



Promoting Healthy Dating Relationships

OnLine Learning

Healthy Dating Relationship Program

Who

Adults working with youth ages 12 and older.

The program

Promoting Healthy Dating Relationships (PHDR) explores healthy and unhealthy peer romantic relationships, focusing on awareness, communication and prevention strategies.

Promoting Healthy Dating Relationships Online Workshop:

The *Promoting Healthy Dating Relationships* online workshop explores the dynamics of healthy relationships, the warning signs of unhealthy relationships, forms of assault and ecological framework for relationship violence. Prevention and intervention strategies are also shared as well as current law and the ramifications of relationship violence. This interactive on-line workshop is approximately four hours.

Promoting Healthy Dating Relationships Online Courses:

In the *Promoting Healthy Dating Relationships* online program, learners gain an understanding of healthy and unhealthy relationships, and prevention and intervention measures. The etiology, incidence and prevalence, indicators and effects of violence in youth relationships are covered. Adolescent development, cultural differences and risk factors are examined. Online resources include a variety of learning activities and video vignettes.

The online program includes 12 courses and takes an average of 36 hours to complete. Participants have access to the online learning centre for a period of about 11 weeks and can progress at their own pace, provided they complete weekly assignments. Participants also receive a reference manual as part of their program and a certificate upon completion.

For more information on *Promoting Healthy Dating Relationships*, visit www.redcross.ca or call the Manitoba RespectED Education Coordinator, Rebecca Ulrich, at (204) 982-7319.



RespectED: Violence & Abuse Prevention

www.redcross.ca/RespectED