

Grade 10 Healthy Relationships Booster Evaluations 2023-2024

Highlights from Student Feedback

Prepared September 2024

The Youth Violence Prevention Project (YVPP) is a school-based initiative to give youth the social and emotional competencies they need to engage in healthy relationships and make safe(er) choices regarding sexual behaviour and substance use. A new “Booster” intervention was developed through the YVPP: It consists of 2 workshops, meant to “Boost” Grade 10 students’ knowledge on various topics related to Healthy Relationships. Last year, between November 2023 and June 2024, TBDHU staff delivered the Booster to 871 students in Grade 10 classes. We checked in with students immediately after each Workshop (n=750), and a few weeks later (n=159).

Here is some of what students had to say....



Students liked the Workshops ... Most gave them a Thumbs UP:



Workshop 1: Relationships in Society (n=362)



Workshop 2: Skills for Healthy Relationships (n=365)

They found the Workshops useful...

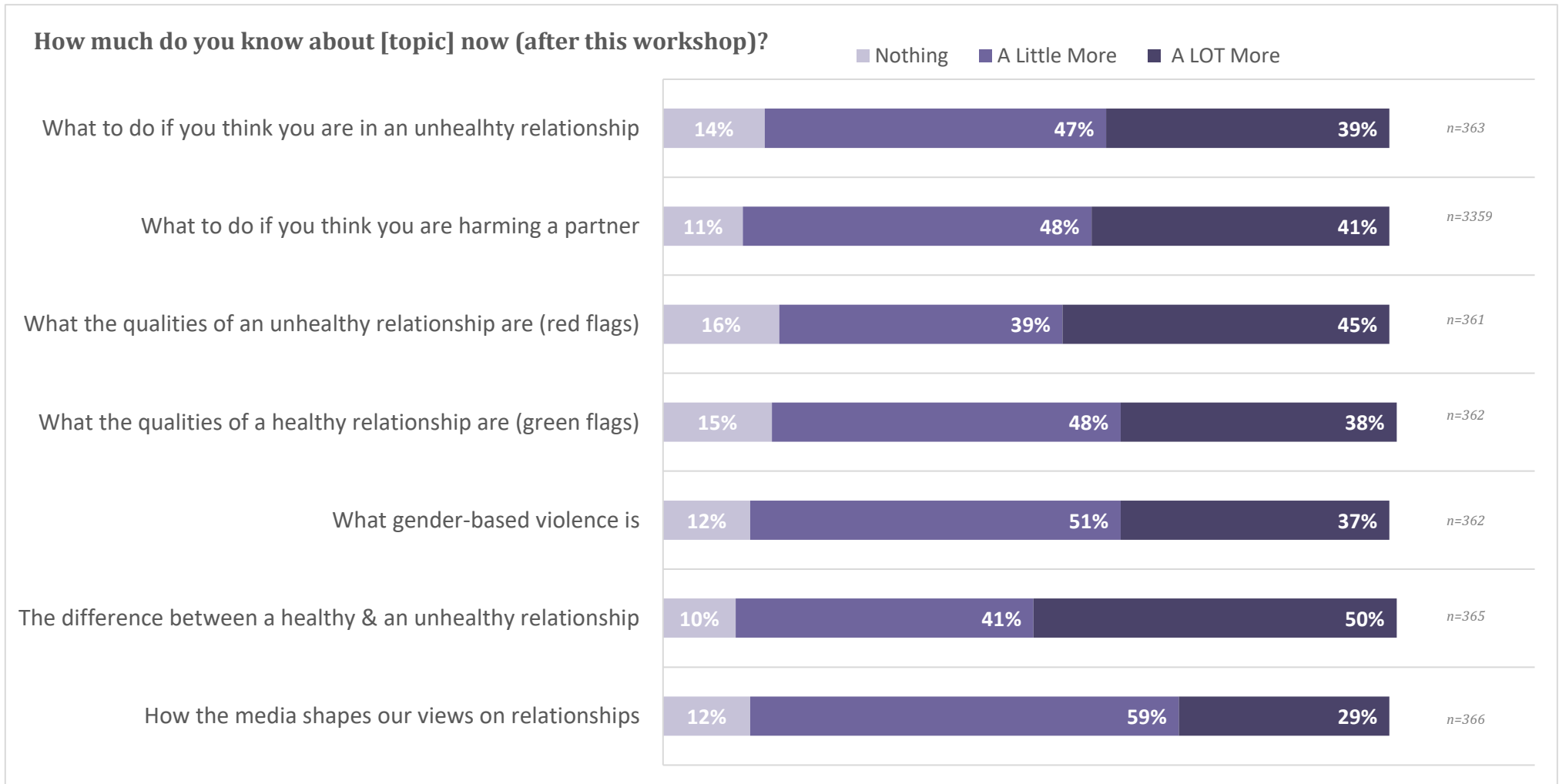
- ✓ Almost all the students thought the topics covered would be **practically useful** for people their age (98% W1 & W2).
- ✓ Almost all also thought the material could **help people develop healthier relationships** (98% W1 & W2).





Most students knew more about each key topic after the Workshop:

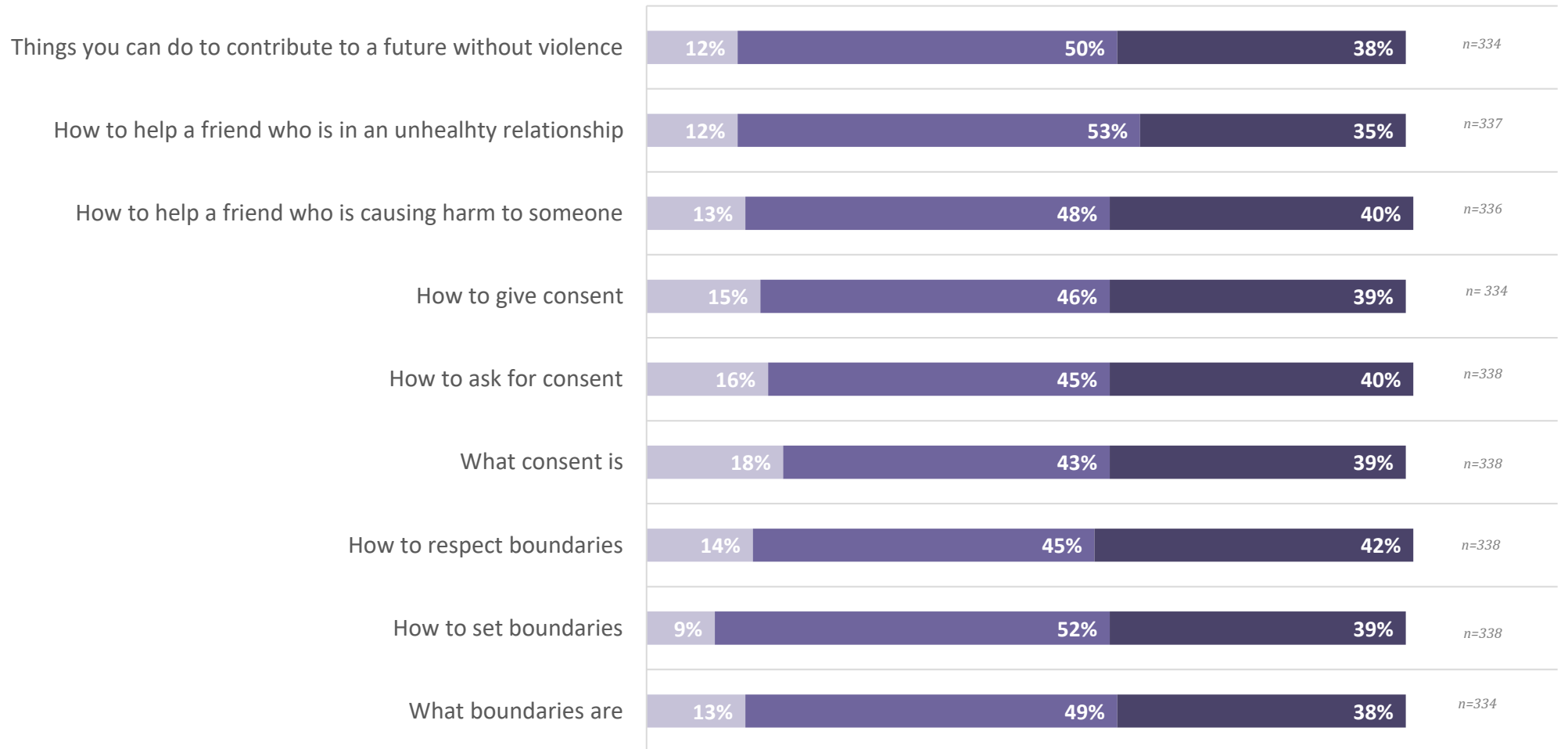
Knowledge Gains - Workshop 1: Relationships in Society



Knowledge Gains - Workshop 2: Skills for Healthy Relationships

How much do you know about [topic] now (after this workshop)?

■ Nothing
 ■ A Little More
 ■ A LOT More





Since taking the Workshops, some students had applied their new learnings:

31% said their views on relationships had changed

23% said they've made changes in their behaviour because of what they learned

36% said they thought they'd be able to apply their new knowledge in the future

Students completed a follow-up survey at least 3 weeks after the initial Booster. n = 159 students shared their views

Here is how they said they had (or would) apply their new knowledge...

"I now know how to identify unhealthy relationships and how to make sure that I don't end up in and/or be the cause of one."

"I will always ask for consent, and if they don't want to do it to respect their answer."

"I think differently of my partner and we communicate better."

"In my future relationship I may be more aware about what I am doing and if what they are doing is unhealthy."

"I think more about how my relationship is going and how it's starting to be unhealthy"

"My self-respect has changed; I only allow what I know I am okay with."

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YOUTH
Violence Prevention Project
in Thunder Bay and District