

Fourth R Healthy Relationships Plus Program Evaluation Results

For more information: education@luminaalliance.org

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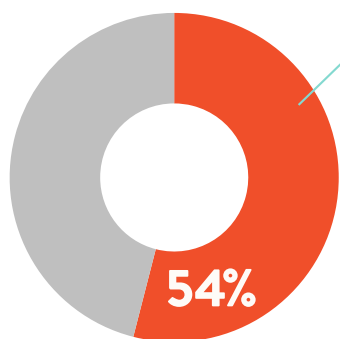


Stop violence before it starts:
The power of
prevention education
for youth

Lumina Alliance strives to build a safe, thriving, and equitable community by providing comprehensive advocacy, support and prevention services throughout the Central Coast.

The Fourth R - Healthy Relationships Plus program fosters the prevention of violence through the promotion of positive, healthy relationships. It is a proactive, competency-enhancement approach. The program is intended for youth between the ages of 12-18.

The Fourth R Healthy Relationships Plus Program Increases Skills & Knowledge



One week after the educational session, **54%** said they had used the skills they learned from Fourth R

“I have definitely improved my overall communication skills. I can now ask the right questions and know how to reset when a stressful or difficult situation presents itself.”

-Fourth R Participant

Example 1: NEGOTIATION

“A friend wanted to skip class and get lunch, but I couldn’t so I negotiated that we went to dinner instead.”

Example 2: REFUSAL

“Just last night it was my sister’s 21st birthday and they offered me a shot. I said no because I’d rather not drink.”

During the Program, Students Learn New Behaviors

How to Intervene on Behalf of Friends

“Every kid should understand these important life skills and should be allowed access to this info.”

-Fourth R Participant



88% of students said they would ‘probably or definitely do or say something’ if someone they knew was pressuring a friend to engage in sexual activity.

81% of students said they would ‘probably or definitely do or say something’ if their friend wanted to make a mean page about someone on Instagram.

Healthy and Unhealthy Behaviors

“This program lets you act out, listen, and watch how relationships can work very differently and how you can fix them, work on them, or end them.”

-Fourth R Participant

EXAMPLES OF
HEALTHY
BEHAVIORS



Partners mutually decide what to do during their time together and about sexual activity
100% correctly identified by students



Asked their partner ‘what’s wrong?’ when they noticed they seemed upset while kissing
80% correctly identified by students

EXAMPLES OF
UNHEALTHY
BEHAVIORS



Shows naked pictures of their partner to his/her friends without the other partner knowing
100% correctly identified by students



Flirted with someone else at a party to try and make their partner feel jealous
100% correctly identified by students

