



THE ALASKA FOURTH R PROGRAM

Lesson plans focused on healthy relationships.

"[The Fourth R] has taught me to know what I deserve in a relationship and about my rights to feel safe and secure. This knowledge has helped me make changes in my personal life for the better. I was able to apply what I learned, and I am happier and safer now that I have done so."

— Alaska Student

"This class has changed the way I think a lot. I now understand that there are people that go through hard times, and it is important to be understanding and to treat everyone respectfully."

— Alaska Student

The program is flexible enough to fit the student body I am working with. It is easy to follow and to use.

— Fourth R Teacher

ENDNOTES

1. The Fourth R was developed in Canada by the Centre for Addiction and Mental Health, Centre for Prevention Science. For more information, go to: www.youthrelationships.org
2. <http://www.nrepp.samhsa.gov/>
3. <https://youthrelationships.org/fourth-r-findings>
4. Collaborative for Academic, Social, and Emotional Learning: <http://www.casel.org/>
5. <https://education.alaska.gov/standards/pdf/standards.pdf>
6. <http://www.cdc.gov/healthyyouth/SHER/standards/index.htm>

FOR MORE INFORMATION ON THE FOURTH R IN ALASKA OR TO SCHEDULE A TRAINING:

Contact Ak4thr@alaska.gov — 907-269-3400.

For more information, please visit to dhs.alaska.gov/dph/wcfh/Pages/adolescent/Fourth-R.aspx

The Department of Education & Early Development coordinates with the Department of Health and Social Services to provide curriculum training for teachers interested in teaching the Fourth R.



WHAT IS THE FOURTH R PROGRAM?

The Fourth R Program (R = Relationships) and its sister program — the Healthy Relationships Plus Program (HRPP) — are comprehensive school-based health education programs designed to reduce violence and substance use and to improve



mental health and healthy relationships skills.¹ The programs are based on the premise that relationship skills are as important to learn in school as the other three R's (Reading, wRiting, and aRithmetic). The programs focus on building healthy relationships and decision-making skills through interactive teaching methods such as role play. The Fourth R and HRPP lessons provide a variety of discussion opportunities to process issues with peers and the teacher, as well as opportunities to examine individual beliefs and boundaries.

The Fourth R and HRPP curricula were developed in Canada and have been adapted for use in Alaska.¹ The programs contain between 14-28 lessons designed to be implemented by trained school teachers or counselors in 7-12th grade classes or in an after-school setting. Age-appropriate lessons focus on important subjects such as: the impact of bullying and harassment, developing skills for safe and healthy relationships, building skills to avoid pressure to use substances, and positive coping strategies.

THE FOURTH R PROGRAM IS EFFECTIVE

The Fourth R is an evidence-based program and is listed on the Substance Abuse and Mental Health Services Administration's National Registry of Evidence-based Programs and Practices among others.²

International evaluation has found the Fourth R program effective in reducing physical dating violence among boys; reducing acts of violence towards peers; increasing knowledge and awareness of dating violence, substance use, and other risky behaviors; and increasing students' use of negotiation skills.³

"The Fourth R

has completely changed the way I've taught. I really enjoy it. It's reinvigorated me. To me, this is so much more important than anything else going on in this school.... If they don't have the relationship [skills], it just really doesn't matter."

— Fourth R Teacher



"This program addresses violence prevention at a level that kids understand and can apply to their lives and communities. Any program that helps our students to have a safe and prosperous life is number one in my book."

— Fourth R Teacher

THE FOURTH R SUPPORTS LEARNING

The Fourth R and the HRPP emphasize the five basic competencies of social and emotion learning: self-awareness, self-management, social awareness, relationship skills and responsible decision-making.⁴

There is growing evidence that social and emotional learning programs—such as the Fourth R and HRPP—are associated with improved academic outcomes including: decreased absenteeism, suspensions, and behavioral problems; and increases in GPAs, standardized test scores, and commitment to school.



REDUCE

- Absenteeism
- Suspensions
- Discipline referrals
- Bullying
- Violence
- Problem behaviors



IMPROVE

- Standardized test scores
- Goal-setting
- Commitment to school
- Problem-solving
- Teacher-related academic performance
- Time-management
- Grades
- On-task learning behavior
- Grade point averages

THE FOURTH R MEETS STATE/NATIONAL STANDARDS & ALASKA SAFE CHILDREN'S ACT CRITERIA

"I love [the Fourth R], especially for a first-year teacher. It's super user friendly."
— 4th R teacher

The Fourth R and the HRPP provide lessons that meet the Skills for a Healthy Life content standards developed by the State of Alaska, Department of Education & Early Development.⁵ The programs also align with the performance indicators of the U.S. National Health Education Standards for grades 9-12.⁶ Additionally, in 2016, the Fourth R and HRPP curricula were added to the Alaska Safe Children's Act Task Force list of recommended model curricula for students.

FOURTH R TEACHERS ARE PROVIDED (AT NO COST):

- ✓ Complete curriculum kits: teacher-friendly lessons, learning objectives and expectations, and teaching/learning activities.
- ✓ A variety of teaching materials (binder, student handouts and role play DVDs).
- ✓ Curriculum training and booster sessions available both in person or online.
- ✓ Ongoing program support and technical assistance to help teachers and students succeed.
- ✓ Support and assistance from community partners.
- ✓ Opportunities to become a master trainer.

"I learned to notice if somebody is in a bad situation or if they need help. Realizing more about other people and what you can do to help them instead of just pushing it off to the side for a moment and becoming a passive bystander."
— Alaska Student

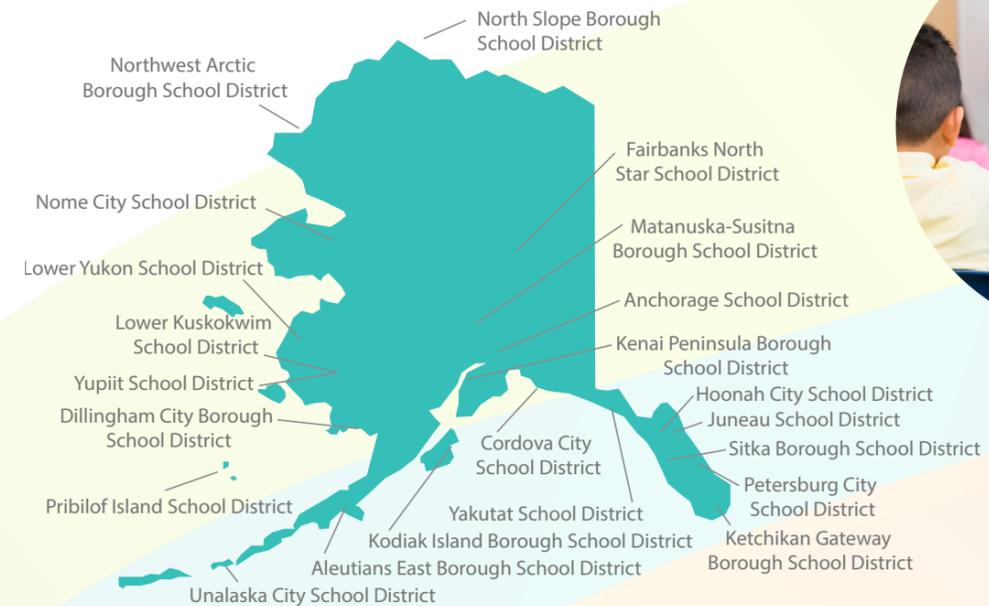


"I like the role-playing. [It] really helps you understand how to do things in real life."
— Alaska Student

THE FOURTH R PROGRAM IN ALASKA

To-date, over 100 schools in 28 districts have received curricula and over 400 staff and partners trained between 2009 and 2017.

ALASKA SCHOOL DISTRICTS TRAINED IN FOURTH R



The Fourth R was evaluated in Alaska in 9th grade health classes from 2011-2013. Findings of youth who participated in the Fourth R Alaskan evaluation show ...



IMPROVED
awareness of abusive behavior



INCREASED
positive social support among youth with high adverse childhood experiences (ACEs) scores



REDUCED
acceptance of physical aggression



REDUCED
adherence to rape myths

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