



The Youth Relationships Manual: A Group Approach with Adolescents for the Prevention of Woman Abuse and the Promotion of Healthy Relationships

David A. Wolfe, Christine Wekerle, Robert Gough, Deborah Reitzel-Jaffe, Carolyn Grasley, Anna-Lee Pittman, Lorraine Lefebvre, Jennifer Stumpf

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Designed to combat physical and sexual aggression against women and children, this prevention programme manual is based on the premise that the best opportunity for promoting healthy, non-violent relationships is to intervene during adolescence, when peer relationships and interpersonal style become firmly established. The proactive, competency-enhancing programme is designed to build strengths, resilience and coping skills in young people.

Carefully developed and tested in the field, the 18-session group training programme has three principal sections, covering informational, skill-building and social action learning opportunities. The manual provides a detailed curriculum for the programme, which is designed for eight to

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