

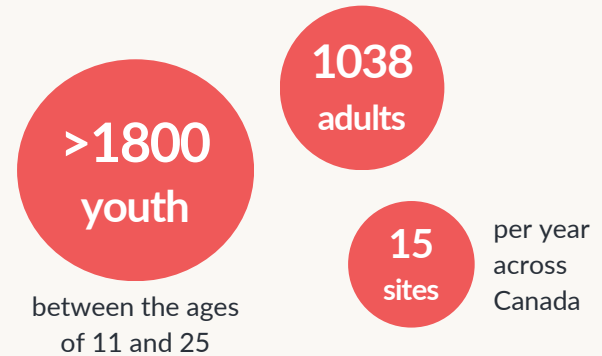


BE THE PROGRAM

5-Year Research Findings

The Project (2018-2023)

Be the Program strives to prevent teen dating violence by empowering youth and the adults who support them. Through training in motivational interviewing and influencing, youth promote healthy dating behaviours through implicit and explicit sharing of their learning with peers, fostering broader and lasting change.



Outcomes



69% indicated an increase in knowledge



66% indicated an increase in skills



65% practiced apologizing, being tolerable, and not criticizing

Overall, youth pointed to the application of their learning to **relationships**.

Key Learnings

- Results indicate that supporting youth to build **critical thinking and leadership skills** can have far-reaching positive outcomes, including on relationship health
- Relationship health improves when youth feel **safe**, directly affirming SCC's approach to building safer spaces with youth participants
- Facilitators noticed an improvement **over time** in youths' ability to deploy critical analysis

"I've been able to talk to my friends and bring some things to light that they didn't see in their relationships; things that were not good."

"I was able to uphold my boundaries; I was able to talk to someone about their negative behaviour's effect on me."

YOUTH LEARNED ABOUT:

- Active listening
- Identifying misinformation
- Distinguishing myths from opinions
- Gender norms

Individual Outcomes	Social Outcomes
<ul style="list-style-type: none">• Increased knowledge and skills• Increased confidence/self-esteem	<ul style="list-style-type: none">• Influencer behaviours• Improved relationships• Changed behaviours

For more information on how to bring the Be the Program curriculum into your space, visit [Be the Program](#).

