

Healthy Relationships

Grades 9-12



School
Health
Online

Last updated: October 2023

Before we start...

Let's cover some ground rules!

*Reminder that support is always available at school. Other community resources will be shared at the end of the module.

Introduction

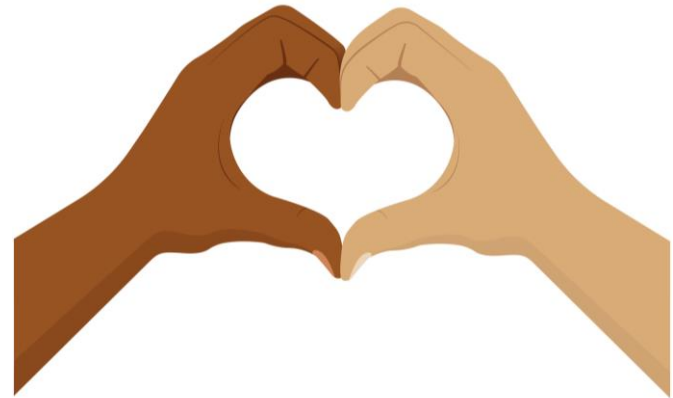
- Healthy relationships
- Self-concept and sexual orientation
- Gender identity and gender expression
- Consent
- Online safety

Welcome!



Healthy relationships

- Relationships can be one of the best, and most difficult parts of life.
- Often, these relationships can make you experience feelings you have never felt before.
- Be selective when getting involved with someone. Make sure they have the same qualities that you admire in your friends and family.



Self-concept & sexual orientation

- **Self-concept:** the perception an individual has about their own identity.
- **Sexual orientation:** a person's emotional, physical and sexual attraction to others.



Gender identity & gender expression

- **Gender identity:**
A person's internal and individual experience of gender.
- **Gender expression:**
How a person outwardly expresses or presents their gender to the world.



Decision making

- Several factors may influence the decision to have sex:
 - Personal or family values
 - Personal or cultural beliefs
 - Risks involved
 - Personal experiences
 - Experiences of family or friends
- Each person must decide what is best for them and what they are most comfortable with.

Consent

Definition:

Active process of willingly, enthusiastically and freely agreeing to engage in sexual activity on an ongoing basis without manipulation or threats.

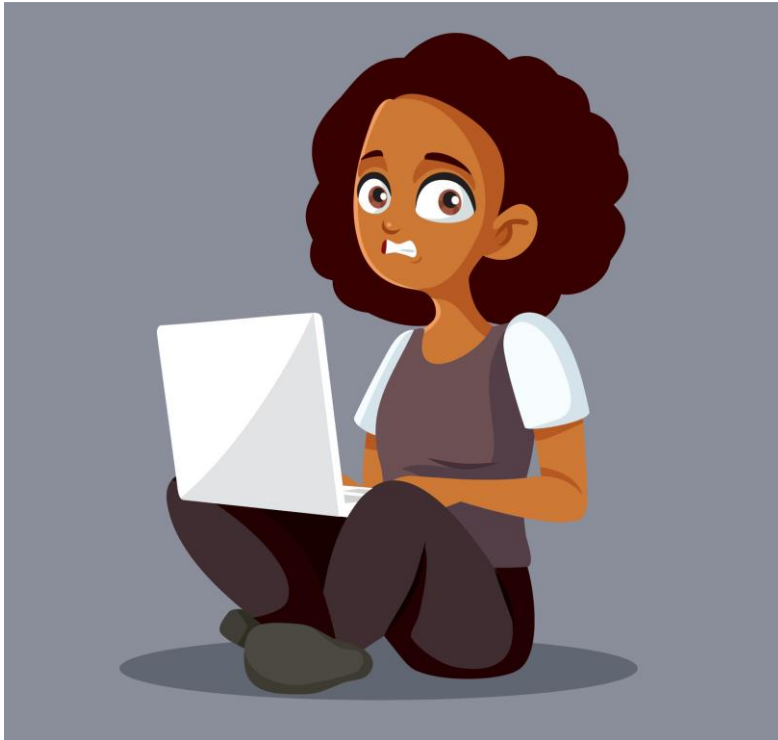


Consent

PRESSURING
SOMEONE **DOES NOT**
MEAN YOU HAVE
CONSENT

<https://www.youtube.com/watch?v=raxPKkIDF2k>

Sexually explicit media



- Portrays people, relationships and sexuality in ways that are misleading and inaccurate
- Promotes an unrealistic body image and harmful gender stereotypes

Online safety

- Only use social media with individuals that you know and trust.
- Do not accept friend requests from people who you have no connection to.
- Never share personal information online.
- Never share naked pictures online.



Resources & services

■ Where do you find credible information on sexual health?

- The Link
 - Ottawa Public Health
- Community health clinic
- Primary health care provider and other health care professionals
- Walk-in clinic
- Sexual Health Clinic: 613-234-4641
- Sexual Health Infoline Ontario: 1-800-668-2437

Your health matters!



Questions?

OPH wants you to protect yourself if you are sexually active.

Need more information?



Scan the QR code

Free condoms available!



References

- The Link Ottawa
- Ottawa Public Health
- Centers for Disease Control and Prevention
- The Society of Obstetricians and Gynaecologists of Canada
- Planned Parenthood
- Alberta Health Services
- UCSF Health
- Niagara Region: www.niagararegion.ca