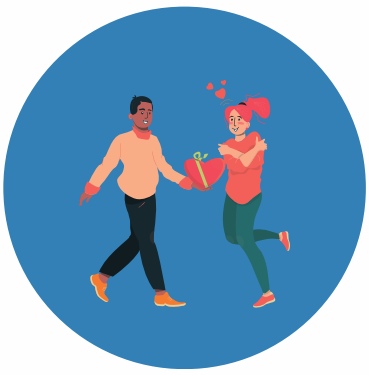
Community of Practice (CoP) Project Spotlight

Celebrating CoP Intervention Projects

Project: Be the Program

Organization: Students Commission of Canada

About the Program



Be the Program is a national program for youth about healthy relationships and preventing dating violence.

The program encourages peer discussions on recognizing red flags and fostering healthy relationships.

The program empowers peers to make informed decisions about their own relationships, promoting critical thinking and self-determination.

Program Delivery Learnings

For successful adaptation of in-person modules to an online format, sessions were shortened and online tools were used.

When moving the program to an online format, it became apparent how important it was to talk with youth about healthy online relationships.

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Program Evaluation Findings

Delivered over 5 years

1,700 youth

8-15 sites/yr

Youth appreciated the opportunity to openly explore emotions and relationship dynamics in a way not typically done in traditional school programs.

Youth learned to identify red and green flags in relationships and discuss meaningful relationships with their peers.

Having youth lead the sessions boosted engagement and improved learning outcomes.

Open discussions about diverse relationships promoted understanding of diverse relationship experiences.

Impact of the CoP

The CoP provided brainstorming opportunities on how to work effectively with schools and how to overcome barriers to engagement.

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