CANADIAN RED CROSS MISSION

To improve the lives of vulnerable people by mobilizing the power of humanity in Canada and around the world

Humanity. Impartiality. Neutrality. Independence.
Voluntary Service. Unity. Universality.

RED CROSS RESPECT EDUCATION

Equipping Social First Responders in Schools and Communities

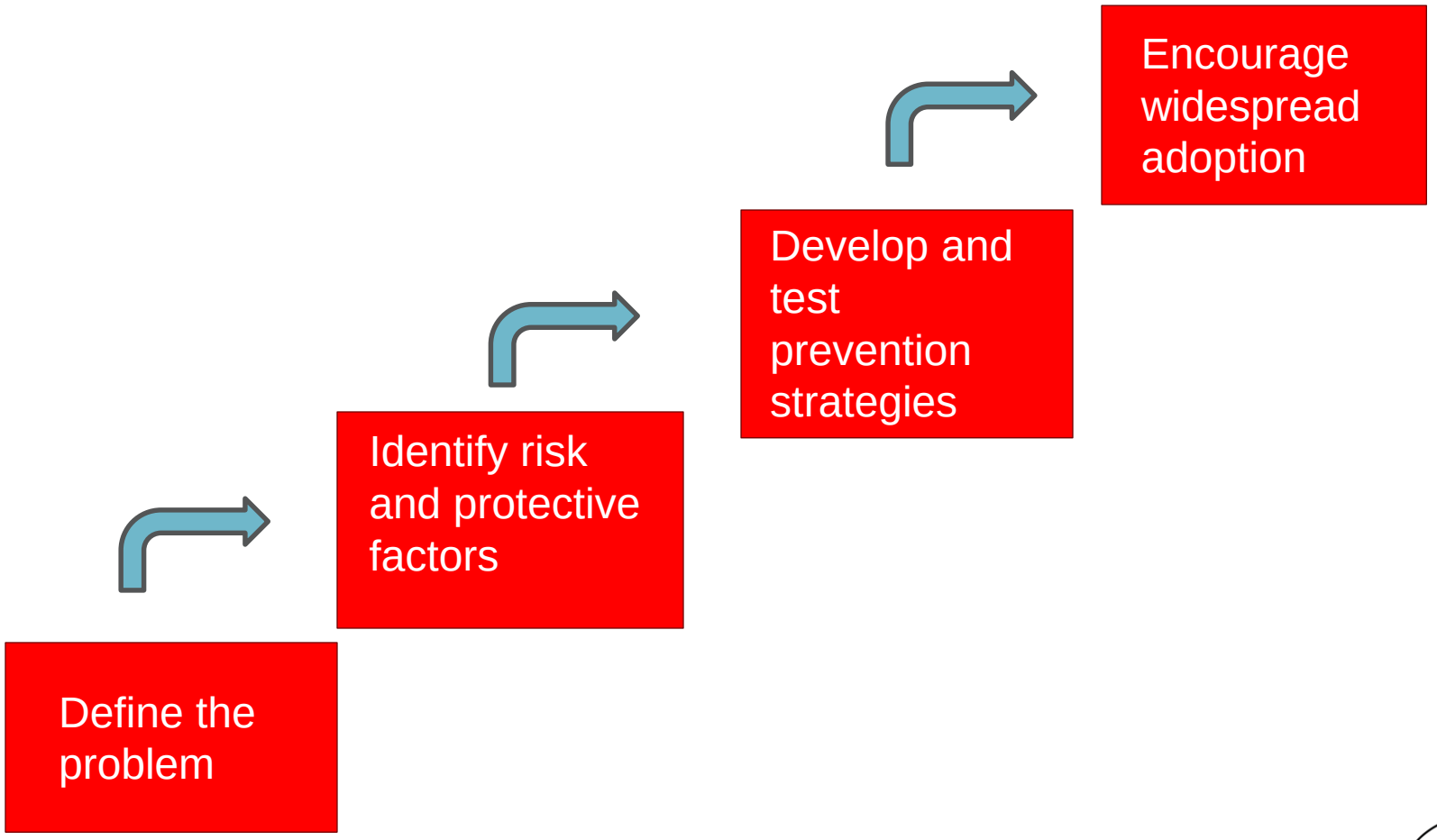
Respect EDUCATION

Create safe environments, promote respect and prevent violence.

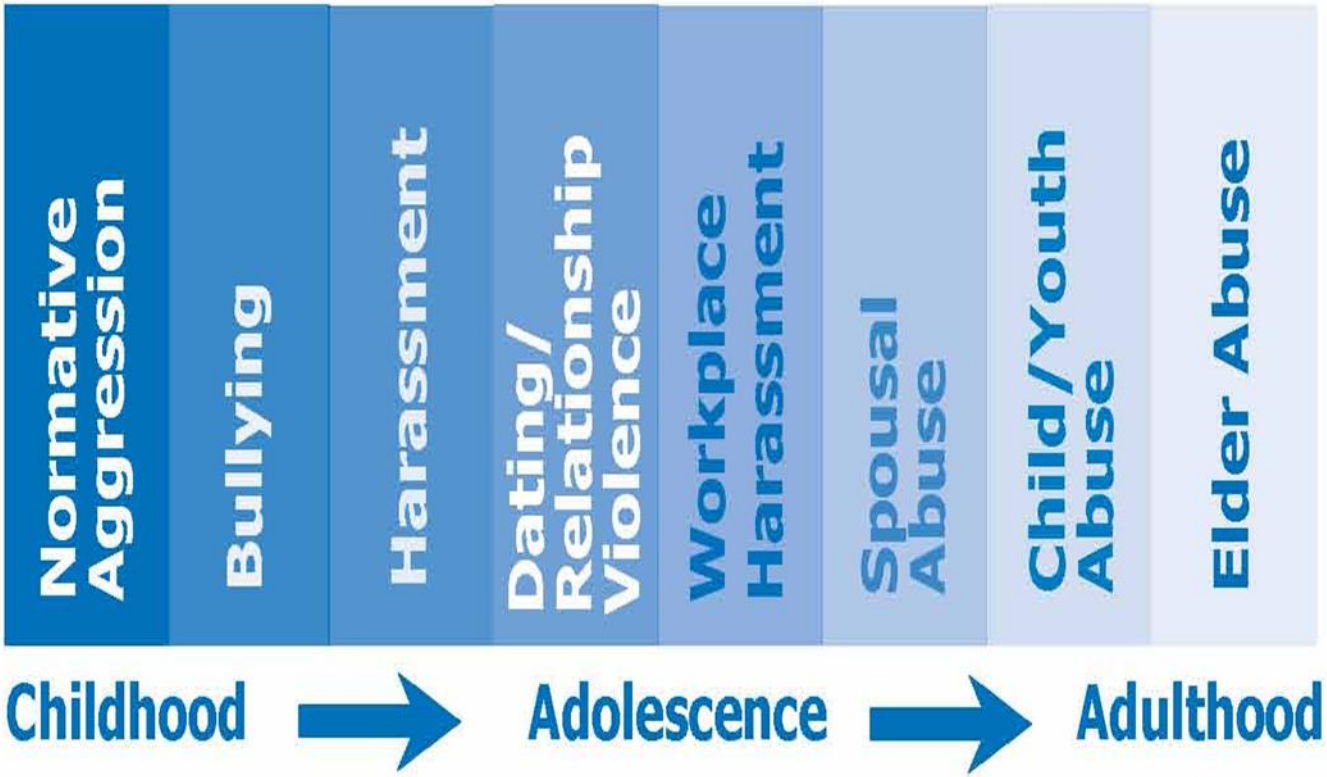
*Reached over **7.5 million** children, youth and adults across Canada.*

CANADIAN RED CROSS
CROIX-ROUGE CANADIENNE

Respect EDUCATION:
A PUBLIC HEALTH APPROACH



CONTINUUM OF VIOLENCE



2 FLAGSHIP PROGRAMS for CHILDREN & YOUTH:

Bullying Prevention
Healthy Youth Relationships

CANADIAN RED CROSS
CROIX-ROUGE CANADIENNE

Beyond the Hurt

BULLYING PREVENTION

(Newly Revised!)

Youth Facilitators in Grades 9 to 12 deliver workshops to students in Grades 5+ using a peer-to-peer model.

The training materials are divided by grade: Grades 5/6, Grades 7/8, and Grades 9/10

- ✓ Healthy Relationships and Schools
- ✓ Understanding types of communication and conflict
- ✓ Human Rights and Safety
- ✓ Bullying and harassment
- ✓ Teasing vs. Bullying
- ✓ Diversity
- ✓ Interpersonal power dynamics
- ✓ Intervention and prevention
- ✓ Building healthy youth relationships

CANADIAN RED CROSS
CROIX-ROUGE CANADIENNE

BULLYING

- How many children in BC (Grades 4 to 7) are bullied or bully others? **More than 1/3**
- Bullying is most common in…

  Grade 6

Even 40 years later…

- Higher levels of depression and anxiety.
- 2x as likely to commit suicide.
- Lower levels of education and income.
- Higher levels of unemployment.
- Less likely to have a spouse or partner.
- Criminal offending.

Red Cross Award Winning Youth Facilitator Model

YOUTH FACILITATORS AS SOCIAL FIRST RESPONDERS

- Role models to peers, esp younger peers
- Powerful role in creating atmosphere of calm and resiliency
- Helpful in post crisis situations

In the past 3 years…

- **Respect Education has trained over 1,400 Youth Facilitators in BC!**
- **Youth Facilitators have delivered *Beyond the Hurt* workshops to over 40,000 BC children and youth!**

HEALTHY YOUTH RELATIONSHIPS

ERAC-certified, meeting BC curriculum competencies for *social and community health* and *mental well-being*.

- ✓Healthy Relationships
- ✓Personal boundaries
- ✓Gender identity and sexual orientation
- ✓Communication and Conflict Resolution
- ✓Dating violence: physical, emotional and sexual
- ✓Consent
- ✓Sexting
- ✓Personal Safety Plan

HEALTHY RELATIONSHIPS

- Respect
- Trust
- Communication
- Conflict Resolution
- Fun!

HEALTHY RELATIONSHIPS

- Respect
- Trust
- Communication
- Conflict Resolution
- Fun!

IMPACTS

- Bullying & unhealthy relationships can have serious consequences for **everyone** involved—sometimes the **hurt** can be **long-lasting.**
- Understanding the **impacts** and how others feel can **motivate** us to **intervene** with issues of violence and abuse.

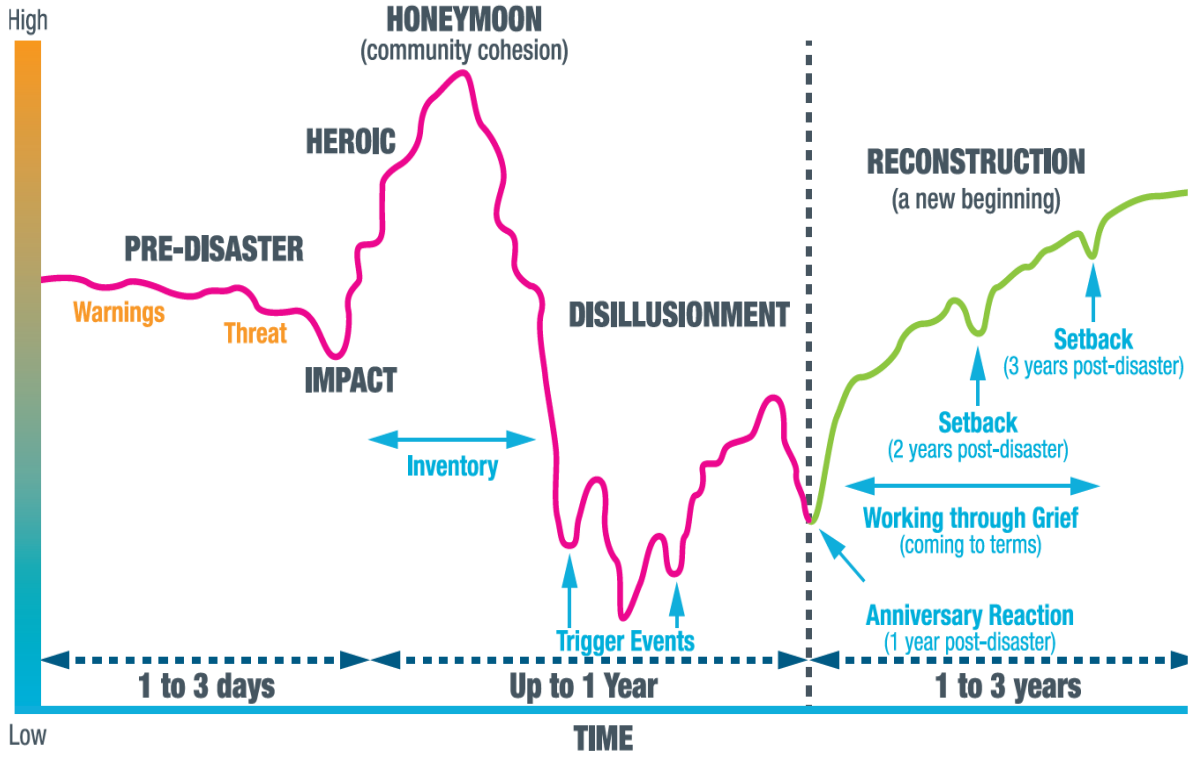
CRC emerging role in **Recovery & Social Emergencies**

- Psychological and emotional support through first three tiers of Mental Health & Psychosocial Support Triangle
- CRC's role in helping communities meet mental health & wellness needs
- Youth: a core focus as we move forward

THE DISASTERS: BC

- Earthquakes
- Tsunamis
- Floods
- Landslides
- Avalanches
- Severe weather
- Power outages
- Hazard spills
- Wildfires
- Disease outbreaks

Phases of Disasters: Collective Reactions

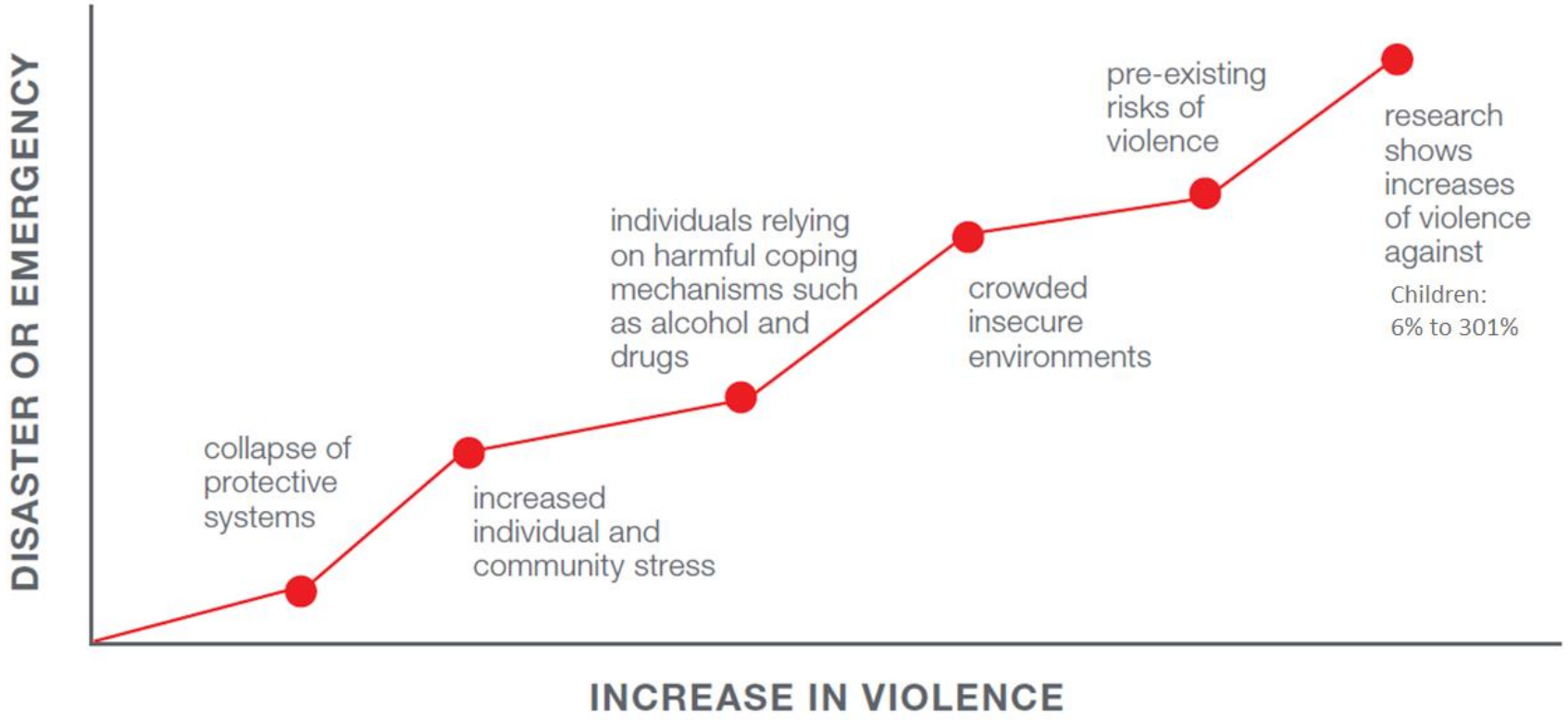


VULNERABILITY OF CHILDREN

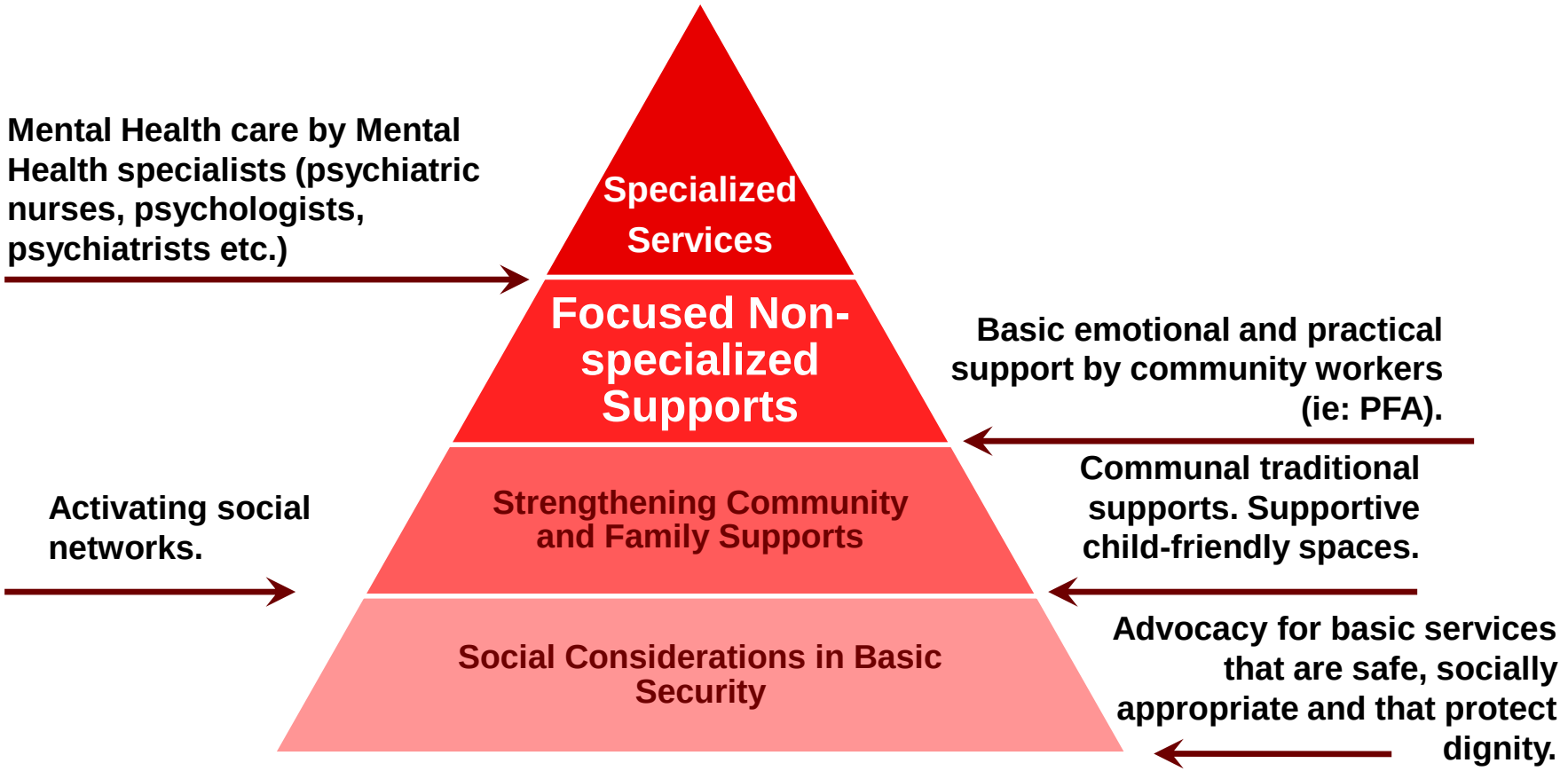
Psychologically	• PTSD • Depression • Acute stress, panic disorder
Physically	• Injury, death • Illness • Abuse
Educationally	• Disruption • Delays

WHY VIOLENCE INCREASES

The risk of violence in emergencies increases due to a combination of shocks at the individual, family, community and societal levels. The main drivers include:[3-4]



MULTILAYERED SUPPORTS (IASC)



Brand New CRC Course Offering:

Psychological First Aid

PSYCHOLOGICAL FIRST AID IS …

LOOK

LISTEN

LINK

CANADIAN RED CROSS
CROIX-ROUGE CANADIENNE

CURRENT TREND:

INCREASED DEMAND FOR RESILIENCY SUPPORTS IN COMMUNITIES VIA SCHOOLS, ESPECIALLY POST DISASTER

- Increased burnout of teachers, support workers, and parents as a result of ongoing societal triggers such as social emergencies and disasters (ie: BC Wildfires)
- Emerging research supporting the need for mental health literacy supports in schools.
- Larger systemic and societal shifts, such as the **#MeToo** movement, and the increased attention given to the inclusion of **SOGI** and **Social-Emotional Learning** in schools.

THANK YOU!

QUESTIONS OR COMMENTS ?