here for youth at YWCA

HERE for Youth is a fully facilitated, in-school program helping Grade 7-12 students build healthy relationship skills for the classroom and beyond.

He = Healthy
Re = Relationships

Alberta Curriculum Aligned | Health & Life Skills, Grade 7 - 12



Topics Covered:

- Identifying red flags and addressing unhealthy behaviours
- Developing resilience and utilizing supports
- Engaging in communication and safe conflict
- Understanding the importance of personal boundaries, values and consent
- Exploring influence and power dynamics in relationships

Program Delivery:

- Delivered in-person, in the classroom
- Four (4) 50-minute interactive workshops (grade specific)
- The workshops can be condensed into two (2) 1.5-hour modules

Each Session Includes:

- A presentation with discussion and hands-on activities
- Brief post-workshop survey to support program evaluation and delivery

Teacher testimonial

"Spectacularly helpful, age-appropriate and relevant — taught students important skills to help them navigate the classroom and life."

Participant testimonial

"I learned how to make and maintain a healthy relationship, how to look out for red flags and green flags, and how to make stronger connections and relationships."

Grade 9 Teacher testimonial

"We followed up by having students look at community resources — many students chose YW to research. We used concepts discussed in the program, like power dynamics in a relationship, when discussing Social Studies concepts."

Ready to bring HERE for Youth to your school?
Reach out today: 403.206.2767 - healthyrelationships@ywcalgary.ca