

Experiential

Hands-on Learning

The *expecting respect!* program takes an experiential approach to learning, where the participating youth focus on issues that they commonly experience in their lives and communities, while exploring their own values and attitudes.

The lessons in the *expecting respect!* program include health and lifestyle information designed for youth to obtain accurate information and helpful approaches to share with their peers in active, hands-on ways.



3 Eagle Wellness Society has been hosting annual Alberta First Nations Youth Gatherings for over 10 years. These gatherings are opportunities to engage youth in discussions about drugs and alcohol and to provide prevention training they can deliver in their own home communities.

Over 2600 youth have taken the *expecting respect!* program at the Youth Gatherings, with many becoming future facilitators!

The success of the gatherings owe much to the incredible support received by Health Canada FNIHB Blood Borne Pathogens initiative.

Contact us for further information!

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*expecting
respect!*



**A Youth Peer Education
Program of Personal Discovery
and Self-Empowerment**

Unique

Youth helping youth. Youth turn to their friends when they are troubled. Often those youth do not have the knowledge or skill to effectively help their friends or to provide safe guidance and advice. The *expecting respect!* program offers youth a unique opportunity to learn factual information on numerous issues to better guide their fellow youth to make positive choices about their lives. Youth are also encouraged to support other youth in accessing resources such as the crisis line.

Trained facilitators. The facilitators complete extensive training before delivering the lessons to the youth, to ensure they themselves are self-aware and make positive connections with the information they are sharing. After the Youth Gatherings, facilitators move on to deliver the program in their own communities.



What is *expecting respect!* ?



expecting respect! is...

- Youth teaching youth
- Helping people make healthy decisions
- Respecting others
- Giving accurate information
- Giving up-to-date information
- Choosing one's own point of view
- Teaching through participation
- Learning about being a leader
- Leading in community
- Leading in school
- Helping yourself by helping others
- Exploring values and attitudes

expecting respect! explores...

- Alcohol, other Drugs & Gambling
- Tobacco & Teen Smoking
- Bullying
- Self-Awareness/Discovery
- Sexual Health
- Sexual Boundaries
- Healthy Dating Relationships
- Sexual Harassment
- Forming Healthy Relationships
- Media & Advertising
- Impact of Social Media
- Learners (Class 7) Introductory