
FOURTH R

(READING, W(R)ITING, A(R)ITHMETIC, AND RELATIONSHIPS)

Summary

Texas public schools are now mandated to teach violence prevention, such as child abuse, family violence, dating violence, and human trafficking. One program, *Fourth R*, focuses not only on preventing violence but also on promoting healthy relationships and positive mental wellbeing. **Incorporating this prevention into educational institutions improves the mental health of Texas youth and decreases the risk of interpersonal violence.**

The Curriculum

Improving Coordination of Services

- Implement a violence prevention curriculum that can **prevent physical and mental health impacts** by collaborating with federal, state, and local entities
- Increase impact and reach through multiple levels of engagement, such as **educational materials, community programs, and parental involvement**
- Strengthen violence prevention in schools to **foster access** to programs and services
- Expand school-based health and counseling services to **promote a safe and healthy school environment** to keep youth out of institutionalized healthcare and the juvenile justice system

Economics

In 2015, gun violence cost the U.S. \$229 billion. Economic costs to gun violence include work loss, medical health care, mental health care, emergency transportation, police activities, criminal justice activities, insurance claims processing, employer costs, and decreased quality of life.

Evidence-Based Program

Healthy relationships are a skill that can be taught using an evidence-based violence prevention curriculum. The *Fourth R* (reading, w(r)iting, a(r)thematic, and relationships) **meets Texas TEKS standards**, enabling the education system to quickly utilize it for efficient integration. The *Fourth R* curriculum gives youth guided practice and helps teach violence prevention and healthy relationship skills. Created by school professionals and researchers, best practices are incorporated into the curriculum so adolescents can make healthier decisions.

The *Fourth R* program is taught in the classroom and can reduce risk behaviors such as **teen dating violence, bullying, and substance use**. Students, teachers, and parents can role-play to understand what a healthy relationship looks, sounds, and feels like. By experiencing healthy behaviors in the context of relationships, the *Fourth R* promotes mental health and improves decision-making skills.

"If my friends were in it [Fourth R] they would make better decisions." -Student

"I'm actually learning a lot of things that I kind of actually want to know." -Student

Cost to School Districts

In-person Training (for 25 facilitators)

Curriculum/training	Target Population	Cost/facilitator	Curriculum Cost	Total Costs
Universal Fourth R	Middle School students (7th & 8th grade)	\$115	\$7500	\$10,360
Universal Fourth R	High School students (9th grade)	\$115	\$4375	\$7325
Healthy Relationship Plus Program	At-risk populations	\$115	\$2500	\$5360

Virtual Training (for 25 facilitators)

Curriculum/training	Target Population	Cost/facilitator	Curriculum Cost	Total Costs
Universal Fourth R	Middle School students (7th & 8th grade)	\$71	\$7500	\$9261
Universal Fourth R	High School students (9th grade)	\$71	\$4375	\$6136
Healthy Relationship Plus Program	At-risk populations	\$71	\$2500	\$4261

Universal Fourth R facilitators are health or other designated teachers; HRPP facilitators are counselors, therapists, teachers, or school staff

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