

The Building Healthy Relationships Project

**Presented by Léa Gareau
& Ceara McIntyre**

A bit about us!



Léa Gareau (they/she)



Ceara McIntyre (she/her)

About Planned Parenthood Ottawa

Planned Parenthood Ottawa (PPO) is a small non-profit that provides free and anonymous pregnancy options and sexual health **education, counselling and support.**

PPO has been teaching on relationships & sex ed in the Ottawa area for over 30 years!

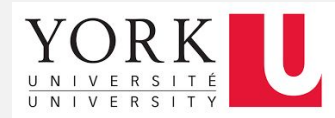


What is the project?

Creating a **school-based curriculum** to prevent teen dating violence (TDV). Originally, we sought to research the effectiveness of our curriculum but our research goals shifted!

Now our research focuses on the **experience of teaching relationship content/sex education**, particularly during the pandemic and through different modalities (i.e hybrid, online and in-person).

We've been **interviewing teachers** who receive our workshops for the last year and a half.



What is our curriculum?

Our curriculum focuses on **building skills** with youth to build safer & more satisfying relationships.

The topics we cover include:

- Identifying **values & boundaries**
- **Communication** skills & navigating **conflict**
- Emotional **de-escalation**
- **Gender & power's** influence on relationships
- Repairing harm (**accountability**)



Over the last 5 years we've learned...

From our **research**,

- Youth wanting avenues to talk about **accountability** in their relationships
- Teachers **want external partners** to come in and discuss relationships/sex ed

From our **project**,

- There is **no 'one size fits all'** idea of healthy relationships
- **Preventing violence is so much more than education**; violence prevention begins at every corner of young people's lives

What's next for us?

A colorful illustration on the left side of the slide. It features a hummingbird with a green body and pink breast on the left. In the center is a large white flower with a yellow center and green leaves. At the bottom are two pink flowers. Three bees are scattered throughout the scene: one at the top, one on the left, and one at the bottom.

Continue **delivering workshops & interviewing teachers**

Finalizing curriculum

Make the **curriculum available** to all educators or service providers who are interested

Write (& hopefully publish!) two **research papers**

Promoting our curriculum and research

The Project Timeline

We are here

Year 1

- Strategic Planning
- Looking into academic research
- Build Community Connections

Year 2

- Online Focus Groups with Youth
- Pilot Curriculum with 4 classes

Year 3

- First version of curriculum complete
- Online youth Coalition
- Got Ethics approval for research

Year 4

- Continue teaching curriculum and gather informal feedback from students
- Interview teachers

Year 5

- Write and publish 2 research papers
- Finalize Curriculum
- Make all materials available

Thank you!

Contact us for more
information at:

relationships@ppottawa.ca

