



HEALTHY RELATIONSHIPS PROGRAM

Program Overview

Background

The Healthy Relationships Program was developed by the Southern Grampians & Glenelg Primary Care Partnership (PCP) in 2008 and was piloted at Balmoral High School and Baimbridge College, Hamilton in 2008.

The Pilot was funded by a School Focused Youth Service grant.

In 2009 the PCP was successful in getting another School Focused Youth Service grant and has extended the program to two more Southern Grampians schools – Monivae College and Good Shepherd College.

Co-Facilitation Model

Two community health workers (one male, one female) from Western District Health Service are contracted by the PCP to deliver the program in conjunction with the Health Ed teacher at each school.

All facilitators attended a one day training day and have a Program Resource Kit. Non-teaching staff including a School Nurse, Welfare Coordinator and School Counsellor from the schools have also attended the training.

Structure & Content

The Program runs for 5 weeks and comprises 5 double periods within the Year 9 Health & Human Development subject.

The program content includes:

Week 1 Getting Started

- Group norms/ ground rules
- Disclosures discouraged, availability of support reinforced each week
- Discussion on why to learn about healthy relationships
- A pre-program quiz/ student demographics (anonymous)
- Concepts of gender and stereotypes and expectations, and how they impact on how we view others

Week 2 Gender and Stereotypes (cont'd) & Healthy Relationships

- Media analysis and discuss how media can perpetuate or challenge gender stereotypes
- Explore values around relationships, discuss characteristics of healthy and unhealthy relationships, rights and responsibilities in relationships

Week 3 Power & Control/ Family Violence

- Concept of power and how it can be used in negative ways

- What is domestic/ family violence and different types of abuse
- Common myths about family violence, why not easy to leave
- Criminal offences, action that can be taken, legal scenarios
- Introduce Question Box – invite anonymous questions to be posted, answered at next session

Week 4 Assertiveness & Communication

- Communication styles (assertive, aggressive, passive)
- Part of session conducted by Centre Against Sexual Assault
- Sexual assault continuum (different levels of assault)
- Family violence and sexual assault statistics & discussion
- Laws about sex, age of consent
- Reporting of sexual assault, different options
- Negotiating consent to sexual activity, rights and responsibilities

Week 5 Support

- Self protection strategies
- Seeking support, services available, websites
- Supporting a friend, involving adults
- Overcoming barriers to seeking help
- Post program quiz and feedback

Evaluation

An evaluation is undertaken at the completion of the program. The evaluation includes feedback from students, staff and others involved. It includes a pre and post survey of students, a focus group of students and interviews with teachers and other staff involved. The evaluation of the pilot in 2008 showed an increase in knowledge of the issues and services available by students and a positive response by teachers and schools staff. On that basis, PCP secured a second grant to continue and extend the program in 2009.

Continuation/ extension of the program is reliant on additional resources being available. PCP is seeking funds to enable programs to continue in 2010.