

Teen : In Real Life Information Guide

TEEN
ADO **AIRL**



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Overview

This program was created in response to an increase in referrals to our services related to incidents involving youth in Prescott-Russell. These real-life situations highlighted a critical need for stronger prevention efforts among youth at risk of becoming victims of violence, as well as those at risk of committing acts of violence or criminal offences.

Today, technology plays an increasingly important role in the lives of young people, which brings new challenges related to safety and risky behaviours. It is therefore essential to include prevention related to the use of technology in our interventions with youth.

This program provides community workers with access to a bilingual and locally adapted version of the Teen : In Real Life program, which includes a series of interactive workshops and presentation tools designed for youth aged 12 and older. Teen : IRL engages youth who may be at risk of becoming victims of violence, as well as those at risk of committing acts of violence or criminal behaviour, through immersive scenarios. It focuses on empowerment, prevention, and informed decision-making.

The program uses interactive methods, including a virtual reality game entitled “In Your Shoes,” to raise students’ awareness of risks, healthy relationships, and ways to protect themselves in various situations.



The program was developed by Victim Services of Durham Region, with whom Victim Services Prescott-Russell closely collaborated to translate and implement the program in our region.

**For more information:
victimservicesdurham.ca**

This program is made possible thanks to the financial support of our valued partners.



The Teen : IRL Program

The Teen : IRL (In Real Life) program offers a structured awareness approach designed to equip youth with the tools to navigate complex situations they may encounter in their daily lives, both online and in their social interactions. The workshops specifically aim to engage youth who may be at risk of becoming victims of violence, as well as those at risk of committing acts of violence or criminal offences, through immersive scenarios that encourage reflection, awareness, and the development of preventive skills. Topics covered include healthy relationships, peer pressure, violence, consent, and the safe use of technology.

Teen IRL consists of a series of bilingual interactive workshops that combine different complementary approaches within a trauma-informed framework. This diversity allows the program to reach a variety of learning styles while maintaining a high level of engagement among participants. By relying on realistic scenarios and immersive experiences, the program promotes experiential learning and reflection on real-life situations in a context that is inclusive of cultural and gender diversity.

Designed to encourage active participation, the program promotes discussion, analysis, and critical thinking. Youth are invited to explore different perspectives, recognize potential risks, and better understand the possible consequences of their decisions. This process helps develop their judgment, critical thinking skills, and their ability to make safe and responsible choices.



Objectives and Success Indicators

ENGAGE YOUTH IN INTERACTIVE WORKSHOPS

The workshops aim to involve youth at risk of becoming victims or perpetrators of violence through immersive scenarios.

Success Indicators:

- Number of youth participating in workshops each year
- Breakdown of participants by language (French / English)
- Participation rate of identified at-risk youth

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STRENGTHEN UNDERSTANDING AND PREVENTION OF RISKY BEHAVIORS

Promote the development of safe and respectful behaviors among youth.

Success Indicators:

- Measurable improvement in prevention knowledge, assessed through pre- and post-workshop questionnaires
- Positive participant feedback on the relevance of the workshops

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RAISE COMMUNITY AWARENESS AND STRENGTHEN COLLABORATION

Increase awareness in schools and promote collaboration among professionals, police services, school boards, and community partners.

Success Indicators:

- Number of schools participating in the program
- Number of active partnerships between professionals and local organizations

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ENSURE CONTINUOUS PROGRAM ADAPTATION TO THE NEEDS OF YOUTH

Adapt the format and content of workshops to meet the diverse needs of youth and professionals.

Success Indicators:

- Diversity of delivery formats used (small groups, large groups, targeted interventions)
- Number of program modifications made based on feedback and experience

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MEET GROWING DEMAND THROUGH THE PRODUCTION OF ADDITIONAL MATERIALS

Develop and disseminate additional resources to support prevention for a wider audience

Success Indicators:

- Quantity of additional materials produced and distributed each year
- Use of materials by professionals across different regions and contexts

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Workshop Descriptions



“IN YOUR SHOES” – VIRTUAL REALITY

Equipment: 1 virtual reality headset with 2 controllers



This immersive workshop places youth in realistic situations where they must face challenges and make decisions. Using virtual reality, participants experience an engaging and immersive environment that encourages them to reflect on their choices and their consequences. The content can be projected onto a screen to stimulate group discussion or experienced individually for a more intense and personal experience. Three scenarios, each approximately 15 minutes long, are available.

Meet the Characters

As a player, you will step into the shoes of...



Lou: Academically strong, clear-headed, and mature. The worst comment on her report card is that she “daydreams too much.” An only child of a single mother, Lou tries not to add to her mother’s already heavy load and tends to keep her worries to herself.

Xavier: Charming and playful. He can make even the grumpiest chemistry teacher smile—and he knows it. He dreams of becoming a content creator. Xavier gets along with everyone without belonging to any particular group. The youngest in a large family, he considers himself lucky to be so. He understands the importance of being there for others, as he has always been protected himself.



Row: Always connected, Lou sees herself as a constantly evolving canvas, shaped by the trends and communities she falls in love with. Kind and thrill-seeking, she is willing to try anything. She wants to grow up fast and tends to act first and think later. She practiced gymnastics throughout her childhood and now trains more seriously at the community center.

Scenario 1: Lou and Heron, two Indigenous teens dreaming of leaving their small town, share a passion for photography. Their shared creative interests turn their friendship into a mutual crush. However, Heron befriends an older boy, Geoff, who seems to have limitless connections outside the town and begins providing him with materials and opportunities.

Scenario 2: Row meets her friend J at the community center for a gymnastics competition. J introduces her to a friend named Puck, an equally ambitious athlete who confides in Row and hopes to impress her.

Scenario 3: Xavier’s best friend, Amita, has changed a lot over the summer. Her LensFrens feed is full of heavily made-up selfies, outfits that are more revealing than usual, and provocative captions. She also frequently talks about someone named Daniel, who has no online presence and never appears in video calls or photos.

Workshop Descriptions (continued)



ROLL THE DICE ON ANTI-BULLYING

Equipment: 1 game mat, 2 dice, and thematic cards on bullying

The goal of this workshop is to raise youth awareness about different forms of bullying and to challenge common misconceptions. Participants roll the dice on a game mat, with each number corresponding to a question, fact, or scenario related to bullying. This approach encourages group discussion and helps youth identify bullying behaviors, understand their impacts, and learn strategies to respond.

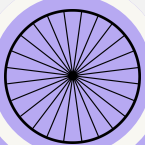


Empathy Exercise: Decide how you would feel if you were excluded or bullied.

Conflict Resolution: Explain how to resolve conflicts peacefully and respectfully.

Seeking Help: Identify adults you trust and that you can turn to if you or someone you know is being bullied.

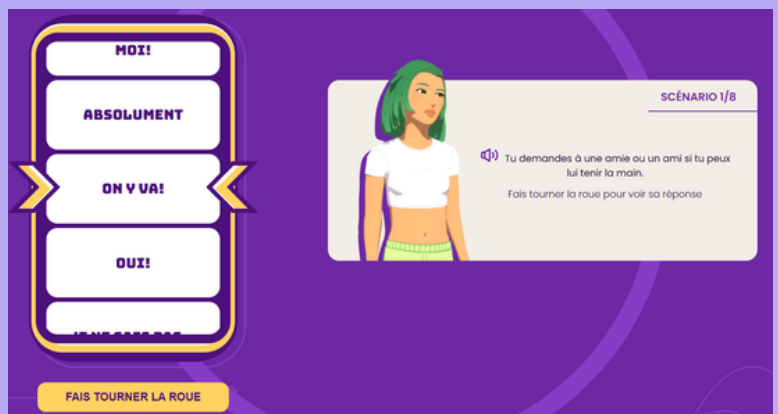
Being an Active Bystander: How can you support someone who is being bullied?



CONSENT WHEEL (ONLINE)

Equipment: 2 tablets, stands, and cases

The Consent Wheel is a digital tool that invites participants to reflect on various concepts related to consent. The activity encourages both individual and group reflection while providing an interactive and engaging format that promotes participation and the exchange of ideas.



Workshop Descriptions (continued)



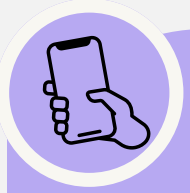
RELATIONSHIP RELAY

Equipment: 1 Twister-style game mat and question cards

This workshop invites youth to reflect on the components of a healthy relationship through a fun and interactive format. On a Twister-style mat, participants move according to behaviors they identify as unhealthy, to watch out for, or healthy in a relationship. The statements cover topics such as excessive jealousy, sharing intimate images, teasing, control, as well as positive behaviors like respecting boundaries, open communication, calm conflict resolution, and mutual support.



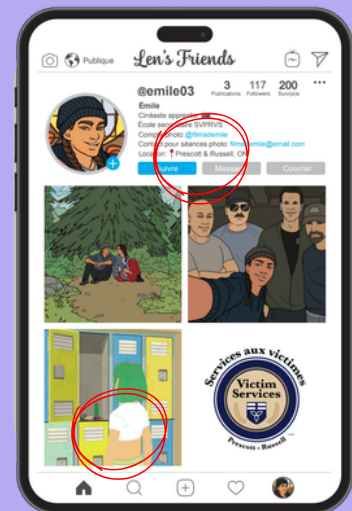
- **Unhealthy behavior:** Your friend constantly tells you what to wear and who you can talk to.
- **Unhealthy behavior:** Your friend pushes you during an argument.
- **Be aware:** Your friend always decides where and how your outings and activities take place.
- **Healthy behavior:** You can share your feelings and concerns with your friend without fear of judgment or bullying.
- **Healthy behavior:** Your friend respects your personal space.



CYBERSECURITY: ARE YOU AT RISK?

Equipment: Two wall posters

In this workshop, participants learn to recognize risky online behaviors and protect their digital safety. Using a wall chart, youth analyze simulated social media profiles and identify potential “red flags.” The activity encourages discussion, critical thinking, and the development of good practices for navigating the internet safely.



Workshop Descriptions (continued)



CONSENT CHALLENGE

Equipment: “True” and “False” panels in a frame and statement cards

This workshop uses a “True or False” format to reinforce understanding of consent and respecting personal boundaries. The facilitator reads statements, and participants move toward the answer they believe is correct.



- ✗ **False:** You can determine someone’s consent based on how they are dressed.
- ✗ **False:** You can do something to someone without their consent if it’s a joke.
- ✓ **True:** You can choose to withdraw your consent at any time.
- ✓ **True:** You should always consider consent, even in a long-term relationship.

Related Activities

In addition to the Teen : IRL program, several related activities can be offered to enhance the youth experience and reinforce prevention messages. These activities allow interventions to be adapted to different contexts, identified needs, and ongoing events in the community. They can be delivered independently or integrated into a broader planning framework within schools or community settings.



BOOTHS AND ONE-TIME ACTIVITIES

During themed days in schools or at community events.

RESOURCE SHARING

Focused on violence prevention, mental health, sexual exploitation, and more.

DISCUSSION GROUPS

Facilitated reflection or discussion groups held after a Teen : IRL workshop to explore topics in greater depth.

PARTNERSHIPS WITH OTHER LOCAL INITIATIVES

Collaborations in areas such as mental health, youth justice, or victim support.

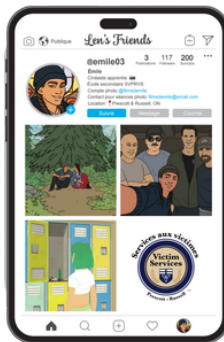
Materials

The implementation of the Teen : IRL program relies on a comprehensive inventory of awareness materials made available to partners. These materials support the facilitation and delivery of workshops, youth engagement, referral to appropriate and tailored support resources, as well as ongoing program evaluation. The inventory includes:

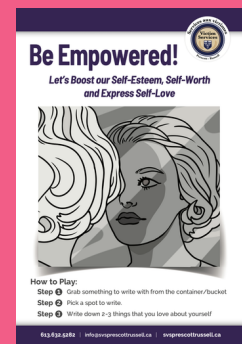
Virtual reality headset with case



2 interactive posters



2 activity posters with 2 A-frame stands



2 game mats



2 posters for the Consent Game



2 electronic tablets



Instruction sheets and question cards

Brochures and information for referral to resources



Program Implementation

The Teen : IRL program is designed to be flexible and adaptable to different contexts, allowing it to be delivered in the community, in schools, or in targeted groups. These interventions are facilitated by community partners and aim to raise awareness among a wide audience in an accessible and interactive manner.

SMALL GROUP

The program can be offered in a **small-group format, accommodating approximately 20 to 25 participants** in settings such as classrooms, sports teams, or youth groups. One to three activities are offered, accompanied by virtual reality (VR) scenarios projected on a screen, allowing interaction among participants. The duration varies depending on the number of activities and the group size, typically ranging from 1 to 3 hours.

LARGE GROUP

In a **large-group format, generally over 25 participants**, the program can be integrated into school gatherings in gymnasiums or auditoriums, often as part of conferences, panels, or themed days. Three to five activities are facilitated jointly by community partners and school staff, with VR scenarios projected on a screen to encourage collective engagement.

WORKSHOP DAY

A full workshop day can also be organized, during which youth rotate through different workshops set up in a shared space such as a gymnasium. This format allows multiple topics to be covered over a half-day or full day, depending on the age of the groups. The VR experience can be offered either individually or projected for the whole group.

Milieux d'implantation possibles :



Schools



Community centers



Conferences or panels



Public events



Youth groups



Libraries



Sports teams

Engagement Pathway



THE PROGRAM OFFERS TWO TYPES OF ENGAGEMENT:

COLLABORATOR

An organization or team that wishes to deliver a workshop or access resources as needed, with fees adjusted according to the resources used and maintenance of the equipment.

ALLIED PARTNER

An organization or institution that contributes financially to the development and sustainability of the program and receives expanded access to resources at no additional cost.



ACCESS TO RESOURCES

Resources are shared flexibly and adapted to needs to support high-quality workshops and responsible use of equipment.

COLLABORATOR

Borrowing resources from SVPRVS. The arrangements and facilitation needs are determined collaboratively. Fees apply based on the resources used and contribute to the maintenance of equipment and the sustainability of the program.

ALLIED PARTNER

Requesting a workshop or access to resources according to their needs and receiving the necessary materials or resources to plan the workshop accordingly.



ORIENTATION AND TRAINING

Orientation sessions allow program facilitators to become familiar with the resources and the operation of the workshops.

The format of the orientation sessions can be adapted based on the number of participants and the terms of the collaboration agreement.

Group orientation sessions bring together facilitators from allied partners to support co-facilitation and to contribute to the ongoing development and improvement of the program.



FEEDBACK

Data collection and feedback are essential; this information helps to strengthen the quality and effectiveness of the program, benefiting both youth and the partners involved.

Regardless of the type of engagement, collaborators and allied partners are required to share their observations and the data* collected with SVPRVS to support program quality and effectiveness.

Allied partners may also renew their engagement to continue supporting the program and to promote its expansion.
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***No Personal Data Collection from Youth Participants**

Teen : IRL prioritizes a respectful approach to confidentiality and privacy. Activities can be conducted without registering names or recording sensitive personal information. Organizations, however, remain responsible for complying with their own obligations regarding the protection of personal information and for ensuring that any information collected within their program framework complies with applicable laws and policies.

Program Usage Guidelines



COLLABORATION AGREEMENT

Before any use of the program, a collaboration agreement must be established with Victim Services Prescott-Russell. This agreement outlines the responsibilities of each party, the terms of access to the program, conditions for borrowing or using materials, as well as expectations regarding safety and adherence to the program framework.

It also clarifies roles related to facilitation, logistical aspects such as transportation and storage of materials, and details any associated costs. This structured approach helps ensure the smooth delivery of activities.



PARENTAL CONSENT

For the use of virtual reality (VR) equipment, a parental/legal guardian consent form must be obtained for each minor participant. This consent is intended to inform parents or guardians about the immersive nature of the activity, its awareness-raising objectives, and the precautions in place to ensure the safety and well-being of youth.

The form also specifies that participation in the VR experience is voluntary and that alternatives can be offered to youth who prefer not to use the equipment.



FACILITATION GUIDELINES

This step allows activities to be adapted to the specific intervention context, the profile of the youth, the number of participants, the available time, and the objectives to be achieved.

Planning may include selecting workshops, adapting certain facilitation components, organizing logistics (location, required materials, setup), assigning roles among facilitators, and identifying support measures in case of disclosures or sensitive situations. This process aims to ensure that the facilitation is safe, relevant, and effective.



COMPLIANCE WITH USAGE CONDITIONS

Materials provided as part of the program—whether digital, technological, or physical—must be used in accordance with the collaboration agreement.

This includes, in particular, following safety rules related to virtual reality equipment, protecting materials from damage or loss, and returning borrowed materials within the agreed-upon timeframe. Any malfunctions, damage, or technical difficulties must be reported promptly to ensure the continuity of the program and the safety of participants. *rer la continuité du programme et la sécurité des utilisateurs.*

Under no circumstances may a community partner appropriate the program, reproduce it, or deliver it independently without the prior approval of Victim Services Prescott-Russell. Any delivery or facilitation must be coordinated with SVPRVS to ensure quality, consistency, and respect for the rights associated with the program.

For more information about this program, to discuss a potential collaboration, or to explore engagement opportunities, we invite you to contact us. Our team will be happy to answer your questions.

Victim Services Prescott-Russell

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We thank you for your interest and your commitment to developing accessible, safe, and youth-focused community services.



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