

HEALTHY RELATIONSHIPS



ICE BREAKER

WHAT DOES THE TYPE OF DESSERT YOU EAT TELL ABOUT YOU?



Get ready for a tough decision, you can only pick one!



Angel food cake



Brownies



Lemon meringue pie



Vanilla cake with chocolate icing



Strawberry short cake



Chocolate cake with chocolate icing



Ice cream



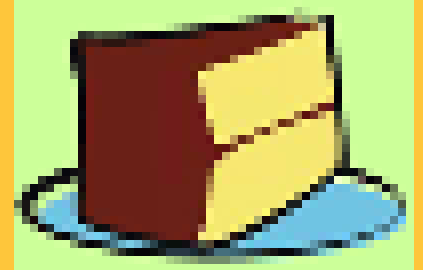
Carrot cake

Angel food: Sweet, loving, cuddly. You love all warm and fuzzy items. A little nutty at times. Sometimes you need an ice cream cone at the end of the day. Others perceive you as being childlike and immature at times.

Brownies: You are adventurous, love new ideas, are a champion of underdogs and a slayer of dragons. When tempers flare up, you whip out your saber. You are always the oddball with a unique sense of humor and direction. You tend to be very loyal.

Lemon meringue pie: Smooth, sexy, and articulate with your hands, you are an excellent after-dinner speaker and a good teacher. But don't try to walk and chew gum at the same time. A bit of a diva at times, but you have many friends.

Vanilla cake with chocolate icing: Fun-loving, sassy, humorous. Not very grounded in life; very indecisive and lack motivation. Everyone enjoys being around you, but you are a practical joker. Others should be cautious in making you mad. However, you are a friend for life.

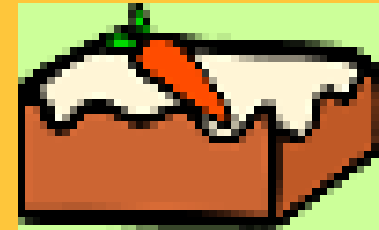


Strawberry short cake: Romantic, warm, loving. You care about other people and can be counted on in a pinch. You tend to melt. You can be overly emotional and annoying at times.

Chocolate cake with chocolate icing: Sexy, always ready to give and receive. Very creative, adventurous, ambitious, and passionate. You have a cold exterior but are warm on the inside. Not afraid to take chances. Will not settle for anything average in life. Love to laugh.

Ice cream: You like sports, whether it be baseball, football, basketball, or soccer. If you could, you would like to participate, but you enjoy watching sports. You don't like to give up the remote control. You tend to be self-centered and high maintenance.

Carrot cake: You are a fun loving person, who likes to laugh. You are fun to be with. People like to hang out with you. You are a very warm-hearted person and a little quirky at times. You have many loyal friends.



RELATIONSHIPS

What do you think about when you hear the word *'relationship'*?



WHAT DO WE ASSUME?

What are some assumptions we have about *'relationships'*?

- Serious
- Romantic
- Long term
- Commitments
- Intimate



DEFINE RELATIONSHIPS

Who do we have relationships with?

- Friends
- Family
- Parents
- Teachers
- Neighbours
- Pets



RELATIONSHIPS 101

- Many relationships
- Many levels
- Positive as well as negative
- Emotional



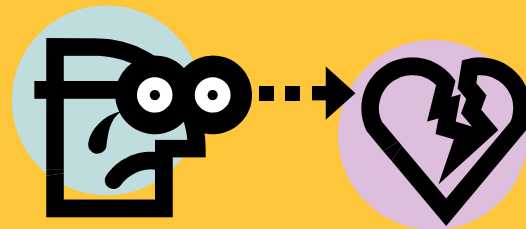
PERFECT!

1. In many relationships we want everything to be perfect
2. Is this realistic?
3. What do relationships prepare you for?
4. What are some of the advantages to having relationships?
5. What are some of the disadvantages?



REALITY CHECK

- Not all relationships are perfect
- Does that make them bad relationships?
- The reality is that not all relationships are perfect (that doesn't mean that they are "bad")
- Most of them are far from perfect
- Just because they are not perfect does not mean they are 'bad' relationships
- You can have friendships, relationships and acquaintances with many different people – they do not have to loving, long lasting but merely good people to have in your life.



FRIENDS

Friends are:

- Best friends
- Friends for life
- Peer group
- Acquaintances
- People you know well
- People you get along with



FAMILY

Family members include:

- Blended families
- Extended family
- Siblings
- Aunts, uncles, cousins, grandparents, nieces, nephews



Those who make our family members are unique and special to us
Not all family dynamics look the same – one isn't necessarily better than the other.
You may have step siblings, or little nieces and nephews living with you.

PARENTS

- What can we say?
- The level of this relationship varies dramatically throughout our life span
- Sometimes a positive experience sometimes a negative experience
- Communication is the key




TEACHERS

- You spend a lot of time at school
- You see your teachers as much if not more than your parents
- They are authority figures
- Can be great role models and positive influences in our life
- Dating relationships with teachers are considered not acceptable!



AGE OF CONSENT LAW

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- *Effective May 1, 2008*
 - The age of consent was brought forward to protect young people from sexual predators
 - You must be 16 years old to consent to engage in sexual activity , as long as the sexual activity is non-exploitative
 - Exploitative sexual activity includes prostitution, pornography, or a relationship of trust, authority or dependency or that is otherwise exploitative

LAW CONTINUED....

- You must be 18 years and older to consent to exploitative sexual activity.
- The law also provides two “close in age” exceptions:
 - 14 & 15 year olds may consent to sexual activity with a partner who is less than five years older
 - 12 & 13 year olds may consent to engage in sexual activity with a partner who is less than two years older
 - Both “close in age” exceptions also require that sexual activity be non exploitative

HEALTHY AND UNHEALTHY RELATIONSHIPS

You tell us!



UNHEALTHY

**Make the other feel
bad about
her/himself**

HEALTHY

**Encourage other
friendships**

UNHEALTHY

**Dictate how the
other dresses**

UNHEALTHY

**Discourage the other
from being close
with anyone else**

HEALTHY

**Have more good
times in the
relationship than
bad**

HEALTHY

**Treat each other with
respect**

HEALTHY

**Have letters, phone
calls, and e-mail
that are your own**

UNHEALTHY

**Criticize the other's
friends**

HEALTHY

**Know that most
people in your life
are happy about
the relationship**

COMPONENTS OF A HEALTHY RELATIONSHIP

- Honesty
- Respect
- Trust
- Commitment
- Assertiveness
- Positive Self Esteem
- Mutual/separate goals and interests
- Communication
- Equality: no one is the boss.

https://www.youtube.com/watch?v=bsH7gE_bVWM

HOW DOES TECHNOLOGY AFFECT RELATIONSHIPS?

<https://www.youtube.com/watch?v=X6zbr9Gwwjw>

**IS THERE ANYTHING YOU
WOULD SAY ONLINE OR IN
TEXTS THAT YOU WOULDN'T
SAY IN PERSON?**


<https://www.youtube.com/watch?v=o6vHwB3teMA&feature=endscreen&NR=1>

**WHY DO YOUNG PEOPLE STAY IN
OR GET INTO RELATIONSHIPS
THAT ARE UNHEALTHY?**



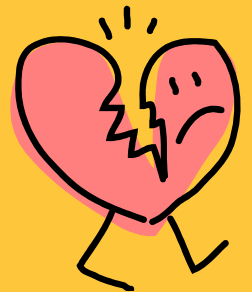
<https://www.youtube.com/watch?v=qPR9n0F5Xew>

TEENS AND DATING VIOLENCE

- “Dating” and ‘going out’ are activities in which many Canadian youth engage starting as early as age 11, 12 and 13 (Price et al., 2000)
 - Violence in dating relationships is not uncommon.
 - Teen dating violence parallels adult intimate partner violence in that it exists on a continuum extending from verbal and emotional abuse to sexual assault and murder.
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WHAT DOES IT MEAN?

- Dating violence is any intentional sexual, physical or psychological attack on one partner by the other in a dating relationship. (Health Canada, 1995).



IT'S ALL SERIOUS

This includes:

- indifference
- threats of separation and revenge/paybacks
- damaging reputations
- harassment after separation
- death threats
- psychological abuse
- belittling and insults
- jealousy
- excessive control



HEALTHY TEEN RELATIONSHIPS

<https://www.youtube.com/watch?v=bGKXwr6kP3I>

<https://www.youtube.com/watch?v=5bT4sGBpZiQ>

PHYSICAL ABUSE

- ▣ shoving
 - ▣ slapping
 - ▣ choking
 - ▣ punching
 - ▣ kicking
 - ▣ biting
 - ▣ burning
- ▣ Hair pulling
 - ▣ Threatening someone with a weapon
 - ▣ Forcibly confining someone

(Health Canada, 1995)



SEXUAL ASSAULT

Sexual assault includes:

- unwanted sexual touching,
- forcing or pressuring a partner to consent to sexual activity
- rape
- attempted rape
- attempting or having intercourse with a person who is under the influence of alcohol or drugs

(Health Canada, 1995)



EMOTIONAL ABUSE

- Emotional abuse varies in its intensity and its consequences.
- It includes behaviour such as
- insulting or swearing at a partner,
- belittling them,
- threatening or terrorizing them,
- destroying their property or possessions,
- isolating them from friends and relatives
- treating them with irrational possessiveness or extreme jealousy




(Health Canada, 1995).

AGREE/DISAGREE

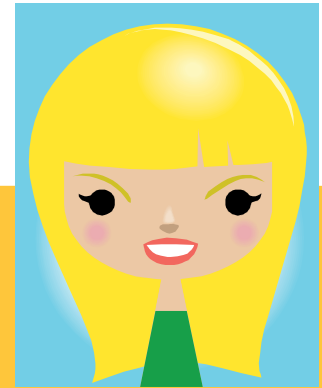
- **Everyone has the right to their own opinion**
- **You have the right to change your mind**

WHAT DO YOU LOOK FOR IN A PARTNER?

- What qualities do we find important?
 - What do we want?
 - What do we not want?
 - Short term or long term qualities?
 - How do we decide on what qualities are important?
 - Values, beliefs, others influence
 - What do you think the boys list would look like?
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LOOK AFTER YOURSELF

- You are an important person
- Don't lose track of who you are
- Be true to yourself
- Respect yourself
- Assert yourself



ACT

Assert Yourself.

Tell the person in a clear and respectful way that you don't like what they are doing. Say it over and over again. Move away if you're not comfortable. Stand tall and talk as though what you are saying is very important

Convince Yourself.

Believe you deserve a respectful and healthy relationship

Take Action.

Stand up for yourself. Don't accept it. Say "NO". Without "NO" your friend will think the disrespectful behaviour is okay and will continue to act that way. Sometimes it may even get worse. Speak to an adult you trust for help.

COMMUNICATION





COMMUNICATION

- Mean what you say and say what you mean
- By being assertive you have the power to stand up for yourself
 - Be honest
 - Talk openly about your feelings
- Take responsibility for your feelings, thought and actions
 - Work at resolving conflict
 - Listen
- Do not jump to conclusions, ask when you are not sure what was said.
 - Do not criticize, blame or ignore your partners ideas or beliefs.



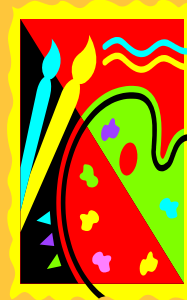
COMMUNICATION

- Both males and females sometimes hear only what they want to hear
- Both males and females are quick to judge
- We assume many things



POSITIVE QUALITIES

Share five things you like about one another and five things you each like about yourselves. Focus on physicality, personality and character traits.



TEEN DATING VIOLENCE VIDEO

Part 1

<https://www.youtube.com/watch?v=nZ11945KwZc>

Part 2

<https://www.youtube.com/watch?v=074i9C-6LoA>

