



Healthy Relationships Program *for 2SLGBTQIA+ Youth*

WHAT IS HRP FOR 2SLGBTQIA+ YOUTH?

The Healthy Relationships Program (HRP) for Two-Spirit, Lesbian, Gay, Bisexual, Trans, Queer, Intersex, and Asexual + (2SLGBTQIA+) Youth is a small groups positive mental health promotion program for gender, sexual, and romantic minority youth.

This program includes 17 sessions, each lasting 45 minutes. It may be delivered in Gender and Sexuality Alliances (GSA) or 2SLGBTQIA+ youth group settings.

The HRP for 2SLGBTQIA+ Youth helps build resiliency and promote wellbeing among 2SLGBTQIA+ youth. It affirms, validates, and celebrates sexual and gender diversity, cultivates a caring and supportive community, and helps 2SLGBTQIA+ youth develop skills and strategies that promote healthy relationships.

This trauma-informed, strengths-focused program explores stressors unique to 2SLGBTQIA+ youth, including identity and expression invalidation, stigma, prejudice and discrimination, internalized oppression, coming out, safety, and microaggressions.

WHY HRP FOR 2SLGBTQIA+ YOUTH?

Promotes healthy coping strategies

Builds a caring and supportive community for 2SLGBTQIA+ youth

Validates and affirms 2SLGBTQIA+ identities and expressions



Utilizes a harm reduction approach

Provides skills for managing prejudice and discrimination

Explores coming out and safety planning

Encourages student-led dialogue



- Youth-Centered • Mental Health Promotion & Awareness • Skills Practice • Promotes Positive, Healthy Relationships •



THEFOURTHR@UWO.CA



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519-858-5154