

Youth Empowerment Solutions for Healthy Relationships

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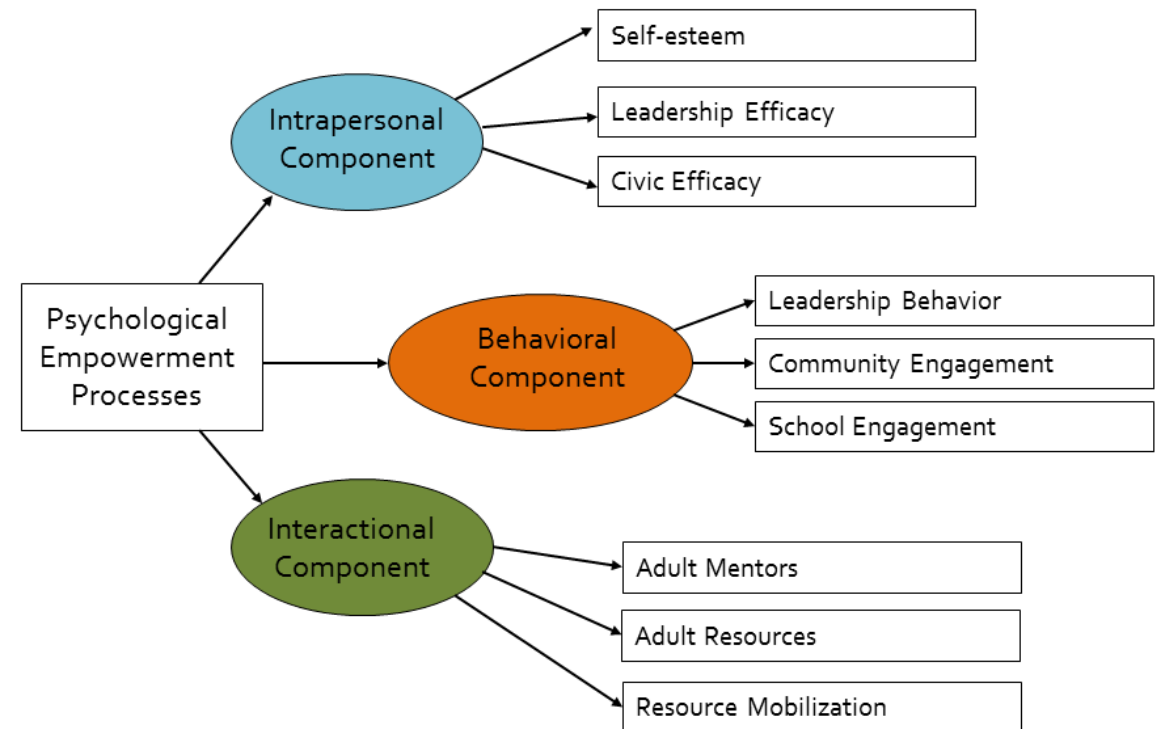
<http://yes.sph.umich.edu/programs/yes-healthy-relationships/>



Program Mission

- Youth Empowerment Solutions for Healthy Relationships (YES-HR) is an evidence-based, violence prevention curriculum that can be implemented in school and community settings.
- The primary goal of YES-HR is to influence community-level change through youth empowerment and positive youth development.
- The program is based on the YES Empowerment Model, which focuses on intrapersonal, behavioral, and interactional components:

Components of Psychological Empowerment (Updated 2015)



Program Activities

- The YES-HR curriculum is comprised of six units.
- Each unit includes several sessions, each with a clear outline of the session purpose, objectives, agenda, checklist of materials, supplemental resources, and planning notes for staff.
- The curriculum culminates in youth-led projects to help students:
 - Identify issues important to them,
 - Develop strategies to make change,
 - Use communication skills to work in groups to implement community improvement projects,
 - Develop budgets and timelines,
 - Use problem solving skills to plan projects, and
 - Build relationships with adults and mentors in their community.

YES-HR Curriculum

Unit Name	Example Session Activities
Unit 1: Building Health Relationships	Establish group agreements, explore personal values and diversity, discuss personal boundaries, define and practice consent
Unit 2: Learning About Our School Environment	Assess school climate through Photovoice, identify community leaders, learn bystander intervention strategies
Unit 3: Improving Our School Community	Explore approaches to community change, brainstorm potential projects, discuss leadership and power sharing
Unit 4: Planning for Change	Develop a project proposal, create a project pitch and budget, develop a project timeline
Unit 5: Community and Team Building	Strengthen teamwork skills, include adults in the project, plan project showcase to share project with the community
Unit 6: Action and Reflection	Complete final projects, reflect on projects, celebrate accomplishments and present projects to the community

Program Outcomes

- The curriculum is available for use in a variety of settings.
- Although originally designed to be integrated into the Social Studies curriculum in 8th grade, adaptations have been developed to teach as an elective course or in community settings (after school and summer programs).
- Curriculum guides are available online without charge. Training and technical assistance is offered, if desired.
- Adaptation and evaluation guides are available to assist in program planning and assessment.