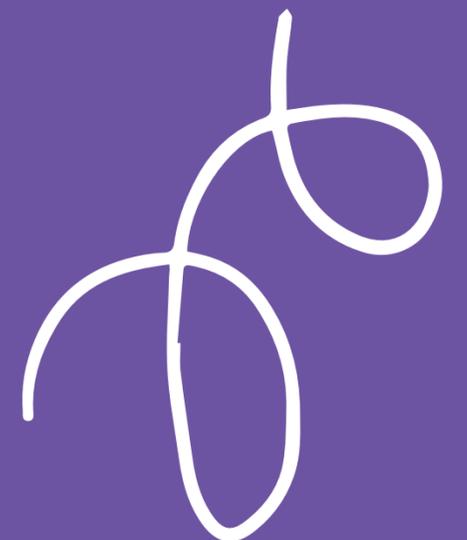


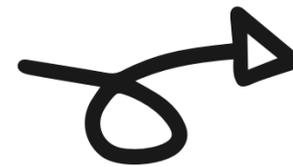
SASKATOON  
**SEXUAL  
HEALTH**

# HEALTHY RELATIONSHIPS



# WELCOME TO CLASS!

## The Agenda



### Objectives:

1. Understand the foundations of a healthy relationship
2. Consider reasons to have a relationship
3. Explore the topic of sex and peer pressure
4. Understand the topic of consent
5. Understand sexuality in a relationship
6. Understand the skills necessary to maintain a healthy relationship
7. Consider the relationship between faith/culture and sexuality
8. Recognize signs of unhealthy, harmful, or abusive 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.

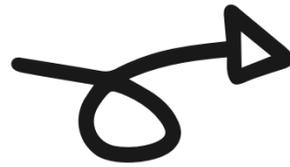
#4

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?

# WHAT IS SEX-POSITIVITY?



"An attitude that celebrates sexuality as an enhancing part of life that brings happiness, energy, and celebration"

- International Planned Parenthood Federation

Sex-positivity recognizes that:

- Sexuality is more than just sex
- Sex can be a positive force in people's lives
- Sexuality should be celebrated, not shamed



# RELATIONSHIP FOUNDATIONS



- Support

Do they make me feel good about who I am?

- Respect

Do they respect my decisions?

- Caring

Do my feelings matter to them?

- Trust

Can I count on them?

# RELATIONSHIP FOUNDATIONS



- Honesty
- Safety
- Openness
- Communication

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

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

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

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?

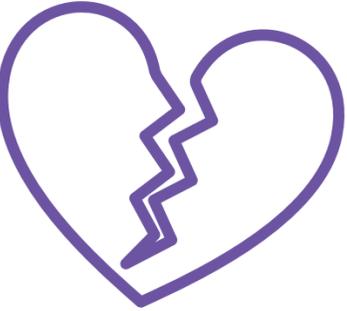
## Good Reasons

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.



# PEER PRESSURE



Think about your relationships with your friends: what kind of pressure is happening in your social groups?

## Good or bad?

Peer pressure isn't always a bad thing! Sometimes peer pressure can be good - for example, if your friends help you do better in school, be a kinder and more supportive person, and work hard at your goals.

But some peer pressure is negative - for example, if your friends are pressuring you into doing something you don't want to do.

So how do you tell the difference?

If it's something that somebody doesn't want to do: don't make them do it!

# LET'S TALK ABOUT SEX



How do I know if I'm ready for sex?

Where am I at emotionally?

Mentally?



# SAFER SEX

## Condoms

Make sure you and your partner have talked about using condoms and know:

- Where to get them
- How to use them properly
- What to do if a condom breaks or slips off

## Contraceptives

Make sure you and your partner have talked about contraceptives and birth control.

Is one of you on birth control?  
Whose responsibility is it?

## Alternatives to Sex

Talk to your partner about ways to express your sexuality that don't involve sexual contact (e.g. kissing, dry humping, cuddling, massage).

# UNPLANNED PREGNANCY

- What if?

Even if you are careful about using condoms and/or being on birth control, there might still be a chance you could get pregnant. Talk to your partner about what your plan would be.

- Where to begin?

If you get pregnant, you should have an idea of who to talk to and where. Your plan might include talking to a trusted adult (such as a teacher, a doctor, a parent/guardian, or a school counsellor), or seeking counselling at a sexual health clinic.

- What option?

There are three options for pregnancy: you could abort the pregnancy, have a baby and give it up for adoption, or have a baby and raise it. Talk to your partner to make sure you are both on the same page about what option would work best for you.

# EARNING YOUR LOVER'S LICENSE



## Communication

Have I talked to my partner about having sex? Do I feel comfortable talking to them about it?



## Negotiation Skills

Do I know how to negotiate during sex? Do I know how to tell my partner what I do and don't like or want during sex? Have we talked about using contraception and protection?



## No alcohol or drugs

Are we both sober?



## Protection

Do we have condoms? Dental dams? Lube? Latex gloves? Have we both talked about using these? Do we know how to?



## Contraception

Have we talked about other forms of contraception? Do we know how to use them properly?

# WHAT IS CONSENT?

Consent is an agreement to participate in sexual activity.

Consent must be:

Enthusiastic!

Sober (person is not  
drunk/high)

Able to be withdrawn  
(you can change your  
mind!)

Uncoerced! (Not  
threatened)

# CONSENT

Can be indicated with:



**CONSENT**

is

**MANDATORY**

for ALL sexual contact!



# 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.*

ACTIVITY

TRY

AND

TIME

LEARN



# SEXUALITY IN A RELATIONSHIP

## Honesty

Be honest with your partner: lying does not make a relationship better.

Be clear about what you do and don't want to do around sexuality.

## Respect

Respect each other's limits: if your partner says they do not want to do something, don't push them or nag them about it.

## Responsibility

Accept responsibility for your actions. This includes:

- Getting tested and treated for STIs
- Knowing what to do if you or your partner gets pregnant
- Finding and using condoms and contraception

# FAITH & CULTURE

Most cultures and religions have norms around sexuality. This may include when it is okay for us to be sexual, or who it is ok for us to be sexual with. If these values are important to you, then you need to consider them when you are making decision about your sexual experiences.





It's easy to fall into romantic relationships and forget about some of your other relationships.

Sometimes, especially at the beginning of romantic relationships, we forget to take care of our relationships with our friends, our family, and even ourselves.

What can we do to prevent that?



Spend time  
with friends!



Spend time  
with yourself!



Do things  
by yourself!



Spend time  
with family!

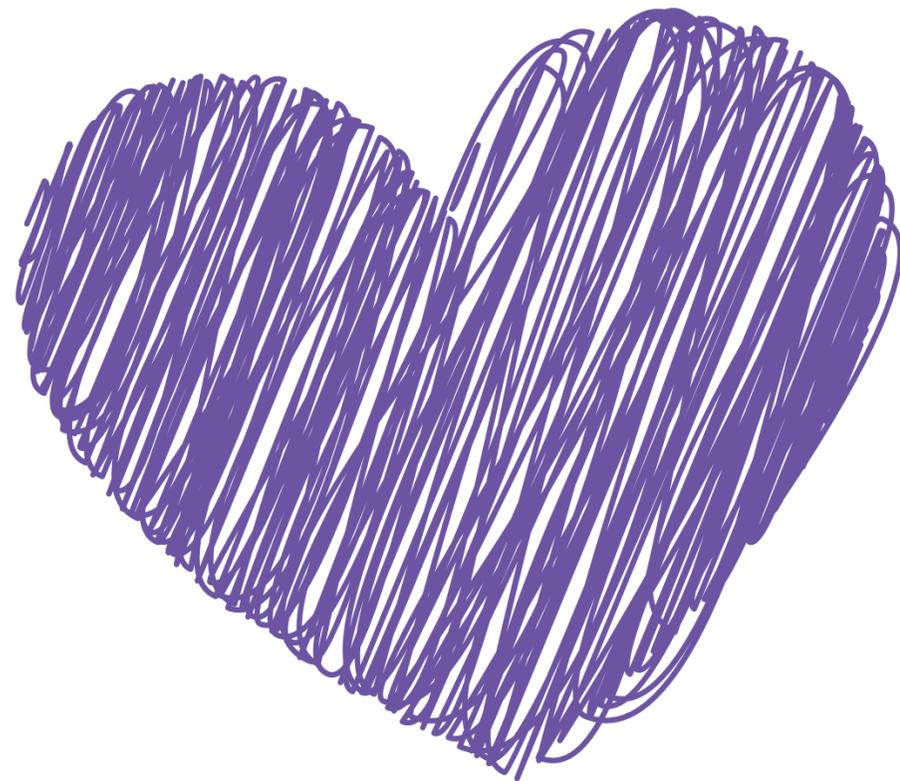


Reflect on  
your feelings!



Discover  
yourself!

# ARE THEY THE ONE?



## Love vs. Lust

Be honest with yourself: are you in love or are you in lust?  
Are you in love, or do you just like having love?

## Opposites Attract...

...but they don't often stick together.

If you and your partner are too different in ways that matter (such as in fundamental values), your relationship might not last long.

## Strongest Bonds

The things that hold relationships together the best are:

- Values
- Outlook
- Perceptions of relationships

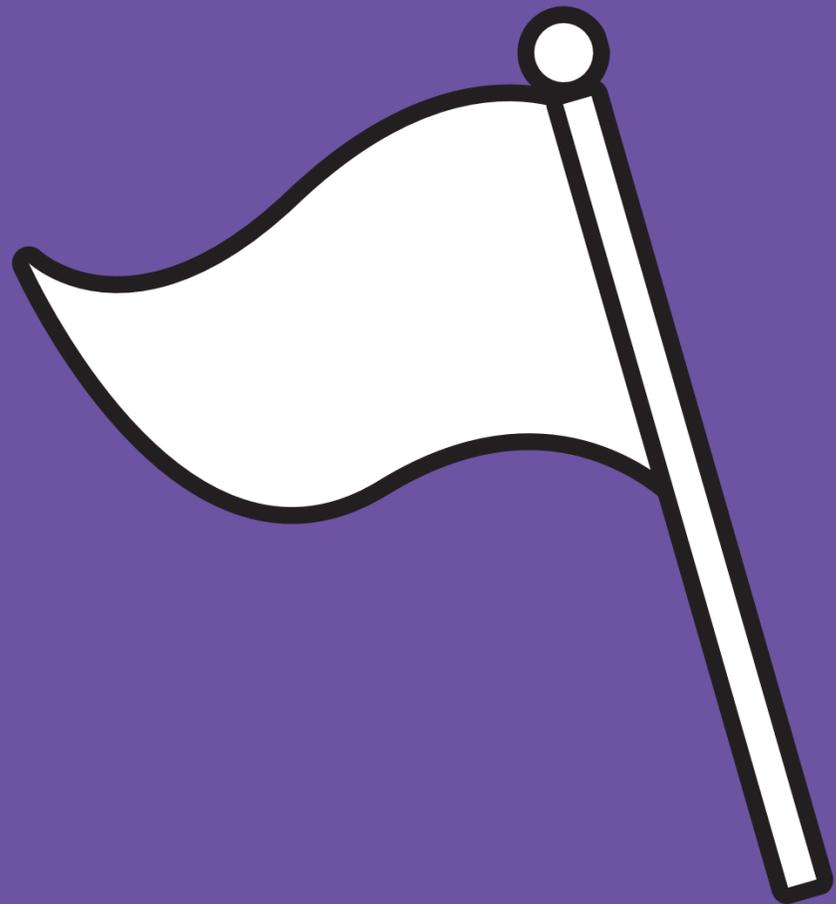
# REMEMBER!

YOU are in control of your sexuality.



Explore it at your own pace, responsibly and respectfully!

# WHEN TO GET OUT...



If your partner...

- if your partner physically threatens or harms you
- makes you feel bad about yourself
- tries to hurt themselves
- threatens to break up with you
- acts jealous or possessive
- blames you

If you need help leaving a relationship, talk to a trusted adult or reach out to a supportive community organization.

# 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

If you can't talk about STIs, pregnancy prevention, or consent with someone, you're probably not ready to have sex with them

## Recap 4

You are in control of your sexuality, make the decision that feel 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



## Saskatoon Sexual Health

[saskatoonsexualhealth.ca](http://saskatoonsexualhealth.ca)

Provides birth control, STI testing and treatment, pap tests, affordable sex toys, free condoms, and other sexual health resources and information.

## Planned Parenthood Regina

[plannedparenthoodregina.com](http://plannedparenthoodregina.com)

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

## Keep it Safe - Saskatchewan

Smartphone app created by the Saskatchewan Prevention Institute. Provides information on contraceptives, STBBIs, and where to access STI testing and free condoms.

## Saskatchewan Harm Reduction

[skhiv.ca/saskatchewan-harm-reduction-services/](http://skhiv.ca/saskatchewan-harm-reduction-services/)

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