

## WHAT IS THE FOURTH R?



*The Fourth R is a comprehensive school-based program designed to include students, teachers, parents, and the community in reducing violence and many of today's risk behaviors.*

*The Fourth R (R = Relationships) focuses on healthy relationships and decision-making relevant to adolescents. It was developed in Canada by the Centre for Addiction and Mental Health, Centre for Prevention Science.*

The core program is based on 21-lessons in three units designed to be implemented in Health and Physical Education in grades 7-9. Important topics include bullying, personal relationships, peer and dating violence, substance use and high-risk behaviors.

Curriculum kits include teacher friendly lessons, including objectives, learning expectations, teaching and learning activities and rubrics within a variety of materials, including a binder, DVDs, CDs, and laminates. Additional resources are also available such as the Youth Relationships Program (YRP)-After School Program and the Peer Mentoring Program.

### **THE FOURTH R:**

- Emphasizes skill development through role plays and practice:
  - Negotiation Skills, Delay Skills, and Yielding to Peer Pressure
- Promotes healthy relationships and draws the links among relationships and risk behaviors
- Provides whole-class, small group, and dyadic discussion opportunities to process the issues with peers and the teacher, as well as opportunities to examine individual values, beliefs, boundaries and limits.

### **IS THE FOURTH R EFFECTIVE?**

The Fourth R is an evidence-based curriculum that has been found to result in:

- Reductions in physical dating violence 2.5 years later among boys.
- Significantly fewer violent acts toward peers among youth with histories of maltreatment at the end of the first year of the program.
- Significant gains in knowledge and awareness of dating violence, substance use and more.
- Students using more negotiation skills and fewer yielding responses during analog pressure situations with peer actors at post test.

### **HOW DOES THE FOURTH R ALIGN WITH STATE AND FEDERAL GUIDELINES?**

- The Fourth R provides lessons that meet the requirements of the Skills for a Healthy Life document developed by the State of Alaska Department of Education & Early Development
  - <http://www.eed.state.ak.us/tls/frameworks/health/1table.htm>
- The Fourth R aligns with the performance indicators of all eight of the U.S. National Health Education Standards for grades 9-12.
  - <http://www.cdc.gov/healthyyouth/SHER/standards/index.htm>
- The Fourth R is an evaluated program and is listed on SAMHSA's National Registry of Evidence-based Programs and Practices among others.
  - <http://www.nrepp.samhsa.gov/>

## HOW DOES THE FOURTH R WORK WITHIN ALASKA?

The Fourth R has been adapted for use in Alaska, the most recent of which includes the Fourth R Alaska Grade 9 version which is an Alaskan-relevant curriculum containing 21 lessons. To-date 53 schools have received Fourth R curricula materials, with over 100 school staff and 84 community partners throughout Alaska have been trained to teach the Alaska Fourth R Healthy Relationship Program for grades 7-9 in their schools. In addition, two Alaska-based Master Trainers have been certified. It is **not** recommended to teach the Fourth R without being trained. The Department of Education & Early Development coordinates with the Department of Health and Social Services to provide curriculum training.

## RESOURCES

- Department of Education & Early Development: <http://education.alaska.gov/tls/schoolhealth/fourth.html>
- Department of Health and Social Services / Adolescent Health Program: <http://dhss.alaska.gov/dph/wcfh/Pages/adolescent/default.aspx>
- Council on Domestic Violence and Sexual Assault: <http://dps.alaska.gov/Cdvsa/>
- Strategies for Healthy Youth Relationships, Featuring the Fourth R: <http://youthrelationships.org/index.html>
- Alaska Network on Domestic Violence and Sexual Assault: <http://www.andvsa.org/>
- Alaska Family Violence Prevention Project: <http://www.hss.state.ak.us/dph/chronic/AKFVPP/>
- Governor's Choose Respect: <http://gov.alaska.gov/parnell/priorities/choose-respect.html>
- Stand Up Speak Up Alaska : [www.standupspeakupalaska.org](http://www.standupspeakupalaska.org)

*The Fourth R in Alaska is a partnership between the Alaska Network on Domestic Violence and Sexual Assault, the Council on Domestic Violence and Sexual Assault, CAMH, State of Alaska Department of Education and Early Development and the State of Alaska Department of Health and Social Services.*

For more information on the Fourth R in Alaska contact [Patricia.Owen@alaska.gov](mailto:Patricia.Owen@alaska.gov) at 465-2939 or [Lexi.Prunella@alaska.gov](mailto:Lexi.Prunella@alaska.gov) at 269-4921.