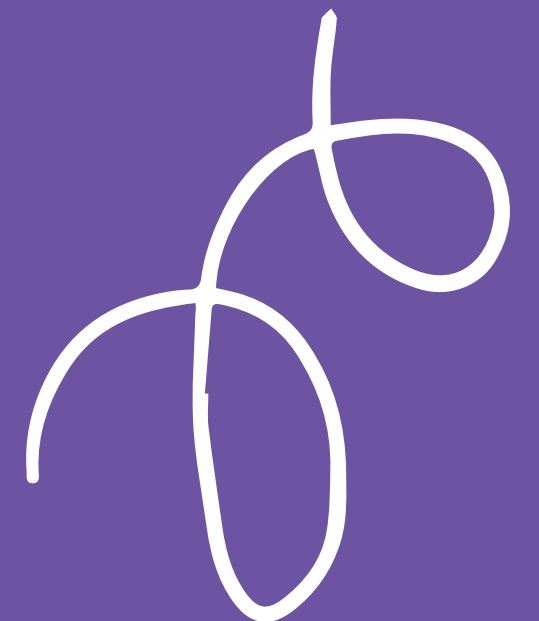




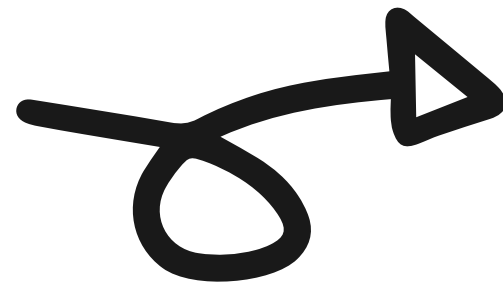
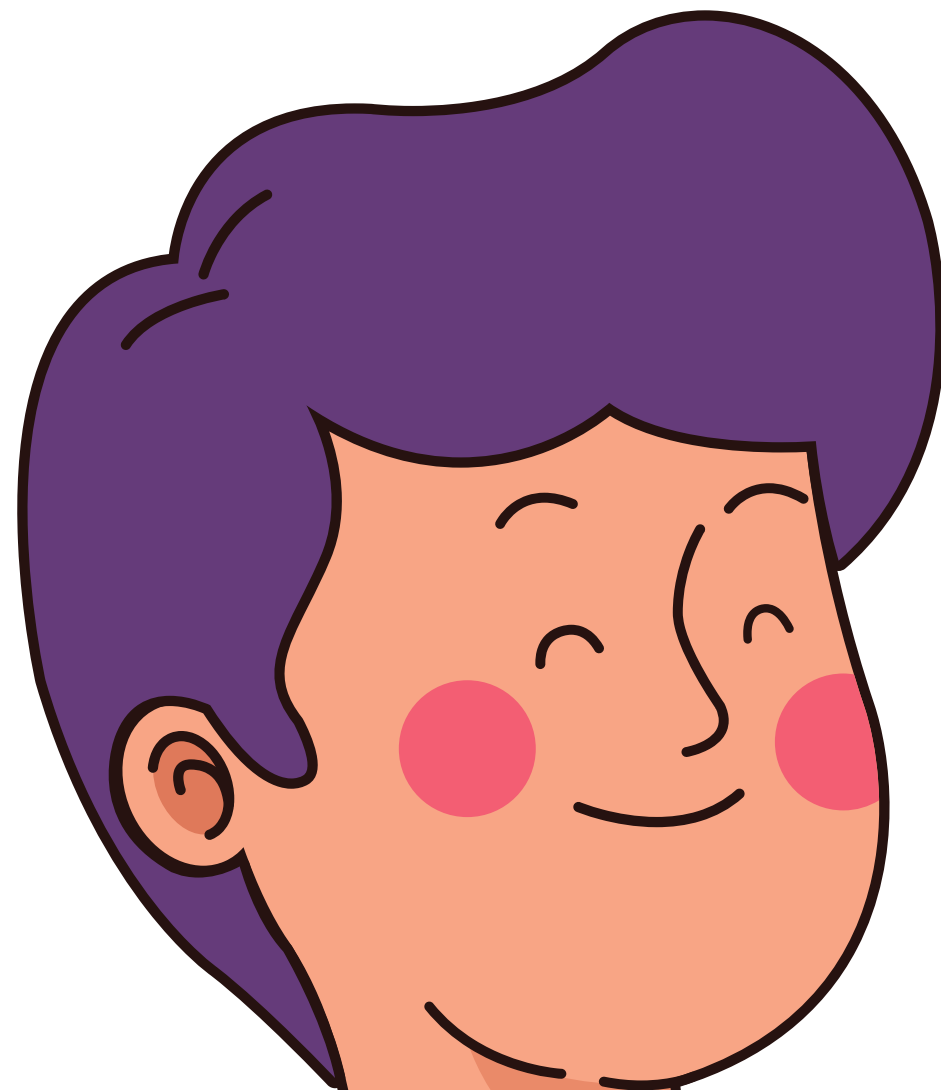
SASKATOON
**SEXUAL
HEALTH**

HEALTHY RELATIONSHIPS



WELCOME TO CLASS!

The Agenda



Objectives:

1. Understand the foundations of a healthy relationship
2. Consider reasons to have a relationship
3. Understand the topic of consent
4. Understand the skills necessary to maintain a healthy relationship
5. Consider the ways media influences our understanding of relationships

GROUND RULES

To keep
everyone safe

#1

What is shared in the class, stays in the class: personal stories, details, etc. that you hear today shouldn't be shared with others outside of the classroom.

#2

No question is a bad question. If you are asking it, someone else is probably wondering it.

#3

You can laugh if you find something funny or uncomfortable, but do not laugh at other people.

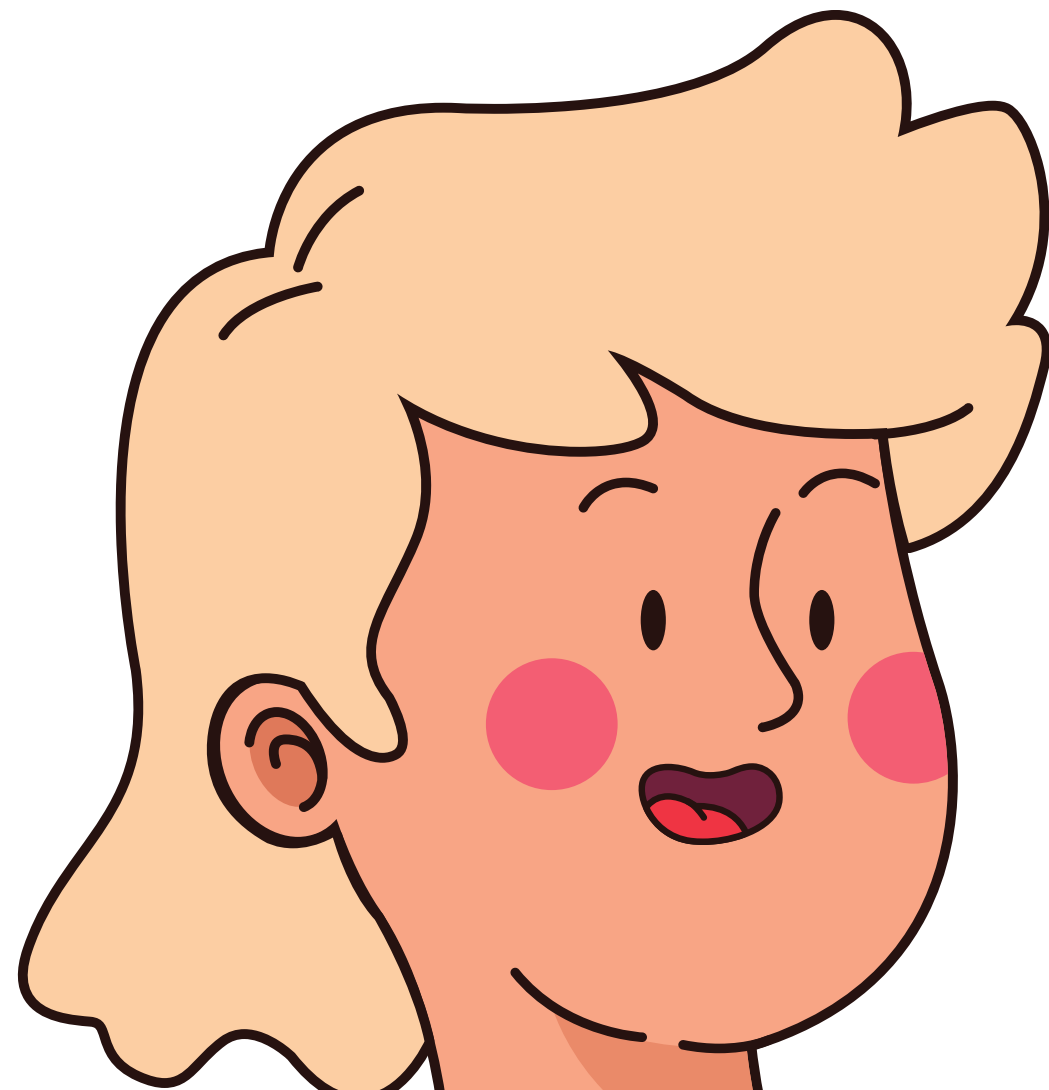
#4

If you have a question you don't feel comfortable asking, you can put it in the question box! The question box is anonymous (no one will know who asked what question).

#5

What other ground rules do we have?

LEARNER'S RIGHTS



- Participate
- Pass
- Privacy
- Respect
- Fun!

WHAT ARE RELATIONSHIPS?

can you give some examples?



RELATIONSHIP FOUNDATIONS



- Support
- Respect
- Caring

Do they make me feel good about who I am?

Do they respect my decisions?

Do my feelings matter to them?

RELATIONSHIP FOUNDATIONS



- Trust

Can I count on them?

- Honesty

Are they honest with me? Am I honest with them?

- Safety

Do I feel safe with them, or am I on my guard?

RELATIONSHIP FOUNDATIONS



- Openness

Can I talk to them about anything, or are some topics off-limits?

- Communication

Do they know how I feel? Can I be honest with them? Can I talk to them about what's bothering me?

WHY HAVE A RELATIONSHIP?

Good Reasons

I want to be in a relationship because I like this person.

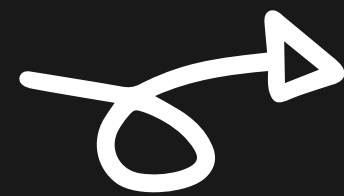


Bad Reasons

I want to be in a relationship because I like what this person can do for me.



Is it possible to be
in love when you're 14?
or even understand your
feelings of love towards
someone?



When do we
start thinking
romantic about
relationships?

What is love?

How can I tell if I'm in love?

- If I can't stop thinking about them?
- If it feels good when they pay attention to me?

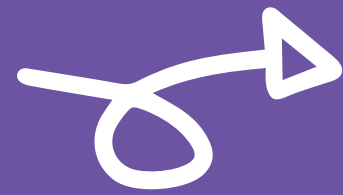
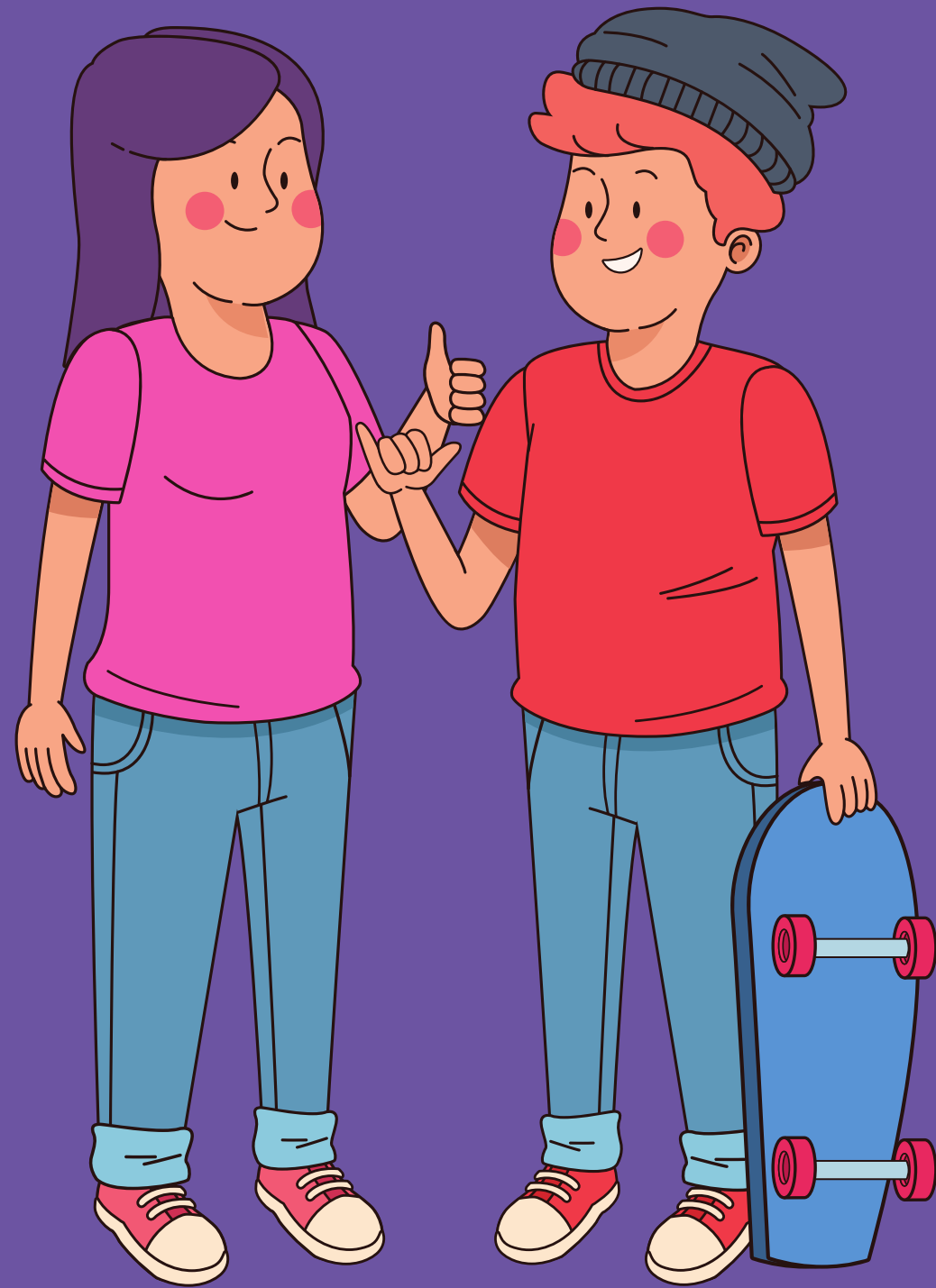
Do I like them because...

- They're kind, generous, or honest?
- They're elusive, unobtainable, disinterested

WHAT'S HEALTHY? WHAT'S HARMFUL?

Do I feel more...

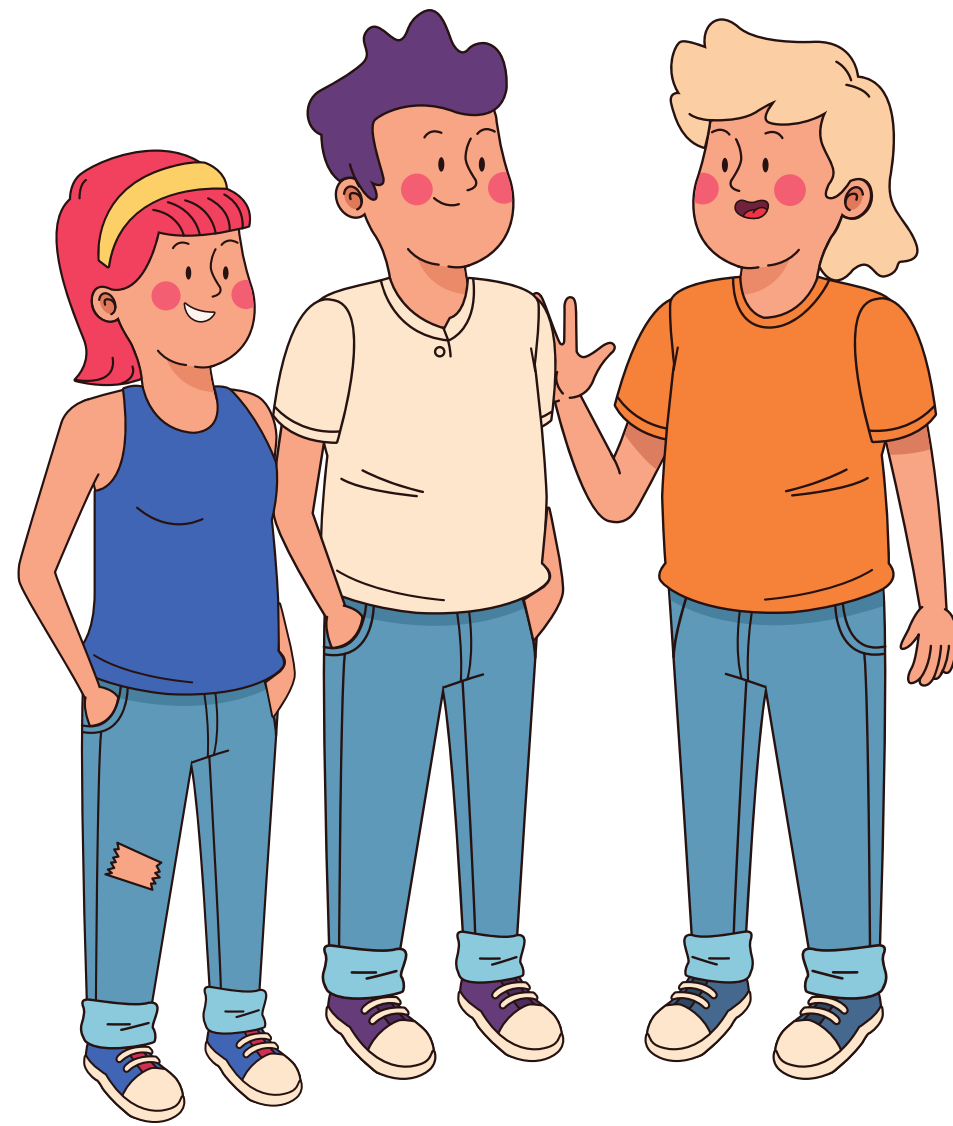




Think about your favorite TV show or movie. Are any of the characters in healthy relationships? How can you tell?

WHAT IS CONSENT?

Consent is enthusiastic, ongoing, and mandatory



You always have the right to say no to any physical contact, even if:

- You've done it with someone else
- You've done it with this person in the past
- You like them or are in love
- You just don't feel like it



Consent And Communication

Share

CONSENT

AND

COMMUNICATION



amaze

Watch on  YouTube





Tea Consent (Clean)

Share



Watch on  YouTube



ACTIVITY

TRY

AND

TIME

LEARN



WHAT IS THE AGE OF CONSENT IN CANADA?



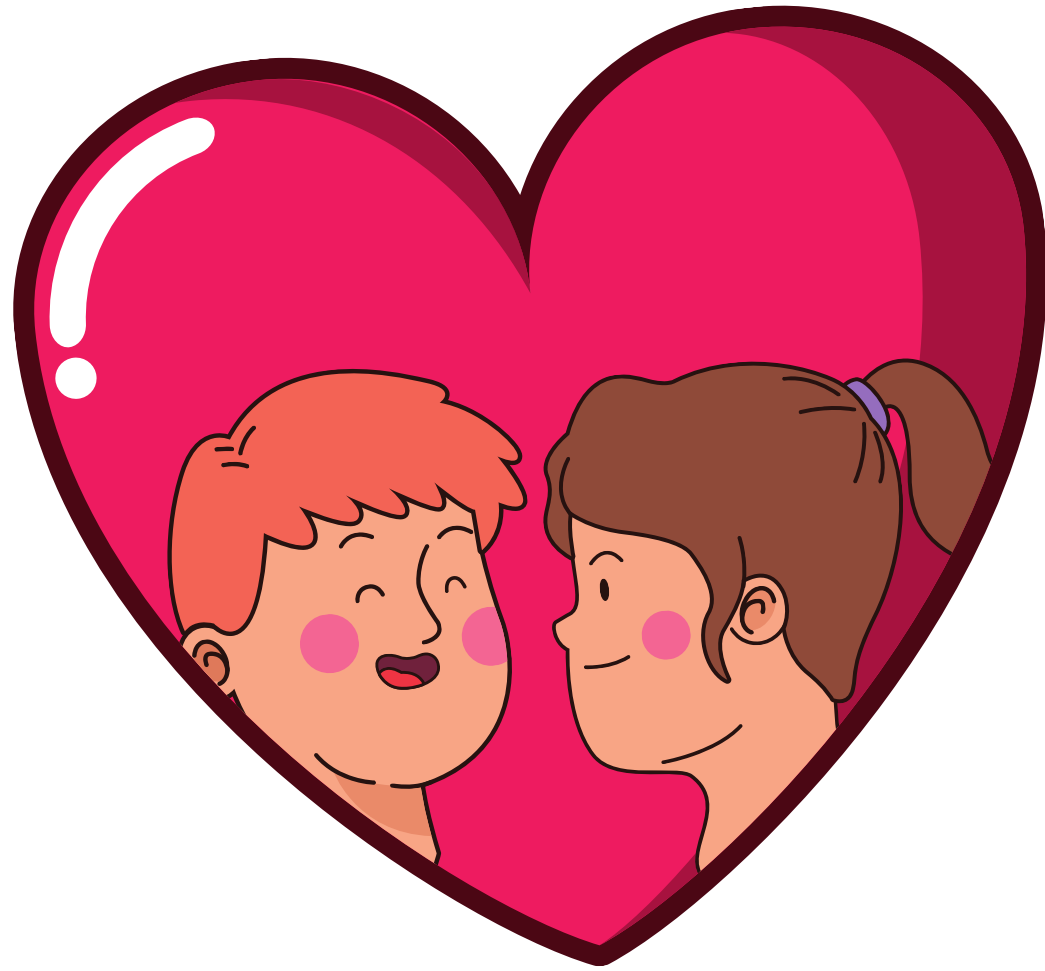
16: To consent to anyone older, except someone in a position of power

14-15: 5 year close in age exception

12-13: 2 year close in age exception

Just because it isn't against the law doesn't mean it's always a good idea. Consider differences in maturity and experiences.

Consent in the Media



- What was the last TV show or movie you watched that had a romantic or sexual situation?
- What happened?
- Do you think the sexual contact was wanted by both people?
- How could you tell?




Frozen (2013) – Consent



Copy link

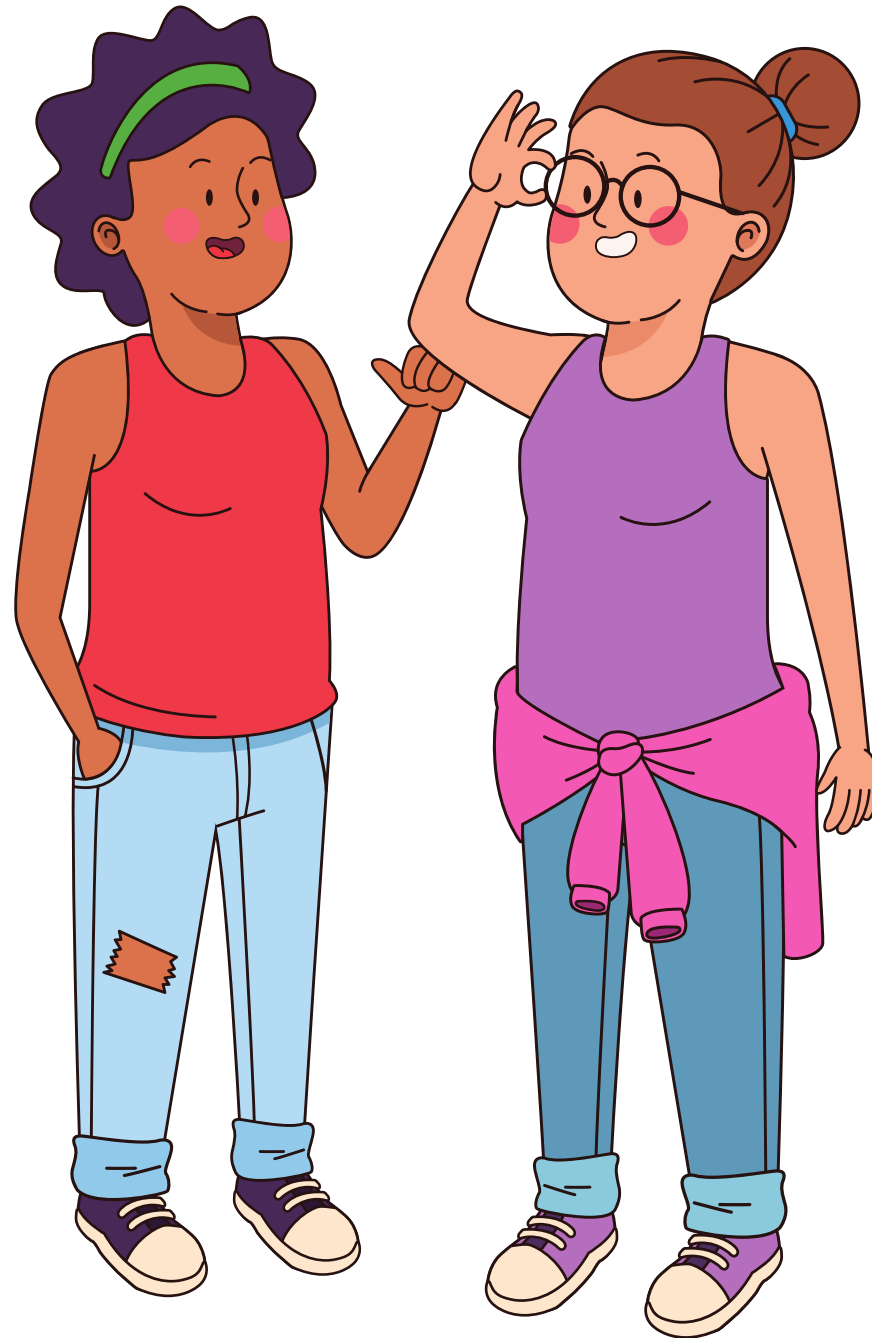


Watch on  YouTube

فوز



Refusal Skills



- use verbal skills
- use body language
- use delay tactics
- suggest alternatives
- build the relationship

Note: When you feel uncomfortable, unsafe, or like your boundaries are not being respected, go to a trusted adult for help (e.g. counsellor, parent/guardian, teacher).

SUMMARY OF HEALTHY RELATIONSHIPS LESSON

Recap 1

Healthy relationships are built on the foundations support, respect, caring, trust, honest, safety, openness, and communication.

Recap 2

Consent is mandatory for all sexual contact, even if it makes you feels awkward, uncomfortable, or nervous.

Recap 3

TV shows and movies aren't always the best example of healthy relationships, so we should think critically about what we are watching.

Recap 4

You are in control of your sexuality, make the decision that feels right for you!

DO YOU HAVE ANY QUESTIONS?



Everyone submit a question (or a piece of a paper, if you have no questions) to the question box. The questions will be answered in the next class. You can contact your teacher or SSH for further questions.

SASKATOON SEXUAL HEALTH

213 Avenue C South
Saskatoon, SK S7N 1M3
saskatoonsexualhealth.ca
306-244-7989
hello@saskatoonsh.ca

Who is SSH?

SSH provides sexual and reproductive health services in Saskatoon and area with an emphasis on safe, inclusive, empowering clinical care and education. We advocate for change within our own organizations and the larger community, working with diverse communities to promote healthy and informed sexualities.

Confidential Services Available:

STI & Pregnancy Testing
Pregnancy Options Counselling
Birth Control
Free Condoms
PrEP
Emergency Contraception (Plan B)
STI Treatment
Medical Abortion
Affordable Sex Toy Sales

RESOURCES



Sex Life Sask

sexlifesask.ca

Information on sexual and reproductive healthcare and services in Saskatchewan.

Planned Parenthood Regina

plannedparenthoodregina.com

Provides birth control, STI testing and treatment, pap tests, social work, free condoms, and other sexual health resources and information.

Sexual Assault & Information Centre

ssaic.ca (Crisis Line: 306-244-2224)

The Saskatoon Sexual Assault & Information Centre (SSAIC) is an organization dedicated to taking a leadership role in responding to sexualized violence in our community.

Saskatchewan Harm Reduction

skhiv.ca/saskatchewan-harm-reduction-services/

Information on where to access harm reduction programs such as needle exchanges.