



# HEALTHY RELATIONSHIPS

Looking at the signs of a good  
relationship



# Ground rules



SEXUALITY EDUCATION

## GROUND RULES

No put downs

Respect each other

No personal questions

It's okay to pass

Questions are welcome

Use correct terms for body parts and activities

Use inclusive language

Listen when others are speaking

Classroom discussions are confidential

Speak for yourself

Respect personal boundaries

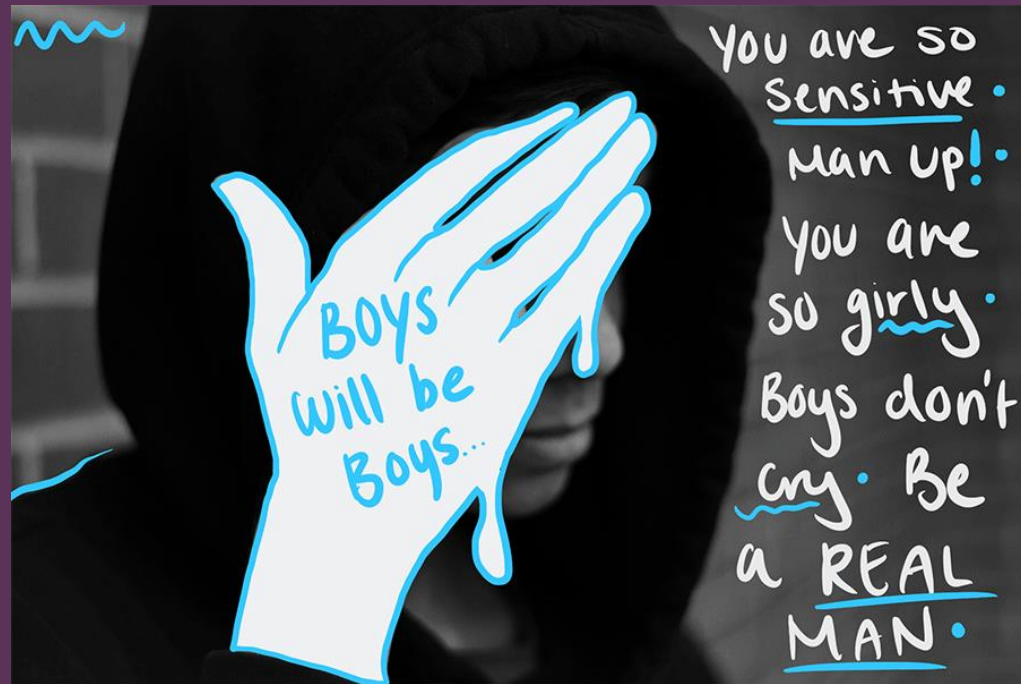
It's okay to have fun

# RELATIONSHIPS

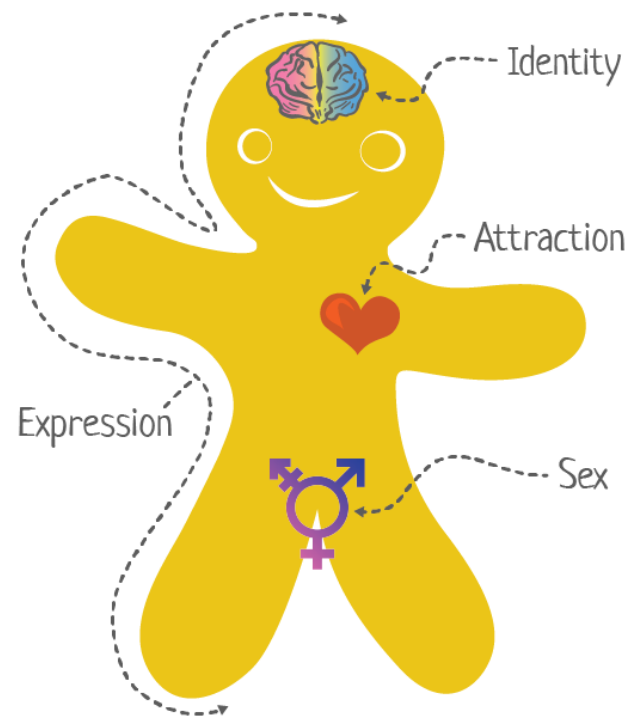
You can have relationships with many different people in your life.



# What is a gender stereotype?



# The Genderbread Person v4 by its pronounced METROsexual.com





⊘ means a lack of what's on the right side

 <b>Gender Identity</b>	 <b>Gender Expression</b>	 <b>Anatomical Sex</b>
⊘ → Woman-ness	⊘ → Femininity	⊘ → Female-ness
⊘ → Man-ness	⊘ → Masculinity	⊘ → Male-ness

Identity ≠ Expression ≠ Sex  
 Gender ≠ Sexual Orientation

**Sex Assigned At Birth**  
 ⊘ Female ⊘ Intersex ⊘ Male

 <b>Sexually Attracted to...</b> and/or (a/o)	 <b>Romantically Attracted to...</b>
⊘ → Women a/o Feminine a/o Female People	⊘ → Women a/o Feminine a/o Female People
⊘ → Men a/o Masculine a/o Male People	⊘ → Men a/o Masculine a/o Male People



What about me?

# You Are Valuable

- Be aware of your strong points
- Be assertive – take control of your life
- Have a positive attitude
- Feel good and confident



# How do I know if I'm in a good relationship?

S

Safety

H

Honesty

A

Acceptance

R

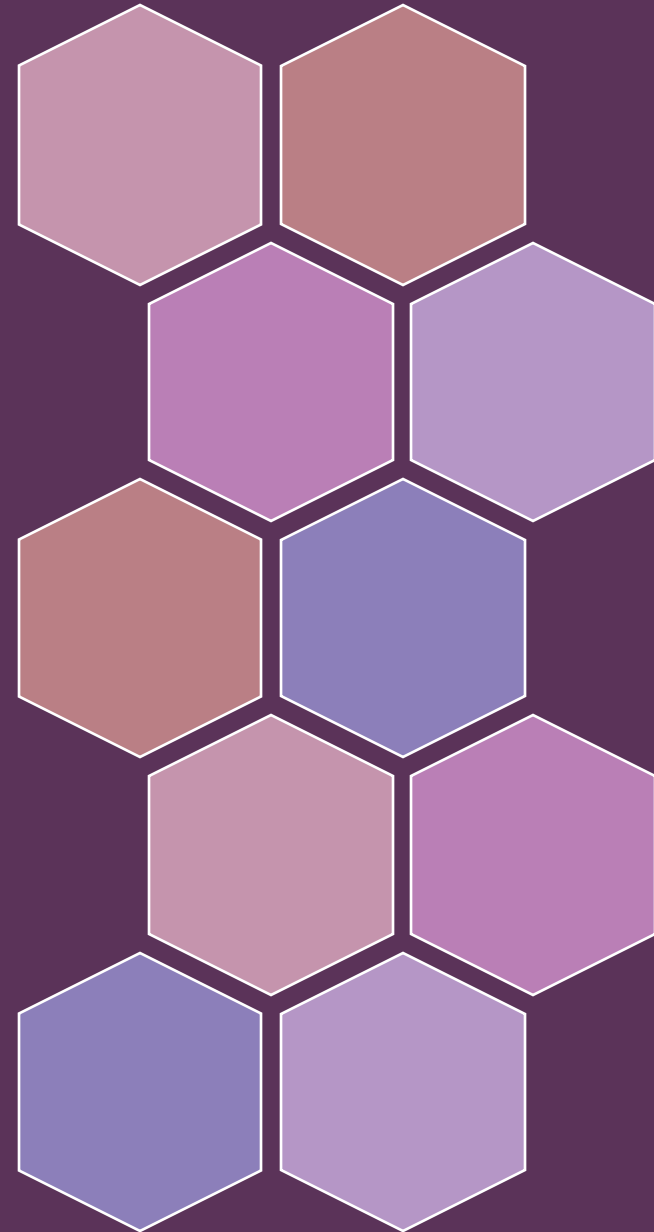
Respect

E

Enjoyment



# Relationship Activity



# I.D.E.A.L.

I

**Identify** the problem

D

**Describe** all the possible solutions

E

**Evaluate** the consequences of each solution

A

**Act** - Choose a solution and try it

L

**Learn** - Did it work? Why? Why not?

# Scenario 1

Holly is in Grade 7 and her best friend is Deedee. They do everything together and Holly spends a lot of time over at Deedee's house. Deedee has an older brother Nick, who is in high school. Nick is always teasing Deedee and Holly about the changes their bodies are going through. Holly is feeling uncomfortable with the attention she is receiving from Nick.

## Scenario 2

Sam is a new student at your school. His family left their previous community because Sam was being bullied because he has two moms. Meet the teacher night is coming up and Sam is worried about how his family will be accepted.

# Scenario 3

Kim and Jamie have been dating for some time. Lindsay is a good friend of Kim's. Lindsay has heard that Jamie has been seeing someone else without Kim knowing. Lindsay feels the need to talk to Kim about this but isn't sure if she should.

# Scenario 4

Chris and Dakota have been dating for 8 months. Recently Chris has been pressuring Dakota to have sex by saying things like: “If you love me, why don’t you want to be with me?” Dakota isn’t sure what to do.

# Sexting & Healthy Relationships

What could happen if you receive or send a sext message?

# People and Places to Seek Help

- Trusted adult
- Health care provider
- Child youth worker
- School nurse
- Sexual Health Centre
- Kids Help Phone: 1-800-668-6868
- SOS Violence conjugale: 1-800-363-9010





# Reflecting on an ethical situation

Taylor and Lee are in a relationship. Lee is always trying to change things about Taylor's appearance. Every time Taylor walks into the room, Lee will say things like, "Why are you wearing that? Your hair looks horrible. I'm not going out with you looking like that!" Lee is also leaving that type of comments online when Taylor posts a new photo of them. Taylor feels hurt that Lee is never happy about the way they look.

Taylor communicated their feelings about the situation with Lee, but Lee told Taylor he needs to feel proud and confident, not ashamed, to be in a romantic relationship in public with them.