Healthy Relationships
Grades 9-12

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OttawaPublicHealth.ca/SchoolHealthOnline
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
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.

No means no!
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!

OttawaPublicHealth.ca/SchoolHealthOnline
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.niagaregion.ca