include more content than is reflected in the Resource Tables.

³ There are many websites with excellent information and activities focused on healthy adolescent relationships in general. Several examples of high quality websites are: <http://teenrelationships.org/>, <https://www.kidshelpphone.ca/Teens/Home.aspx>, and <http://lovegoodbadugly.com/category/beyond-romance/>.

3. Summary of Findings

Overall, a variety of Canadian resources designed to foster healthy adolescent dating relationships were identified and are presented in Appendix A (national resources) and Appendix B (provincial resources). These resources include the following:

- Materials for adolescents: primarily information sheets, infographics, information campaign materials (e.g., posters, postcards), activity and informational booklets, brochures, and videos
- Materials for educators and service providers: primarily toolkits, program or workshop activity guides, and educational materials/lesson plans
- Services for adolescents and educators: primarily programs for adolescents offered through organizations, organization-led workshops, and presentations

Although many of the resources identified were for adolescents (e.g., information sheets), many organizations have developed materials intended to help educators and service providers discuss healthy dating relationships with adolescents. Many organizations also deliver this information to adolescents directly, especially through workshops and presentations. Several of the resources included in this scan are quite unique and use the arts to address the topic of healthy adolescent dating relationships. A good example is Sheatre, a community arts company in Ontario who worked with a group of adolescents as part of an educational dating abuse prevention initiative. Together, they created an interactive Forum Theatre play called *Far From the Heart*. This live play is focused on relationship abuse and dating violence, and consists of scenarios where the audience members are called upon to suggest different actions to change the outcome of the situation. Live performances include group discussions about dating abuse. Sheatre also has an online interactive movie version of this play, and has made a discussion guide available for educators and service providers. Another example is FOXY (Fostering Open eXpression among Youth), an organization based in the Northwest Territories that offers visual and performing arts-based workshops for adolescents that address sexual health, healthy relationships, and related skill-building.

The healthy adolescent dating relationship resources included in this environmental scan vary in focus. Most of the brochures, pamphlets, and booklets are balanced, as they include content on the features of both healthy and unhealthy relationships. Skill-building is most commonly a feature of toolkits, as well as programs and workshops offered by organizations. Although there is some degree of consistency in the factual information presented, it should be noted that the level of detail varies between resources and not all of the resources conceptualize healthy dating relationships in the exact same way.

In terms of target audience, most of the identified resources are targeted towards adolescents in general. Other resources (i.e., those which focus on a particular age or age range within adolescence) are well-distributed, so that there are available resources for adolescents of all ages. Resources for younger age groups are often more oriented to healthy relationships in general, whereas many of the resources for older age groups are focused solely on dating relationships. Quite a few of the resources have a gendered focus, where the material is specifically tailored to

boys or girls. This is particularly true for the programs and workshops. The Sexual Assault Centre London, for example, provides a 10-week discussion group program called *Girls Creating Change*, for young women aged 14-18. Along with other issues relevant to addressing gender-based violence, the program discusses healthy, unhealthy, and abusive relationships. The Calgary Sexual Health Centre approaches gender-based violence by addressing issues faced by young men, with a weekly program called *WiseGuyz* for boys in grades 7-9. Positive relationships (including sexual and dating relationships) are one of the four modules of this program, which aims to help boys express healthy masculinities and achieve sexual well-being and healthy relationships.

In addition to gender, some of the resources included in this report are culturally-specific. For example, the Ontario Federation of Indigenous Friendship Centres developed a toolkit called *Kizhaay Anishinaabe Niin: I am a Kind Man*. The lessons and activities included in this toolkit are focused on healthy adolescent relationships and abuse, and are grounded within traditional Indigenous teachings.

3.1 National Resources

Appendix A contains the identified online national resources intended to foster healthy adolescent dating relationships. The national resources include those created by national organizations and those spanning multiple provinces and territories. The Canadian Red Cross has developed a number of relevant resources, including the *Healthy Youth Relationships* program. This program consists of twelve interactive lesson plans that educators can purchase for use with grade 7-12 students. These lesson plans are intended to help adolescents develop skills for healthy relationships and to prevent dating violence and abuse. The Red Cross will also train youth facilitators across the country to help teach younger youth about healthy relationships.

Another example of a national resource is the Centre for School Mental Health's *Fourth R*, an initiative that includes a number of educational programs aimed at increasing adolescents' capacity to develop healthy relationships (including dating relationships) and decision-making. Importantly, these programs are evidence-based, and evaluations have shown a number of positive outcomes related to healthy relationships (e.g., a reduction in dating violence)⁴. The Canadian Centre for Child Protection has also developed many materials related to healthy dating relationships. The First Nations Centre and Métis Centre, as part of the National Aboriginal Health Organization, have developed similar materials for First Nations and Métis adolescents. As this summary shows, along with the other resources listed in Appendix A, there is a variety of national resources available online to support the development of healthy adolescent dating relationships.

⁴ The Centre for School Mental Health has summaries of *Fourth R* evaluation activities on their website, which can be viewed at <https://youthrelationships.org/fourth-r-findings>.

3.2 Provincial Resources

The provincial resources identified through the current online scan are summarized in Appendix B. These resources are similar to the national resources, in that they consist of a variety of programs and materials. An additional focus of the provincial resources, however, is the inclusion of information about local services provided by organizations (e.g., local workshops and presentations). An example is the Winnipeg-based Klinik Community Health's Youth Health Education Program (*Teen Talk*) designed for adolescents aged 14-19. This program addresses healthy relationships and dating abuse through a toolkit and information sheets, as well as workshops related to healthy relationship skills and dating violence. These workshops are offered in both school-based and non-school-based settings throughout Manitoba.

Other notable programs that have been evaluated and have their program manuals accessible online include the *Making Waves* program in New Brunswick, the *Healthy Relationships for Youth* program in Nova Scotia⁵, and the *VIRAJ* and *PASSAJ* programs developed out of the Université Laval in Québec⁶. All of these programs have shown positive outcomes, including changes in attitudes and knowledge about building and maintaining healthy relationships, what constitutes healthy and unhealthy relationships, and abuse in adolescent dating relationships (including how to address abuse when it occurs). The largest number of provincial resources was identified for Ontario, while fewer resources were identified for the territories. Although fewer in number, many of the resources that were located for the territories were quite creative (e.g., a comic book, graphic novel, and arts-based programming). Overall, a variety of provincial resources aimed at fostering healthy romantic adolescent relationships were identified across Canada.

3.2.1 Saskatchewan Resources

Part of the focus of the current environmental scan was to identify available Saskatchewan-specific resources (included in Appendix B), on healthy adolescent dating relationships, to guide potential resource development. Several organizations in the province offer workshop programming focused on healthy dating relationships, including the Rainbow Youth Centre in Regina, Sexual Health Centre Saskatoon, and Family Service Regina. Other than these programs, only two Saskatchewan-based resources focused on healthy dating relationships were located online. The first is *Your Choices Matter*, a video and related lesson plans created by the Saskatchewan Prevention Institute. This resource includes content on healthy relationships and abuse, although this is not the sole focus of

⁵ For information on evaluations of these programs, as well as evaluations of *Fourth R* and *SWOVA* (another well-established program based in British Columbia), see the following report:

<http://www.canadianwomen.org/sites/canadianwomen.org/files/PDF%20-%20VP%20Resources%20-%20CWF%20Healthy%20Relationships%20-%20FULL%20REPORT%20-%20April%2029%202011.pdf>.

⁶ Summaries of evaluations of the *VIRAJ* and *PASSAJ* programs are included in the program documents at https://www.viraj.ulaval.ca/sites/viraj.ulaval.ca/files/viraj_anglais_pdf.pdf and https://www.viraj.ulaval.ca/sites/viraj.ulaval.ca/files/passaj_complet_en.pdf, respectively.

the resource. The second resource is a workbook on healthy relationships developed by Student Counseling Services at the University of Saskatchewan. Based on the current environmental scan, online resources focused on healthy adolescent dating relationships that are specific to Saskatchewan are quite limited.

4. Conclusions

The findings of the current environmental scan suggest that there are a variety of national and provincial online resources designed to foster healthy adolescent dating relationships. Many of these resources consist of traditional health education materials, such as fact sheets, brochures, and pamphlets. There are also some well-established programs in Canada, and many organizations offer workshops and presentations. Additionally, there are some unique resources which utilize arts-based programming to convey messages related to healthy dating relationships in ways that may be more appealing to adolescents than more traditional methods (e.g., comic books). Although the identified resources are primarily aimed at adolescents in general, some gender-specific material and services exist, as do resources that are specific to Indigenous adolescents.

Although many national resources on healthy adolescent dating relationships were identified, not all Canadian provinces and territories have a lot of province-specific materials and services. The territories, for example, appear to have limited resources in this area that could be located through an online scan. There are, however, webpages that include information on healthy relationships and abuse (not included in this scan). An example is *I Respect Myself*, developed by the Department of Health, Government of Nunavut, which can be viewed at <http://www.irespectmyself.ca/>. While information on webpages can be an important way to communicate information about healthy dating relationships to adolescents, resources that could be accessed, downloaded, and utilized were limited in the territories.

Additionally, very few online resources were identified that were specific to Saskatchewan. This suggests that it would be helpful to develop further online provincial resources around the topic of healthy adolescent dating relationships. Although national materials are available, an advantage of provincial material is the ability to direct adolescents to local services and resources related to healthy dating relationships. Moreover, resources can be tailored to provincial statistics, context, and population where possible and appropriate. The resources on healthy adolescent dating relationships summarized in the appendices may be useful models for any future development of Saskatchewan resources.

It is important to reiterate that the current report is based solely on an online scan and, therefore, is not a comprehensive listing of all Canadian resources available on healthy adolescent dating relationships. In Saskatchewan, for example, a paper resource called the *Healthy Relationship Handbook* is available from the Saskatoon Sexual Assault and Information Centre. Although this resource is similar to many of the downloadable resources identified through the current online scan (i.e., includes information about the signs of healthy and unhealthy relationships and local

contacts), it is not currently accessible on their website. There are likely numerous other resources on healthy adolescent dating relationships available in physical locations across Canada that are not accessible online. Although paper copies of resources can be helpful for adolescents, making such resources available online would increase their accessibility to adolescents, educators, and other organizations that work with youth.

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Appendix A: National Resources

Organization name & contact	Name of resource	Type of resource	Topics covered in resource				Link to resource
			Features of healthy relationships	Skill building for healthy relationships	Features of unhealthy relationships	Abusive relationships/dating violence	
Canadian Red Cross 170 Metcalfe Street Ottawa, ON K2P 2P2 Tel: (613) 740-1900 Website: http://www.redcross.ca/	Healthy Youth Relationships	Online course	✓	✓	✓	✓	http://redcrosselearning.ca/HYR.php
	Healthy Youth Relationships (Adult Workshop)	Online course	✓			✓	http://www.redcross.ca/training-and-certification/course-descriptions/violence-bullying-and-abuse-prevention-course-descriptions/healthy-youth-relationships--adult-workshop
	Red Cross Healthy Youth Relationships	Program	✓	✓	✓	✓	http://www.redcross.ca/how-we-help/violence--bullying-and-abuse-prevention/educators/healthy-youth-dating-relationships
	#Red Cross Respect	Campaign materials	✓	✓	✓	✓	http://www.redcross.ca/how-we-help/violence--bullying-and-abuse-prevention/youth/respect/social-media-tools

Organization name & contact	Name of resource	Type of resource	Topics covered in resource				Link to resource
			Features of healthy relationships	Skill building for healthy relationships	Features of unhealthy relationships	Abusive relationships/ dating violence	
Canadian Red Cross <i>(Continued)</i>	Top 6 Tips for a Healthy Relationship	Infographic		✓			http://www.redcross.ca/how-we-help/violence--bullying-and-abuse-prevention/youth/respect/infographic
Royal Canadian Mounted Police 73 Leikin Drive Ottawa, ON K1A 0R2 Tel: (613) 993-7267 Website: http://www.rcmp.gc.ca/en	Tips for Parents on Talking to Teens About Healthy Relationships	Information sheet (needs to be requested)		✓	✓	✓	http://www.rcmp.gc.ca/cycp-cpcj/hl-as-eng.htm
	Tip Sheet for Teens: Are you Being Abused? You are Not Alone	Information sheet (needs to be requested)			✓	✓	http://www.rcmp.gc.ca/cycp-cpcj/hl-as-eng.htm
	Is Your Relationship Healthy?	Quiz (needs to be requested)	✓		✓		http://www.rcmp.gc.ca/cycp-cpcj/hl-as-eng.htm

Organization name & contact	Name of resource	Type of resource	Topics covered in resource				Link to resource
			Features of healthy relationships	Skill building for healthy relationships	Features of unhealthy relationships	Abusive relationships/ dating violence	
<p>Canadian Women’s Foundation 133 Richmond St. West Suite 504 Toronto, ON M5H 2L3</p> <p>Tel: (416) 365-1444</p> <p>E-mail: info@canadianwomen.org</p> <p>Website: www.canadianwomen.org</p>	<p>Healthy Relationships Are:</p>	<p>Infographic</p>	<p>✓</p>				<p>http://canadianwomen.org/infograph-girls</p>
<p>Kids Help Phone 300-439 University Avenue Toronto, ON M5G 1Y8</p> <p>Tel: (416) 586-5437</p> <p>Website: http://org.kidshelpphone.ca/</p>	<p>Am I in a healthy dating relationship?</p>	<p>Quiz</p>	<p>✓</p>		<p>✓</p>		<p>https://www.kidshelpphone.ca/Teens/InfoBooth/Dating/Am-I-in-a-healthy-relationship-quiz.aspx</p>

Organization name & contact	Name of resource	Type of resource	Topics covered in resource				Link to resource
			Features of healthy relationships	Skill building for healthy relationships	Features of unhealthy relationships	Abusive relationships/ dating violence	
Canadian Centre for Child Protection 615 Academy Road Winnipeg, MB R3N 0E7 Tel: (204) 945-5735 Website: https://www.protectchildr en.ca/app/en/ http://www.thedoorthatsn otlocked.ca/app/en/	Kids in the Know	Program	✓	✓	✓	✓	https://www.kidsintheknow.ca/app/en/about
	Relationships	Information sheet	✓		✓		https://www.kidsintheknow.ca/pdfs/KIK_Relationships_en.pdf
	Love vs. Control	Information sheet	✓		✓	✓	https://www.kidsintheknow.ca/pdfs/KIK_LoveVsControl_en.pdf
	Talking with Teens About Healthy Relationships	Information sheet	✓	✓	✓		https://www.kidsintheknow.ca/pdfs/C3P_SafetySheet_HealthyRelationships_en.pdf
	Healthy Relationships and the Internet	Information sheet	✓				http://www.thedoorthatsnotlocked.ca/pdfs/TDTNL_HealthyRelationshipsAndTheInternet_en.pdf
	Unhealthy Relationships and Internet Safety	Information sheet			✓		http://www.thedoorthatsnotlocked.ca/pdfs/TDTNL_UnhealthyRelationshipsAndInternetSafety_en.pdf

Organization name & contact	Name of resource	Type of resource	Topics covered in resource				Link to resource
			Features of healthy relationships	Skill building for healthy relationships	Features of unhealthy relationships	Abusive relationships/ dating violence	
Canadian Centre for Child Protection <i>(Continued)</i>	Parenting Tweens and Teens in the Digital World	Booklet	✓	✓	✓	✓	https://www.kidsintheknow.ca/pdfs/C3P_ParentingintheDigitalWorld_en.pdf
	It is a Big Deal	Activity booklet	✓	✓	✓	✓	https://www.kidsintheknow.ca/pdfs/ItisaBigDeal_en.pdf
	What's the Deal?	Activity booklet	✓	✓	✓	✓	https://www.kidsintheknow.ca/pdfs/WhatsTheDeal_en.pdf
National Aboriginal Health Organization 220 Laurier Avenue West, Suite 1200 Ottawa, ON K1P 5Z9 Tel: (613) 237-9462 E-mail: info@naho.ca Website: www.naho.ca	Sexual Health Toolkit Part 2: Sexuality and Relationships	Booklet	✓		✓	✓	http://www.naho.ca/documents/fnc/english/2011_Sexual_Health_sexuality_relationships.pdf
	10 Things to Know About Healthy Relationships	Information sheet	✓		✓	✓	http://www.naho.ca/documents/fnc/english/2012_04_HealthyRelationshipsE.pdf
	Confidence: Your Body, Your Choice	Video & discussion guide	✓	✓	✓	✓	http://www.naho.ca/publications/confidence/

Organization name & contact	Name of resource	Type of resource	Topics covered in resource				Link to resource
			Features of healthy relationships	Skill building for healthy relationships	Features of unhealthy relationships	Abusive relationships/ dating violence	
National Aboriginal Health Organization <i>(Continued)</i>	Métis Youth Respect Yourself! A Guide to Healthy Relationships and Sexuality	Booklet	✓		✓	✓	http://www.naho.ca/documents/metiscentre/english/2011_Metis-Youth-Respect-Yourself.pdf
CAMH Centre for Prevention Science 100-100 Collip Circle London, ON N6G 4X8 Tel: (519) 858-5144 E-mail: thefourthr@uwo.ca Website: http://www.camh.ca/en/hospital/care_program_and_services/child_youth_and_family_program/Pages/centre_prevention_science.aspx	Fourth R Programs	Classroom and non-classroom based programs (includes programs for Indigenous youth)	✓	✓	✓	✓	https://youthrelationships.org/fourth-r-programs
	Effective Relationships Videos	Videos		✓			

Organization name & contact	Name of resource	Type of resource	Topics covered in resource				Link to resource
			Features of healthy relationships	Skill building for healthy relationships	Features of unhealthy relationships	Abusive relationships/ dating violence	
YWCA Canada Tel: (519) 858-5144 E-mail: thefourthr@uwo.ca Website: http://ywcacanada.ca/en	Are You Cool?	Brochure (targeted to girls)	✓		✓	✓	http://store.ywcacanada.ca/products/are-you-cool-brochure-healthy-relationship-tool
	YWCA GirlSpace Toolkit	Toolkit (includes sections on Healthy Relationships and Violence Against Women) - (targeted to girls)	✓			✓	http://store.ywcacanada.ca/products/ywca-girlspace-toolkit-on-1-gb-usb-key

Appendix B: Provincial Resources

Organization name & contact	Name of resource	Type of resource	Topics covered in resource				Link to resource
			Features of healthy relationships	Skill building for healthy relationships	Features of unhealthy relationships	Abusive relationships/dating violence	
Alberta							
Alberta Health Services Reproductive Health, Healthy Living (teachingsexualhealth.ca) 10101 Southport Rd. S.W. Calgary, AB T2W 3N2 E-mail: tsh@albertahealthservices.ca Website: http://teachers.teachingsexualhealth.ca/	Relationships Lessons 1-5	Educational materials	✓	✓	✓	✓	http://teachers.teachingsexualhealth.ca/lesson-plans/calm/
	Sexual Assault	Educational materials	✓	✓	✓	✓	http://teachers.teachingsexualhealth.ca/lesson-plans/abuse-assault/
	Dating and Healthy Relationships	Educational materials (for students of differing abilities)	✓	✓	✓	✓	http://teachers.teachingsexualhealth.ca/lesson-plans/differing-abilities/

Organization name & contact	Name of resource	Type of resource	Topics covered in resource				Link to resource
			Features of healthy relationships	Skill building for healthy relationships	Features of unhealthy relationships	Abusive relationships/ dating violence	
<p>Calgary Women’s Emergency Shelter 201-2616 18th St. NE Calgary, AB T2E 7R1</p> <p>Tel: (403) 466-3457</p> <p>E-mail: info@cwes.ca</p> <p>Website: https://www.calgarywomensshelter.com/index.php</p>	The Healthy Relationships Program	Program/workshops	✓	✓	✓	✓	https://www.calgarywomensshelter.com/index.php/shelter-programs/healthy-relationships
<p>Calgary Sexual Health Centre Suite 304, 301-14 St. NW Calgary, AB</p> <p>Tel: (403) 283-5580</p> <p>E-mail: generalmail@calgarysexualhealth.ca</p> <p>Website: http://www.calgarysexualhealth.ca/</p>	WiseGuyz	Program/workshops (for boys)		✓		✓	http://www.calgarysexualhealth.ca/programs-workshops/wiseguyz/
		Program/workshops	✓				http://www.calgarysexualhealth.ca/programs-workshops/community-education/

Organization name & contact	Name of resource	Type of resource	Topics covered in resource				Link to resource
			Features of healthy relationships	Skill building for healthy relationships	Features of unhealthy relationships	Abusive relationships/ dating violence	
<p>Edmonton and Area Fetal Alcohol Network Society 10320 146 Street Edmonton, AB T5N 3A2</p> <p>Tel: (780) 940-7108</p> <p>E-mail: edmontonefan@gmail.com</p> <p>Website: https://edmontonfetalalcoholnetwork.org/</p>	Healthy Relationships	Tip sheet (for youth living with FASD)		✓		✓	https://edmontonfetalalcoholnetwork.files.wordpress.com/2012/02/healthy-relationships.pdf
<p>YWCA Banff 102 Spray Ave., Box 520 Banff, AB T1L 1A6</p> <p>Tel: (403) 762-3560</p> <p>E-mail: info@ywcabanff.ca</p> <p>Website: http://ywcabanff.ca/</p>	Healthy Youth Relationships	Program/workshops	✓	✓	✓	✓	http://ywcabanff.ca/programs-services/programs/

Organization name & contact	Name of resource	Type of resource	Topics covered in resource				Link to resource
			Features of healthy relationships	Skill building for healthy relationships	Features of unhealthy relationships	Abusive relationships/ dating violence	
British Columbia							
Battered Women’s Support Services P.O. Box 21503 1424 Commercial Dr. Vancouver, BC V5L 5G2 Tel: (604) 687-1868 E-mail: information@bwss.org Website: http://www.bwss.org/	Dating Violence Education Program	Program/ workshops	✓	✓	✓	✓	http://www.bwss.org/services/programs/youth-ending-violence/
	The Facts on Dating Violence in Youth Relationships	Infographic				✓	http://www.bwss.org/services/programs/youth-ending-violence/youth-dating-violence-awareness-month/infographic/

Organization name & contact	Name of resource	Type of resource	Topics covered in resource				Link to resource
			Features of healthy relationships	Skill building for healthy relationships	Features of unhealthy relationships	Abusive relationships/ dating violence	
SWOVA (Salt Spring Women Opposed to Violence and Abuse) 344 Lower Ganges Road Salt Spring Island, BC V8K 2V3 Tel: (250) 537-1336 E-mail: info@swova.org Website: http://www.swova.org/	Respectful Relationships Program	Program/workshops	✓	✓	✓	✓	http://www.swova.org/rr/
	Internet Safety: A Resource Guide For Parents	Booklet	✓	✓	✓		http://www.swova.org/wp-content/uploads/2014/10/Parents-Guide-FINAL.pdf
	Internet Safety	Program/workshops	✓		✓		http://www.swova.org/rr/
Centre for Youth & Society University of Victoria University House 3 Victoria, BC V8N 6M2 Tel: (250) 472-5307 E-mail: cys@uvic.ca Website: http://www.youth.society.uvic.ca/	How Can I Help?	Brochure (version targeted to Indigenous youth also)				✓	http://www.youth.society.uvic.ca/sites/default/files/images/How%20Can%20I%20help%3F.pdf
	Understanding Healthy Dating Relationships	Brochure	✓	✓			http://www.youth.society.uvic.ca/sites/default/files/images/Understanding%20Healthy%20Dating%20Relationships.pdf
	Sexual Health Resource Cards	Postcards					✓

Organization name & contact	Name of resource	Type of resource	Topics covered in resource				Link to resource
			Features of healthy relationships	Skill building for healthy relationships	Features of unhealthy relationships	Abusive relationships/ dating violence	
<p>Lower Mainland Down Syndrome Society 201-13281 72nd Ave Surrey, BC V3W 2N5</p> <p>Tel: (604) 591-2722</p> <p>Website: http://lmdss.com/</p>	Sexuality Classes for 12+	Program (for children and adults with special abilities)	✓		✓	✓	http://lmdss.com/
<p>Vancouver Coastal Health- BLUSH (Bold Learning for Understanding Sexual Health) 328G- 520 West 6th Ave Vancouver, BC V5Z 4H5</p> <p>Tel: (604) 714-3771 Ext 2373</p> <p>E-mail: blush@vch.ca</p> <p>Website: http://blush.vch.ca/</p>	Healthy Relationships	Workshop	✓	✓	✓		http://blush.vch.ca/workshops/workshop-overviews/

Organization name & contact	Name of resource	Type of resource	Topics covered in resource				Link to resource
			Features of healthy relationships	Skill building for healthy relationships	Features of unhealthy relationships	Abusive relationships/ dating violence	
Manitoba							
Government of Manitoba 155 Carleton Street Winnipeg, MB Tel: (204) 945-3744 E-mail: mgi@gov.mb.ca Website: http://www.gov.mb.ca/index.html	Is Your Relationship Healthy? Break the Silence	Videos (one for girls, one for boys)	✓				http://www.gov.mb.ca/stoptheviolence/youth_healthy_relationships.html
Survivor’s Hope Crisis Centre Box 925, Pinawa, MB ROE 1L0 Tel: (204) 753-5353 E-mail: sadi@survivors-hope.ca Website: http://survivors-hope.ca/	SADI Program	Program/workshops	✓	✓	✓	✓	http://survivors-hope.ca/information-for-teachers/

Organization name & contact	Name of resource	Type of resource	Topics covered in resource				Link to resource
			Features of healthy relationships	Skill building for healthy relationships	Features of unhealthy relationships	Abusive relationships/ dating violence	
Southern Chiefs Organizations Winnipeg Office: 105-1555 St. James Street Winnipeg, MB R3H 1B5 Tel: (204) 946-1869 E-mail: shauna.fontaine@scoinc.mb.ca Website: http://scoinc.mb.ca/	Love...is this what it looks like?	Pamphlet	✓		✓	✓	http://scoinc.mb.ca/wp-content/uploads/2015/04/youthpamphlethealthy.pdf
Klinic Community Health-Youth Health Education Program (Teen Talk) 870 Portage Ave Winnipeg, MB R3G 0P1 Tel: (204) 784-4090 E-mail: klinic@klinik.mb.ca Website: http://klinik.mb.ca/ http://teentalk.ca/	Communication Skills	Workshop		✓			http://teentalk.ca/service-providers/
	Dating Violence	Workshop	✓			✓	http://teentalk.ca/service-providers/
	Communication	Information sheet		✓			http://teentalk.ca/wp-content/uploads/2014/05/COM-handout-dec-2015.pdf

Organization name & contact	Name of resource	Type of resource	Topics covered in resource				Link to resource
			Features of healthy relationships	Skill building for healthy relationships	Features of unhealthy relationships	Abusive relationships/ dating violence	
Klinic Community Health-Youth Health Education Program (Teen Talk) <i>(Continued)</i>	Dating Violence	Information sheet	✓			✓	http://teentalk.ca/wp-content/uploads/2014/05/TDV-Handout-aug-2015.pdf
	Teen Talk Tool Kit	Activities (Teen Dating Violence and Youth Sexuality sections of toolkit)	✓			✓	http://teentalk.ca/service-providers/#teen-talk-tool-kit-for-educators-service-providers
New Brunswick							
Partners for Youth Inc. 535 Beaverbrook Court Suite B-10 Fredericton, NB E3B 1X6 Tel: (506) 462-0323 E-mail: info@partnersforyouth.ca Website: http://www.partnersforyouth.ca/en/	Making Waves	Program & student manual	✓	✓	✓	✓	http://www.partnersforyouth.ca/en/programs/ http://www.counselling.net/jnew/pdfs/handbooks-munuals-guides/PARTNERS%20FOR%20YOUTH,%20Making%20Waves%20-%20English.pdf

Organization name & contact	Name of resource	Type of resource	Topics covered in resource				Link to resource
			Features of healthy relationships	Skill building for healthy relationships	Features of unhealthy relationships	Abusive relationships/ dating violence	
Public Legal Education and Information Service of New Brunswick P.O. Box 6000 Fredericton, NB E3B 5H1 Tel: (506) 453-5369 E-mail: pleisnb@web.ca Website: http://www.legal-info-legale.nb.ca/en/	An Aboriginal Youth's Cry for Help	Skit (targeted towards Indigenous youth)				✓	http://www.thehealingjourney.ca/inside.asp?33
	The Healing Journey: Teen Dating - Are You in a Healthy Relationship?	Pamphlet (targeted towards Indigenous youth)	✓			✓	http://www.thehealingjourney.ca/inside.asp?405
	Understanding and Preventing Abuse: A Workshop for Aboriginal Youth	Workbook (targeted towards Indigenous youth)	✓	✓		✓	http://www.thehealingjourney.ca/siteadmin/assets/documents/workbook.pdf
	Teens and Dating: Tips for Keeping Abuse Out of Your Relationship	Pamphlet	✓			✓	http://www.legal-info-legale.nb.ca/en/uploads/file/pdfs/Teens_and_Dating_EN.pdf
	Keep Abuse Out of Your Relationship	Poster				✓	http://www.legal-info-legale.nb.ca/en/uploads/file/pdfs/Teens_and_Dating_Poster_EN.pdf

Organization name & contact	Name of resource	Type of resource	Topics covered in resource				Link to resource
			Features of healthy relationships	Skill building for healthy relationships	Features of unhealthy relationships	Abusive relationships/ dating violence	
Coalition Against Abuse in Relationships, Inc. PO Box 1660 Moncton, NB E1C 9X5 Tel: (506) 855-7222 E-mail: caaroutreachworker@gmail.com Website: http://www.coalitionagainstabuse.com/	It's Up To Me - Respect, Bullying, Healthy and Unhealthy Relationships	Toolkit (needs to be requested)	✓	✓		✓	http://www.coalitionagainstabuse.com/for-educators/
	Love Without Violence - Date Rape, Violence in Relationships, Cycle of Violence	Toolkit (needs to be requested)	✓			✓	http://www.coalitionagainstabuse.com/for-educators/
	Various presentations and workshops provided	Presentations/ workshops	✓			✓	http://www.coalitionagainstabuse.com/for-educators/
Fredericton Sexual Assault Centre PO Box 174 Fredericton, NB E3B 4Y9 Tel: (506) 454-0460 E-mail: fsacc@nb.aibn.com Website: http://fsacc.ca/en	Various workshops provided	Workshops	✓			✓	http://fsacc.ca/en/programs

Organization name & contact	Name of resource	Type of resource	Topics covered in resource				Link to resource
			Features of healthy relationships	Skill building for healthy relationships	Features of unhealthy relationships	Abusive relationships/ dating violence	
Newfoundland and Labrador							
Western Health - Western Memorial Regional Hospital PO Box 2005 Corner Brook, NL A2H 6J7 Tel: (709) 637-5000 Ext 5492 Website: http://westernhealth.nl.ca/	Healthy Relationships	Presentation	✓	✓	✓	✓	http://westernhealth.nl.ca/uploads/PDFs/Sexual%20and%20Reproductive%20Health/Healthy_Relationships.pdf
	Healthy Relationships Resource Kit	Toolkit	✓	✓	✓	✓	http://westernhealth.nl.ca/uploads/Addictions%20Prevention%20and%20Mental%20Health%20Promotion/Healthy%20Relationships%20Resource%20Kit%20-%20Western.pdf
Provincial Advisory Council on the Status of Women Newfoundland & Labrador 15 Hallett Cres., Suite 103 St. John's, NL A1B 4C4 Tel: (709) 753-7270 E-mail: info@pacsw.ca Website: http://pacsw.ca/	A Guide for Youth About Healthy Relationships	Booklet	✓		✓	✓	http://pacsw.ca/wp-content/uploads/2015/12/Final-Healthy-Relationships-Booklet-School-Board.pdf

Organization name & contact	Name of resource	Type of resource	Topics covered in resource				Link to resource
			Features of healthy relationships	Skill building for healthy relationships	Features of unhealthy relationships	Abusive relationships/ dating violence	
Northwest Territories							
FOXY (Fostering Open eXpression among Youth) Tel: (867) 444-9108 E-mail: Candice@arcticfoxy.com Website: http://arcticfoxy.com/	FOXY	Drama & arts-based program (workshops & peer leader retreats) (for girls)	✓	✓			http://arcticfoxy.com/a-typical-foxy-day/ http://arcticfoxy.com/retreat/
	SMASH (Strength, Masculinities, And Sexual Health)	Drama & arts-based program (workshops & peer leader retreats) (for boys)	✓	✓			http://arcticfoxy.com/smash/

Organization name & contact	Name of resource	Type of resource	Topics covered in resource				Link to resource
			Features of healthy relationships	Skill building for healthy relationships	Features of unhealthy relationships	Abusive relationships/ dating violence	
<p>Government of the Northwest Territories - Department of Health and Social Services 5015 49th St. PO Box 1320 Yellowknife, NT X1A 2L9</p> <p>Tel: (867) 920-3367</p> <p>E-mail: hsscommunications@gov.nt.ca</p> <p>Website: www.hss.gov.nt.ca</p> <p>http://www.respectyourself.ca/</p>	A Sexual Health Lesson Plan Kit	Toolkit (including “Kiss Me Deadly” comic book; especially Modules 2, 3, & 5)	✓	✓	✓	✓	<p>http://www.respectyourself.ca/sites/default/files/Module_2_Building_Our_Knowledge.pdf</p> <p>http://www.hss.gov.nt.ca/sites/default/files/kiss-me-deadly.pdf</p>

Organization name & contact	Name of resource	Type of resource	Topics covered in resource				Link to resource
			Features of healthy relationships	Skill building for healthy relationships	Features of unhealthy relationships	Abusive relationships/ dating violence	
Nova Scotia							
Antigonish Women’s Resource Centre & Sexual Assault Services Association 204 Kirk Place 219 Main Street Antigonish, NS B2G 2C1 Tel: (902) 863-6221 Website: http://awrcsasa.ca/	Healthy Relationships for Youth Program	Program & manual	✓	✓	✓	✓	http://awrcsasa.ca/working-with-youth/healthy-relationships-for-youth/ https://healthyrelationshipsfor youth.files.wordpress.com/2016/07/healthy-relationships-for-youth-curriculum-2015-2016.pdf
Nova Scotia Advisory Council on the Status of Women 202 - 6159 Quinpool Road Halifax, NS B3J 2T3 Tel: (902) 424-8662 E-mail: women@novascotia.ca Website: http://www.women.gov.ns.ca	Sexual Assault: Safety, Help, and Healing for Teens in Nova Scotia	Booklet	✓			✓	http://www.women.gov.ns.ca/sites/default/files/documents/SA_EN_FINAL_WEB_Aug23_13.pdf
	Guide for Girls, 3 rd Edition	Workbook (targeted to girls; refer to All About Relationships section)	✓		✓		https://women.gov.ns.ca/sites/default/files/documents/Guide%20for%20Girls_3rd.pdf

Organization name & contact	Name of resource	Type of resource	Topics covered in resource				Link to resource
			Features of healthy relationships	Skill building for healthy relationships	Features of unhealthy relationships	Abusive relationships/ dating violence	
Colchester Sexual Assault Centre 80 Glenwood Drive Truro, NS B2N 1P3 Tel: (902) 897-4366 E-mail: info@colchestersac.ca Website: http://www.colchestersac.ca/index.htm	Healthy Youth Relationships Groups	Groups (including at schools and agencies)	✓				http://www.colchestersac.ca/programs.htm
		Workshops/ presentations	✓		✓	✓	http://www.colchestersac.ca/programs.htm
Nunavut							
Department of Health Government of Nunavut PO Box 1000, Station 1000 Iqaluit, Nunavut E-mail: SexualHealth@GOV.NU.CA Website: http://www.livehealthy.gov.nu.ca/en http://www.irespectmyself.ca/	Choices	Graphic Novel & Teachers Guide (Section 1- Davidee)	✓	✓			http://www.irespectmyself.ca/sites/default/files/Choices%20English.pdf

Organization name & contact	Name of resource	Type of resource	Topics covered in resource				Link to resource
			Features of healthy relationships	Skill building for healthy relationships	Features of unhealthy relationships	Abusive relationships/ dating violence	
Ontario							
Yellow Brick House 52 West Beaver Creek Rd, Unit 4 Richmond Hill, ON L4B 1L9 Tel: (905) 709-0900 E-mail: info@yellowbrickhouse.org Website: http://www.yellowbrickhouse.org/	Healthy Relationships & Dating Violence: Everything You Need to Know	Booklet	✓		✓	✓	http://www.yellowbrickhouse.org/english/files/2014/08/Healthy-Relationships-Guide-Final.pdf
	Schools for Change	Program/workshops	✓			✓	http://www.yellowbrickhouse.org/our-yellow-brick-house/
Region of Peel Public Health 10 Peel Centre Drive, Suite A and B Brampton, ON L6T 4B9 Tel: (905) 799-7700 Website: http://www.peelregion.ca/health/	Healthy Relationships	Brochure	✓	✓			https://www.peelregion.ca/health/helping-teens/download/pdfs/healthy-relationship.pdf

Organization name & contact	Name of resource	Type of resource	Topics covered in resource				Link to resource
			Features of healthy relationships	Skill building for healthy relationships	Features of unhealthy relationships	Abusive relationships/ dating violence	
Ontario Women’s Directorate 777 Bay Street, 6 th floor Toronto, ON M7A 2J4 Tel: (416) 314-0300 E-mail: owd@ontario.ca Website: http://www.women.gov.on.ca/owd/english/index.shtml	Roots of Equality - Building Equal and Healthy Relationships	Workshop (for girls)	✓			✓	http://www.etfo.ca/Resources/ForTeachers/Documents/Roots%20of%20Equality%20-%20Building%20Equal%20and%20Healthy%20Relationships%20-%20Workshop%20for%20Grade%207%20and%208%20Girls.pdf
The Elementary Teachers’ Federation of Ontario 136 Isabella Street Toronto, ON M4Y 0B5 Tel: (416) 962-3836 Website: http://www.etfo.ca/Pages/default.aspx	Roots of Equality - Tips For Parents	Brochure		✓	✓		http://www.springtideresources.org/sites/all/files/Roots%20of%20Equality%20-%20English%20-%20Tip%20Sheet%20for%20Parents_0.pdf
Springtide Resources 215 Spadina Ave, Suite 220 Toronto, ON M5T 2C7 Tel: (416) 968-3422 E-mail: info@womanabuseprevention.com Website: http://www.springtideresources.org/	Roots of Equality - Tips for Educators	Brochure		✓	✓		http://www.springtideresources.org/sites/all/files/Roots%20of%20Equality%20-%20Tip%20Sheet%20for%20Teachers.pdf

Organization name & contact	Name of resource	Type of resource	Topics covered in resource				Link to resource
			Features of healthy relationships	Skill building for healthy relationships	Features of unhealthy relationships	Abusive relationships/ dating violence	
Family Services Ottawa (in collaboration with the Ottawa-Carleton Catholic School Board & the Ottawa-Carleton District School Board) 312 Parkdale Ave Ottawa, ON K1Y 4X5 Tel: (613) 725-3601 Ext 240 E-mail: ilid@familyservicesottawa.org Website: http://familyservicesottawa.org/	In Love & In Danger	Program		✓		✓	http://familyservicesottawa.org/schools-students/in-love-in-danger/
	In Love & In Danger Safety Plan	Pamphlet			✓	✓	http://familyservicesottawa.org/wp-content/uploads/2012/01/ILID-Safety-Plan-Pamphlet-2010-Eng.pdf
	In Love and In Danger	Video	✓		✓	✓	http://familyservicesottawa.org/wp-content/uploads/2014/09/ILID-Compilation-Video-Revised-September-5th-2014-SD.mp4

Organization name & contact	Name of resource	Type of resource	Topics covered in resource				Link to resource
			Features of healthy relationships	Skill building for healthy relationships	Features of unhealthy relationships	Abusive relationships/ dating violence	
<p>The Ontario Federation of Indigenous Friendship Centres 219 Front Street East Toronto, ON M5A 1E8</p> <p>Tel: (416) 956-7575</p> <p>E-mail: ofifc@ofifc.org kindman@ofifc.org</p> <p>Website: http://www.ofifc.org/ http://iamakindman.ca/</p>	Kizhaay Anishinaabe Niin/I Am a Kind Man - Young People's Initiative	Toolkit (for boys; targeted to Indigenous youth)	✓	✓		✓	http://www.iamakindman.ca/IAKM/pdf/KizhaayYouthToolkit.pdf
<p>White Ribbon 36 Eglinton Ave West Suite 603 Toronto, ON M4R 1A1</p> <p>Tel: (416) 956-7575</p> <p>E-mail: info@whiteribbon.ca</p> <p>Website: http://www.whiteribbon.ca</p>	White Ribbon Campaign in a Box: Promoting Healthy Equal Relationships	Toolkit	✓	✓	✓	✓	http://whiteribbon.ca/pdfs/ciabeng.pdf
	White Ribbon Campaign Education & Action Kit	Program/ Workshops (for boys)	✓	✓		✓	http://www.whiteribbon.ca/what-we-do/

Organization name & contact	Name of resource	Type of resource	Topics covered in resource				Link to resource
			Features of healthy relationships	Skill building for healthy relationships	Features of unhealthy relationships	Abusive relationships/ dating violence	
<p>YWCA Cambridge developed with Ontario YWCAs and YWCA Toronto Girls' Centre 55 Dickson Street Cambridge, ON N1R 7A5</p> <p>Tel: (519) 267-6444</p> <p>E-mail: girlscentre@ywcacambridge.ca</p> <p>Website: http://www.ywcacambridge.ca/</p>	S.T.E.P.S (Sisters in Truth, Equality, Power & Strength)	Program (for girls)	✓	✓	✓	✓	http://www.ywcacambridge.ca/steps.html
<p>Sheatre - Far From the Heart 170069 Centre Rd. R.R. #1 Kemble, ON N0H 1S0</p> <p>Tel: (519) 534-3039</p> <p>E-mail: sheatre@sheatre.com</p> <p>Website: www.sheatre.com www.farfromtheheart.com</p>	Far From the Heart	Interactive movie				✓	http://www.farfromtheheart.com/index_en.php
	Far From the Heart	Live theatre forum play & discussion guide				✓	http://www.farfromtheheart.com/files_docs/content/pdf/en/ffth_teachers_guide.pdf

Organization name & contact	Name of resource	Type of resource	Topics covered in resource				Link to resource
			Features of healthy relationships	Skill building for healthy relationships	Features of unhealthy relationships	Abusive relationships/ dating violence	
Sexual Assault Centre London 255 Horton Street East London, ON N6B 1L1 Tel: (519) 439-0844 E-mail: sacl@sacl.ca Website: http://www.sacl.ca/	Girls Creating Change	Program (for girls)	✓	✓	✓	✓	http://www.sacl.ca/youth/relationships-plus/
Ontario Coalition of Rape Crisis Centres Website: http://www.sexualassaultsupport.ca/	Teen Girls and Relationships: I Deserve Respect!	Dating bill of rights	✓				http://www.sexualassaultsupport.ca/page-535951
Optimism Place: Women’s Shelter and Support Services 270 Freeland Drive Stratford, ON N4Z 1G8 Tel: (519) 271-5310 Ext. 24 E-mail: transitiondvpp@optimismplace.com Website: http://www.optimismplace.com/	Healthy Relationships Program	Program	✓		✓	✓	http://www.optimismplace.com/programs/healthy-relationships-program.html

Organization name & contact	Name of resource	Type of resource	Topics covered in resource				Link to resource
			Features of healthy relationships	Skill building for healthy relationships	Features of unhealthy relationships	Abusive relationships/ dating violence	
Planned Parenthood Toronto 36B Prince Arthur Ave Toronto, ON M5R 1A9 Tel: (416) 961-0113 E-mail: ppt@ppt.on.ca Website: http://www.ppt.on.ca/	Workshops for Young Men	Workshop (for boys)	✓	✓			http://www.ppt.on.ca/services-and-programs/community-programming/for-young-men/
	Workshops for Young Parents	Workshop (for young parents)	✓	✓			http://www.ppt.on.ca/services-and-programs/community-programming/for-young-parents/
SHORE (Sexual Health, Options, Resources, Education) Centre 130-235 King St. East Kitchener, ON N2G 4N5 Tel: (519) 743-9360 E-mail: info@shorecentre.ca Website: http://www.shorecentre.ca/	Communication Game	Activity		✓			http://www.shorecentre.ca/wp-content/uploads/Communication_Game.pdf
	Relationships Game	Activity	✓		✓	✓	http://www.shorecentre.ca/wp-content/uploads/Relationship_Game.pdf
	Healthy Relationships	Workshop	✓				http://www.shorecentre.ca/sexual-health/sexual-health-education/

Organization name & contact	Name of resource	Type of resource	Topics covered in resource				Link to resource
			Features of healthy relationships	Skill building for healthy relationships	Features of unhealthy relationships	Abusive relationships/ dating violence	
SHORE (Sexual Health, Options, Resources, Education) Centre <i>(Continued)</i>	Great SEXpectations	Peer theatre education program		✓			http://www.shorecentre.ca/sexual-health/sexual-health-education/
	Just4Guys/Girls	Program (one for boys, one for girls)	✓				http://www.shorecentre.ca/sexual-health/sexual-health-education/
Prince Edward Island							
Prince Edward Island Rape and Sexual Assault Centre PO Box 1522 1 Rochford Street Charlottetown, PEI C1A 7N3 Tel: (902) 566-1864 E-mail: admin@peirsac.org Website: http://www.peirsac.org/index.php	Public Education Sessions	Workshops	✓			✓	http://www.peirsac.org/programs.php

Organization name & contact	Name of resource	Type of resource	Topics covered in resource				Link to resource
			Features of healthy relationships	Skill building for healthy relationships	Features of unhealthy relationships	Abusive relationships/ dating violence	
<p>The Charlottetown Mayor’s Purple Ribbon Taskforce City of Charlottetown PO Box 98 Charlottetown, PE C1A 7K2</p> <p>Tel: (902) 566-5548</p> <p>Website: http://www.city.charlottetown.pe.ca/purple-ribbon-taskforce.php</p>	Talk About It	Video				✓	https://www.youtube.com/watch?v=4gXYHMqfvsg
<p>PEI Family Violence Prevention Services, Inc. PO Box 964 Charlottetown, PEI C1A 7M4</p> <p>Tel: (902) 894-3354, Ext 221</p> <p>E-mail: admin@fvps.ca</p> <p>Website: http://www.fvps.ca/</p>	Youth Programming	Program	✓		✓	✓	http://www.fvps.ca/youth-programming/

Organization name & contact	Name of resource	Type of resource	Topics covered in resource				Link to resource
			Features of healthy relationships	Skill building for healthy relationships	Features of unhealthy relationships	Abusive relationships/ dating violence	
Quebec (English resources only)							
Girls Action Foundation 201 - 24 Mont Royal West Montreal, QB H2T 2S2 Tel: (514) 948-1112 Website: http://girlsactionfoundation.ca/en	From the Ground Up: Community-Based Tools to Address Violence and Seek Justice	Workshop facilitation guide	✓	✓	✓	✓	http://girlsactionfoundation.ca/files/from_the_ground-up_final.small_.pdf
	Workshop Series	Workshops	✓	✓		✓	http://girlsactionfoundation.ca/en/programs/local-programs
	Amplify Toolkit	Activities (see Healthy Relationships section)	✓	✓	✓	✓	http://www.girlsactionfoundation.ca/en/amplify-toolkit

Organization name & contact	Name of resource	Type of resource	Topics covered in resource				Link to resource
			Features of healthy relationships	Skill building for healthy relationships	Features of unhealthy relationships	Abusive relationships/ dating violence	
<p>Département de sexologie Université du Québec à Montréal, in conjunction with Université Laval 455, René Levesque Est, local W-R110 Montreal, QB H2L 4Y2</p> <p>Tel: (514) 987-3000 ext. 8722</p> <p>E-mail: paj@uqam.ca</p> <p>Website: http://martinehebert.uqam.ca/en/</p>	Romantic Relationships	Information sheet	✓				http://martinehebert.uqam.ca/upload/files/PAJ/Outils_jeunes/EN/Feillet%201%20-%20Romantic%20relationships%20RFS.pdf
	Dating Violence	Information sheet				✓	http://martinehebert.uqam.ca/upload/files/PAJ/Outils_jeunes/EN/Feillet%203%20-%20Dating%20violence%20RFS.pdf
	Vulnerability, Support, and Resilience	Information sheet				✓	http://martinehebert.uqam.ca/upload/files/PAJ/Outils_jeunes/EN/Feillet%204%20-%20Vulnerability%20support%20%20resilience%20RFS.pdf
	Conflict Resolution Among Adolescents and Emerging Adults in Relationships	Information sheet		✓	✓		http://martinehebert.uqam.ca/upload/files/PAJ/Outils_jeunes/EN/Feillet%205%20-%20Conflict%20resolution%20among%20adolescents-adults%20in%20relationships.pdf

Organization name & contact	Name of resource	Type of resource	Topics covered in resource				Link to resource
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Département de sexologie Université du Québec à Montréal, in conjunction with Université Laval <i>(Continued)</i>	Dating Violence	True or false poster				✓	http://martinehebert.uqam.ca/upload/files/PAJ/Outils_jeunes/EN/Affiche%203%20-%20Dating%20violence%20RFS.pdf
	Romantic Relationships	True or false poster	✓				http://martinehebert.uqam.ca/upload/files/PAJ/Outils_jeunes/EN/Affiche%201%20-%20Romantic%20relationships%20RFS.pdf
	Vulnerability, support, and resilience	True or false poster				✓	http://martinehebert.uqam.ca/upload/files/PAJ/Outils_jeunes/EN/Affiche%204%20-%20Vulnerability%20support%20%20resilience%20RFS.pdf
	Seven Words and a Picture to Promote Healthy Romantic Relationships	Activity		✓			https://paj.uqam.ca/files/2016/04/Activity-guide-1.pdf

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Département de sexologie Université du Québec à Montréal, in conjunction with Université Laval (Continued)	Survey in Your School: Test Your Knowledge!	Activity	✓			✓	https://paj.ugam.ca/files/2015/10/Activity-guide-2.pdf
Sexual Health Network of Quebec PO Box 22516 5820 Monkland Avenue Montreal, QB H4A 3T4 E-mail: info@shnq.ca Website: http://shnq.ca/	Sex Ed 101	Workshops	✓		✓		http://shnq.ca/sexual-health-education-programs-services/
Université Laval 2325, rue des Bibliothèques Québec, QB G1V 0A6 E-mail: Francine.lavoie@psy.ulaval.ca Website: https://www.viraj.ulaval.ca/en	VIRAJ	Program activity guide	✓	✓	✓	✓	https://www.viraj.ulaval.ca/sites/viraj.ulaval.ca/files/viraj_anglais_pdf.pdf
	PASSAJ	Program activity guide	✓	✓	✓	✓	https://www.viraj.ulaval.ca/sites/viraj.ulaval.ca/files/passaj_comp_let_en.pdf

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Saskatchewan							
Rainbow Youth Centre 977 McTavish Street Regina, SK S4T 3V2 E-mail: info@rainbowyouth.com Website: http://www.rainbowyouth.com/	Healthy Relationships Growing Skills Workshop	Program/workshop	✓		✓		http://www.rainbowyouth.com/programs/youth-skills-programs/
Family Service Regina 200-1440 Broadway Ave Regina, SK S4P 1E2 Tel: (306) 757-6675 E-mail: info@familyserviceregina.com Website: http://familyserviceregina.com/	School Based Healthy Relationship Education	Program/workshops	✓	✓		✓	http://familyserviceregina.com/school-based-healthy-relationship-education/

Organization name & contact	Name of resource	Type of resource	Topics covered in resource				Link to resource
			Features of healthy relationships	Skill building for healthy relationships	Features of unhealthy relationships	Abusive relationships/ dating violence	
<p>Student Counseling Services University of Saskatchewan 3rd Floor Place Riel Campus Drive Saskatoon, SK</p> <p>Tel: (306) 966-4920</p> <p>Website: https://students.usask.ca/health/centres/counselling-services.php</p>	Healthy Relationships	Workbook	✓	✓	✓	✓	https://students.usask.ca/documents/counselling/guide-healthy-relationships.pdf
<p>Saskatchewan Prevention Institute 1319 Colony Street Saskatoon, SK S7N 2Z1</p> <p>Tel: (306) 651-3400</p> <p>E-mail: info@skprevention.ca</p> <p>Website: http://www.skprevention.ca/</p>	Your Choices Matter	Video, lesson plans, & facilitator's guide	✓		✓	✓	http://www.skprevention.ca/?s=your+choices+matter&submit

Organization name & contact	Name of resource	Type of resource	Topics covered in resource				Link to resource
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Sexual Health Centre Saskatoon 210 2 nd Ave North Saskatoon, SK S7K 2B5 Tel: (306) 244-7989 E-mail: info@shcsaskatoon.ca Website: http://sexualhealthcentresaskatoon.ca/index.php	Healthy Sexuality and Relationships	Workshop	✓				http://sexualhealthcentresaskatoon.ca/ab/education.php
Yukon							
Bringing Youth Towards Equality (BYTE) 404A Ogilvie Street Whitehorse, YT Y1A 2S4 Tel: (867) 667-7975 E-mail: info@yukonyouth.com Website: https://www.yukonyouth.com/	Healthy Relationships	Workshop	✓	✓	✓		https://www.yukonyouth.com/workshops/

Organization name & contact	Name of resource	Type of resource	Topics covered in resource				Link to resource
			Features of healthy relationships	Skill building for healthy relationships	Features of unhealthy relationships	Abusive relationships/ dating violence	
The Women’s Directorate Government of Yukon PO Box 2703 Whitehorse, YT Y1A 2C6 Tel: (867) 667-3030 E-mail: womensdirector@gov.yk.ca Website: http://www.womensdirectorate.gov.yk.ca/index.html	Your Body, Your Choice: Sexual Assault Prevention for Youth	Booklet	✓		✓	✓	http://www.womensdirectorate.gov.yk.ca/pdf/YBYCHHealthyRespectfulRelationship.pdf
	Getting Real	Video			✓	✓	http://www.womensdirectorate.gov.yk.ca/getting_real.html
	Am I the Solution?	Posters				✓	http://www.womensdirectorate.gov.yk.ca/violence_prevention.html