



The Quebec  
**Youths' Romantic Relationships**  
 Survey Knowledge Transfer Campaign



*Youths' Romantic Relationships*

LOVE WITHOUT  
 VIOLENCE:  
 I LIKE IT!

**AWARENESS TOOLS**  
 for youth in the 2<sup>nd</sup> cycle  
 of high school

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First edition, August 2015.



## **A word from Martine Hébert, principal investigator**

On behalf of the whole team, it is with pleasure that we present the awareness tools of the Youths' Romantic Relationships Survey Knowledge Transfer Campaign. These tools aim to raise awareness among 2<sup>nd</sup> cycle high school youths regarding romantic relationships, sexual activities and violence in romantic relationships by transferring recent findings from our study.

Knowledge transfer is of fundamental importance for our team which is why we developed tools that can contribute to breaking down myths frequently conveyed during adolescence and to promote positive aspects of romantic relationships. Since we know youths want to better understand challenges related to this area, we believe that these awareness tools will meet the needs of the students in your school.

If you wish to obtain more information on the results of the YRR Survey, we invite you to read the Flash PAJ bulletins for professionals in the field of education and social work. These bulletins are published periodically on our website: [www.paj.uqam.ca](http://www.paj.uqam.ca).

We thank you for taking part in the YRR Survey Knowledge Transfer Campaign. All that is left to do is to bring these tools to life in your school. We wish you a good YRR Campaign!

## **What is the Youths' Romantic Relationships Survey?**

The Youths' Romantic Relationship (YRR) Survey aims to document the prevalence of dating violence and the associated risk and resilience factors. This longitudinal study was conducted between 2011 and 2014 among 8194 youths in the 2<sup>nd</sup> cycle of high school between the ages 14-18 years from 34 francophone and anglophone schools in the province of Quebec. The study is led by Martine Hébert, Ph.D., and funded by the Canadian Institutes for Health Research (CIHR #103944).

## **What is the Youths' Romantic Relationships Campaign?**

The YRR Campaign is an opportunity for schools that participated in the YRR Survey to collaborate again with the YRR Team by making the results of the research known to youths while pursuing the objective of raising awareness. During the fall 2015, schools are invited to participate to the YRR Campaign and to register in a contest for the chance to participate in the Exchange and Reflection Day that will be held in Montreal in December 2015.

## **What are the developed awareness tools?**

The research findings are presented by means of 10 tools in the form of activities, posters and thematic fact-sheets. The tools are available in both French and English and can be downloaded from the website: [www.paj.uqam.ca](http://www.paj.uqam.ca).

## Two guides for implementing activities involving youths' participation

**Activity 1, "Seven Words and a Picture to Promote Healthy Romantic Relationships":** This activity allows youths to reflect on what should be promoted in romantic relationships and to share this reflection with others.

**Activity 2, "Survey in your school: Test your knowledge!":** This activity allows youths to acquire knowledge on romantic relationships, sexual activities between youths and dating violence.

## Four posters presenting a key finding

**Poster 1, "True or False":** This poster presents the proportion of youths in the 2<sup>nd</sup> cycle of high school who have already been in a romantic relationship.

**Poster 2, "True or False":** This poster presents the proportion of youths in couples who have already had sexual intercourse.

**Poster 3, "True or False":** This poster presents the prevalence of dating violence experienced in youths' couples (psychological, physical and sexual violence).

**Poster 4, "True or False":** This poster presents the proportion of youths who witnessed interparental physical violence and who have inflicted such violence on their partner.

## Four thematic fact-sheets presenting more than 20 research findings

**Fact-sheet number 1, "Romantic relationships":** This fact-sheet presents research findings that make youth aware of the various pathways that romantic relationships can take during adolescence.

**Fact-sheet number 2, "Sexual activities between youths":** This fact-sheet presents research findings that show ways in which youths live their sexuality.

**Fact-sheet number 3, "Dating violence":** This fact-sheet presents research findings that draw awareness to the presence of different types of violence in youths' romantic relationships, i.e. psychological, physical and sexual violence.

**Fact-sheet number 4, "Vulnerability, support, and resilience":** This fact-sheet presents research findings on factors associated to vulnerability as well as factors that promote resilience which can help youth to cope with dating violence.

## How were these tools designed?

A team of university researchers developed these tools following a data analysis of the YRR Survey results. During the past year, several other people have participated in the development of these tools, such as a group of young volunteers and an advisory committee composed of partners from various backgrounds. All our tools were validated beforehand by these contributors.

## How to use these tools?

The use of these tools has the advantage of being flexible and can be adapted to the needs of your environment. Here are some tips and suggestions:

### **Animate an activity with youths in your school**

One or two activities can be carried out with youths from your school. Some results from the YRR Survey presented during the activities also appear in the fact-sheets and posters. For this reason, if you want to implement all the tools offered in the YRR Campaign, it is recommended to start with the animation of the activities.

### **Display one or several posters**

You can choose to install one or all of the four posters. You can choose to install one per week or to install them all at once. However, if you decide to animate an activity in your school, we advise you to put up the posters after the activity has taken place. A YRR Campaign promotional poster is also available and can be displayed before implementing the activity.

### **Distribute one or several thematic fact-sheets**

If you wish to invite youths to further learn about one or more of the themes discussed in the activities, our fact-sheets are the ideal tools to do so. You can choose to display them next to the posters to make them accessible. You can also decide to distribute them without hosting an activity or displaying posters. The fact-sheets can also be replicated in a larger format in order to use them as posters.

## Why use these tools?

- ✓ Because they are easy to use, require no prior training and little preparation time.
- ✓ Because some or all of the tools can be used, depending on your school's needs.
- ✓ Because these tools reflect the realities of youth in Quebec.
- ✓ Because, if you have identified sex education needs in your school related to any of the themes mentioned, these tools can help you achieve your objectives since they were specifically developed for implementing awareness-raising actions among youth.

## How to get online support?

During the fall of 2015, you can receive support from the YRR Team by contacting us at the following email address: [paj@uqam.ca](mailto:paj@uqam.ca). After that period, we will always be available to answer your questions or to receive any comments about the tools and their implementation.