SEXUAL HEALTH 9 – STUDENT BOOKLET



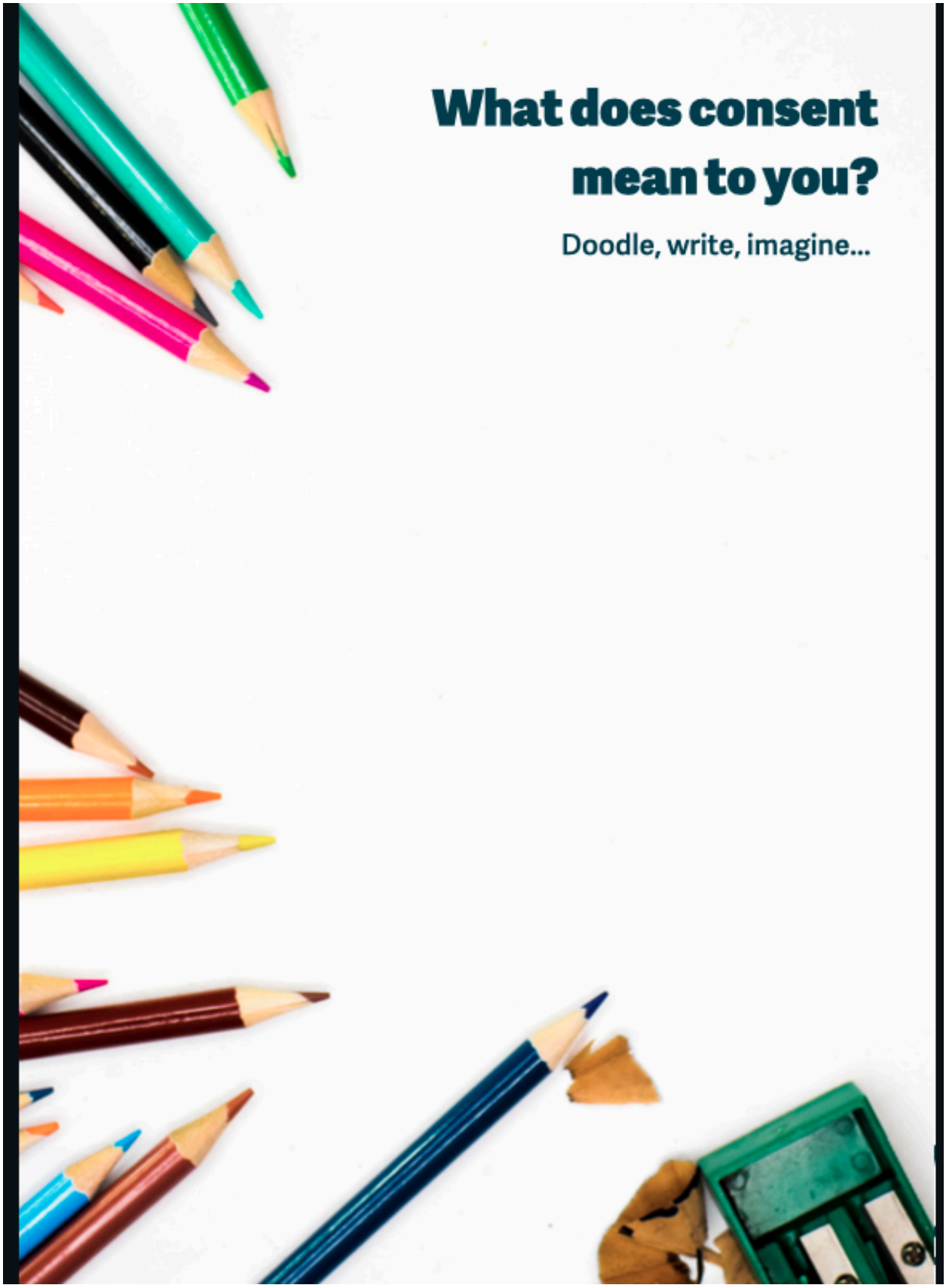
NAME: _____

TEACHER: _____

BLOCK: _____

What does consent mean to you?

Doodle, write, imagine...



Connect, Extend, Challenge

Consider what you have just seen and heard, and then ask yourself:

How are the ideas and information <u>connected</u> to what you already knew?	**What new ideas did you get that broadened your thinking or <u>extended</u> it in different directions?**	**What <u>challenges</u> or puzzles emerge for you?**

<u>Ways to respond if someone says NO or I DON'T KNOW</u>

Your partner might not be ready to consent to an activity for many reasons. You might feel uncomfortable or like you did something wrong. Remember that honouring their boundaries shows respect and care. It might feel weird at the time, but you can make choices about how you respond in a good way.

1. If my partner does not consent to what I want to do, how might I feel in the moment? How do I feel about myself in the moment? How can I not take it personally?

2. If my partner does not consent, what might I think of them?

3. If my partner does not consent, how can I respond in a respectful and kind way? How can I talk it out?

Role Plays Practice

1. Practice being Assertive:
You meet one of your friends in the cafeteria. They are going to skip the afternoon of school to go out and have a few beers. They want you to come along. You recently got caught skipping school and you don't want to get caught again. You decide to tell them you're not going to go.

2. Practice being Assertive:
While you are home alone, you invite a friend over to your house to help you with your homework. After doing homework they grab you and try to kiss you. You try to push them away because you feel things have gone too far. They say, "Come on, you didn't just invite me over here to do homework." You want to get out of the situation and make sure it doesn't happen again.

3. Practice being Assertive:
Your partner thinks that it is time to have sex, but you don't feel like you are ready. Your partner says, "You're just a prude, and if you loved me you'd have sex with me." Although you are scared it may end the relationship, you decide to tell your partner you are not ready to have sex now.

4. Practice Active Listening:
Your friend and their partner decided they were always going to use condoms when they had sex, but last night, they didn't have one. Your friend's partner said they shouldn't kill the mood by going to get a condom, but your friend didn't want to have unprotected sex. Your friend told their partner they could kiss, touch and make out a little instead, and make sure they have condoms for next time. Now your friend is worried their partner will break up with them because they wouldn't have unprotected sex. Talk to your friend about what happened and support their decision to not have

unprotected sex.

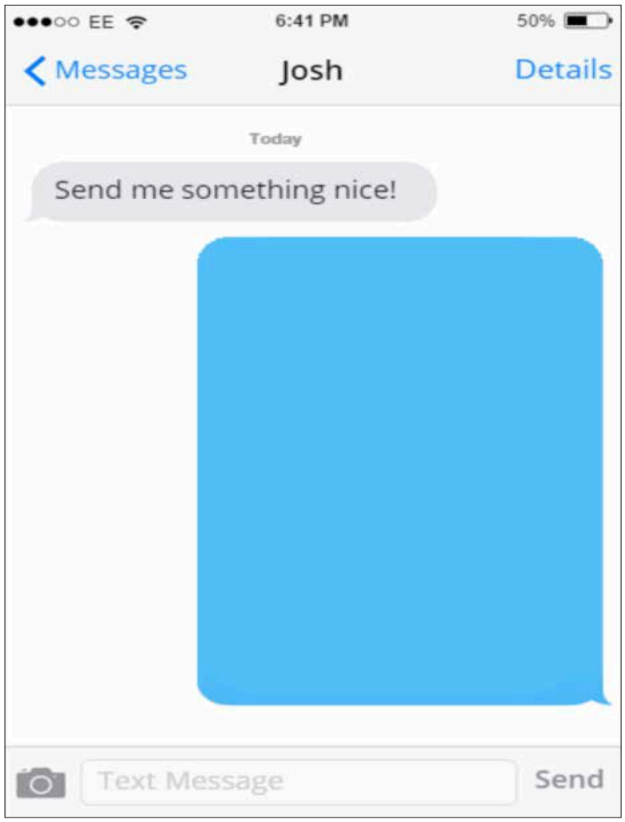
5. Practice Empathy:
Your sibling calls you for a ride home. On the way home, they tell you their partner is trying to pressure them into having sex. Your sibling tried to be assertive, but the situation got worse. Their partner wouldn't let it go, and it got difficult to reason with them. What could you say to your sibling to support their decision not to have sex?

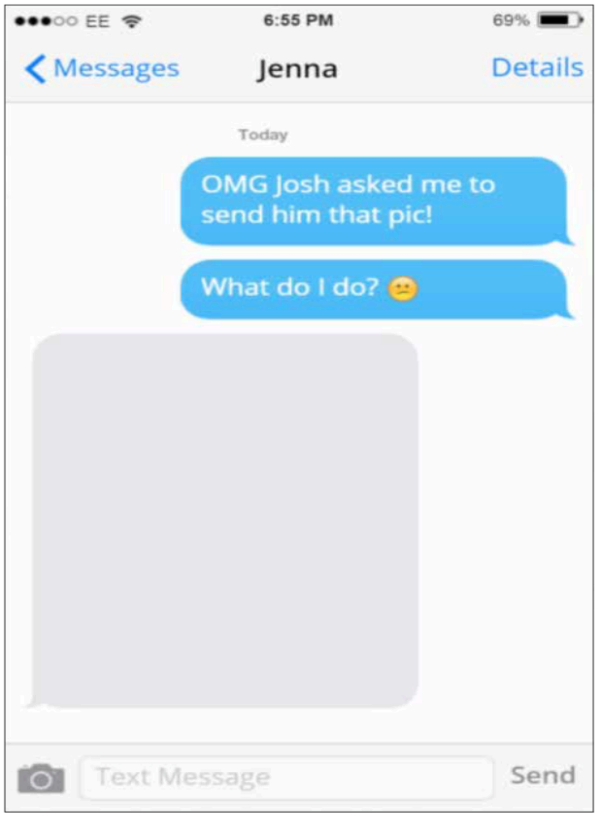
6. Present Empathy:
It is Monday morning in the school hallway. You are talking about what happened on the weekend with your friends. One of your friends is bragging about a party where people did drugs, got drunk and had sex. A couple of people are impressed by your friend and make statements that make what was happening at the party sound cool. You are not impressed with the story because you are worried that people were not being safe. What could you say to let your friends know about being safe from things like getting a STBBI/HIV, getting too drunk or having a bad experience with drugs?

7. Practice Negotiation:
Your partner is very possessive and jealous of your friends. They want to be with you all the time. You want to spend time together too, but feel like you need more time with your friends. You really like your partner, but decided to tell them you want more time to yourself.

8. Practice Negotiation:
You and your partner decide that you want to have sex. You want to use a condom, but your partner gives you a lot of excuses not to. (like "We don't have one with us. Let's have sex without a condom this one time." Or "It doesn't feel good with one" etc.) You really want to be protected from STBBIsI/HIV and pregnancy. Talk to your partner about what you want, and decide together what to do.

LESSON #2


●●●○○ EE
6:41 PM
50%
Messages
Josh
Details
Today
Send me something nice!
Text Message
Send


●●●○○ EE
6:55 PM
69%
Messages
Jenna
Details
Today
OMG Josh asked me to send him that pic!
What do I do?
Text Message
Send

ADVERTISING HEALTH

- As a group, pick one of the clinics you researched to create an advertisement for your advertisement will inform your fellow students about the clinic and its services.

- Choose **one** the the following formats for your advertisement:
    - Poster
    - Tri-fold pamphlet
    - TV commercial (30 seconds)
    - Instagram or Facebook ad
    - Vehicle wrap

- Pick one or two of the following advertising techniques to use in your ad:
    - Bandwagon: everyone is doing it/buying it/using it.
    - Testimonial: a famous person claims to use the service or recommends it.
    - Association: a product is associated with certain people, activities, or places. The message implies an association with wealth, attractiveness, enjoyment, adventure, etc. to evoke an emotional response in the target audience.
    - Weasel: a promise implied by using words like ‘fights’, ‘helps’, ‘usually’, ‘chances are’ and ‘virtually’.
    - Promotions: encouraging use by using coupons, games with prizes, or gifts with purchase.

    - Avant garde: the suggestion that using this service makes the consumer a leader or ahead of the times.
    - Compliments: the ad compliments the customer, e.g. cosmetic ads that say “Because you are worth it”
    - Plain folk: appeals to the desire to fit in, by showing that regular people use the service.
    - Facts and statistics: using numbers, real examples and statistics to make claims about the service e.g. “Four of out of five dentists agree”

- Include all of the following elements in your advertisement:
    - Name and location of the clinic
    - Services offered - focus on one or two
    - Appropriate and appealing visuals