

Young Men's Group

Group Description

The Young Men's Group (YMG) is focused on the prevention of violence through the **promotion of positive, healthy relationships**. In small groups, trained male facilitators work to create safe spaces for young men to discuss issues such as bullying, dating violence, peer violence, and group violence.

This group has been adapted from "The Fourth R: Healthy Relationships Plus Program," an evidence-based program designed to increase young men's relationship-building capacity, address risk behaviour, and encourage healthier decisions.

Group Objectives

1. Increase the **emotional and physical well-being** of participants
2. Provide participants a **safe space to talk** with positive male mentors
3. Create **healthier, safer communities**

Group Overview

Topics	Goal
<i>Coping with stress</i>	Identify stressors in our lives and discuss healthy coping mechanisms
<i>Media literacy</i>	Unpack the impact of media on young men's sense of self and others
<i>Active listening</i>	Connect active listening with healthy relationships
<i>Assertive communication</i>	Connect assertive communication with healthy relationships
<i>Healthy relationships</i>	Identify the difference between healthy, unhealthy, and abusive relationships
<i>Dating violence</i>	Identify early signs of dating violence
<i>Boundaries</i>	Identify our own boundaries and the external forces that can push them
<i>Dealing with anger</i>	Unpack the root causes of our anger and identify support systems
<i>Mental health</i>	Connect good mental health with healthy relationships