



## STRUCTURE

- Ages 11-25
- Small weekly groups
- Length is 1.5-2 hours
- Individual and group activities
- One on ones available

## WHAT'S IN IT FOR ME?

- Community service hours
- Support, referrals, and mentorship
- Free snacks and refreshments
- Fun and engaging atmosphere

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## TOPICS

- Identifying stress
- Choosing friendships & relationships
- Influences on relationships
- Impact of substance use
- Media influences
- Healthy vs. unhealthy relationships
- Early warning signs of dating violence
- Values & boundaries
- Rights & responsibilities
- Effective communication skills
- Negotiation skills for effective relationships
- Emotional health & well being

## WHAT'S ALL THE HYPE ABOUT?

The Healthy Youth Preventative Education (HYPE) Program is an evidence-based program that targets the prevention of risk behaviours through the promotion of positive, healthy relationships.

The program will help youth enhance their social and emotional competencies in order to make safe choices and avoid risky behaviours.

The message that behaviour is a choice and, therefore, we are all responsible for our own behaviour is one that is critically examined by program participants.

