

MODULE 2: Building Our Knowledge

Introduction 2

Families and Communities

2.A Mixed Messages 7

2.B Our Perspectives 8

2.C Website Analysis 9

Handouts:

Web Resources 1 10

Web Resources 2 11

Website Analysis 12

These activities correspond to the following learning objectives from the NWT Health Curriculum:

7.1 Families make important decisions about the roles and responsibilities of members.

Participants will be able to:

7.7.a) Identify decisions which are made within the family.

7.7.b) Identify family decisions that affect the roles and responsibilities of its members.

Teen Decisions

2.D Behaviours and Values 14

Handout:

Behaviours and Values 15

Key:

Behaviours and Values 16

2.E Should You or Shouldn't You 17

Handout:

Should You or Shouldn't You 19

2.F Affection is In 20

Handouts:

Affection is In 22

Physical Affection Funnel 23

2.G Rosie and Simon Consider Abstinence 24

Handouts:

Possible Reasons for Rosie to Say 'Yes' 25

Possible Reasons for Simon to Say 'yes' 26

Usual Reasons for Abstaining from Sexual Intercourse 27

These activities correspond to the following learning objectives from the NWT Health Curriculum:

7.5 Adolescents make important decisions related to their own sexuality.

Participants will be able to:

7.5.i) Explain the reasons for and against sexual involvement by young people.

7.5.ii) Identify the advantages and disadvantages of sexual abstinence for young adolescents.

7.5.iii) Explain why sexual abstinence is a responsible choice for young adolescents.

2.H What Would You do For a Friend? 28

Handout:

What Would You do For a Friend? 29

2.I Assertive Messages 30

Handouts:

Steps to Deliver an Assertive Message 31
 Distracting and Persuasive Statements 32
 Skills for Responding to Distracting Statements..... 33
 Action Scenario 1..... 34
 Action Scenario 2..... 35
 Action Scenario 3..... 36

These activities correspond to the following learning objectives from the NWT Health Curriculum:

7.7 Effective use of assertiveness skills can help adolescents deal with sexual pressures.

Participants will be able to:

- 7.7.i) Demonstrate the steps in the refusal process.
- 7.7.ii) Describe assertive responses that allow a person to say 'no' to sexual pressure.
- 7.7.iii) Explain how assertiveness skills can help adolescents deal with sexual pressure.

Sexually Transmitted Infections (STIs)

2.J Sexually Transmitted Infections (STIs) 37

Handouts:

STI Statistics..... 38
 Chlamydia..... 42
 Gonorrhea 43
 Syphilis..... 44
 Trichomonas..... 45
 Human Papilloma Virus (HPV)..... 46

Genital Herpes..... 47
 Scabies and Pubic Lice (Crabs)..... 48
 Sexually Transmitted MRSA 49
 Hepatitis B..... 50
 HIV/AIDS..... 51

2.K Risk Behaviours 52

Handouts:

Risk Behaviours List..... 53
 Risk Behaviours Scale..... 54
Key:
 Risk Behaviours Scale..... 55

2.L Proper Steps in Condom Use 56

Handouts:

Proper Steps in Condom Use (Phrase Strips) 58
 Proper Steps in Condom Use (Sections)..... 59
 Embarrassing Moments 60
Key:
 Proper Steps in Condom Use 61

2.M Is Barbie Drunk? Alcohol and Safer Sex 62

These activities correspond to the following learning objectives from the NWT Health Curriculum:

7.8 Sexually transmitted diseases are serious communicable diseases that can be prevented.

Participants will be able to:

- 7.8.i) Define sexually transmitted diseases.
- 7.8.ii) Identify the causes, characteristics, consequences, treatment and prevention of chlamydia.
- 7.8.iii) Identify the causes, characteristics, consequences, treatment and prevention of gonorrhea.

Abuse Prevention

2.N Relationship Graphic.....64

2.O Is This Abuse? 65

Handouts:

Dating Violence	66
Activity Sheet 1 - Is This Abuse?	68
Activity Sheet 2 - Is This Abuse?	69
Activity Sheet 3 - Is This Abuse?	70
Activity Sheet 4 - Is This Abuse?	71

2.P Consent..... 72

Handouts:

What is Consent?.....	73
News Stories #1.....	74
News Stories #2.....	75
News Stories #3	76
News Stories #4.....	77
News Stories #5.....	78

Keys:

News Stories #1	79
News Stories #2	80
News Stories #3	81
News Stories #4	82
News Stories #5	83

2.Q Meghan and Dave: Will She Stay or Will She Go?84

Handouts:

Will She Stay or Will She Go?.....	85
How Did You Score?.....	89

2.R What Would You Do?.....90

Handout:

What Would You Do?.....	91
-------------------------	----

2.S Healthy Relationships Social Marketing Campaign .. 92

These activities correspond to the following learning objectives from the NWT Health Curriculum:

7.9 Sexual assault is a criminal offence.

Participants will be able to:

- 7.9.i) Define sexual assault.
- 7.9.ii) Distinguish between fact and fiction on sexual assault.
- 7.9.iii) Describe the consequences of assault for the victim and the the offender.
- 7.9.iv) Identify behaviours that help prevent sexual assault.

2.T Rights and Responsibilities 93

UN Convention on the Rights of the Child (in Child Friendly Language).....	95
UN Convention on the Rights of the Child and My Responsibilities	97
Canadian Charter of Sexual and Reproductive Rights for Youth.....	98
Canadian Charter of Sexual and Reproductive Rights for Youth and My Responsibilities	99

2.U Personal Action Plan 100

Handout:

Personal Action Plan	101
----------------------------	-----

These activities correspond to the following learning objectives from the NWT Health Curriculum:

7.10 Positive lifestyle practices promote health.

Participants will be able to:

- 7.10.a) Identify positive lifestyle practices that promote healthy sexuality and family relationships.
- 7.10.b) Design a personal program to promote healthy sexuality and family relationships.
- 7.10.c) Evaluate the effectiveness of the program.