“Good” Relationships

API N Lunch and Learn    May 2011

Roselle Paulsen

Sexuality Education Resource Centre
S.E.R.C.

- Training and Consultation
- Education
- Resource Centre
- Facts of Life Program
- Special Projects
- Research and Evaluation
- Translation
# NO DUCKING THE ISSUE

**Sexuality Education is Important**

<table>
<thead>
<tr>
<th>OUR MISSION:</th>
<th>Promoting sexual health through education.</th>
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<tr>
<td>OUR VISION:</td>
<td>A diverse society that celebrates healthy sexuality throughout life.</td>
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- SERC FOR EVERYONE
- SERC FOR PARENTS
- SERC FOR YOUTH
- SERC FOR SERVICE PROVIDERS
Goal

To discuss what we hope to promote with adolescents, in relation to their intimate relationships.
Introductions

- Name
- Agency
- Survey... on index cards
First, about you...

Top left: quality you value in a partner

Top right: quality you would reject in a partner

Bottom left: word that comes to mind re SEXUALITY

Bottom right: word that comes to mind re LOVE

Centre: an intimate romantic behaviour
Relationships

What are qualities of a ‘healthy’ relationship?
Healthy Adolescent Romantic Relationships

- Open communication
- High levels of trust
- Partners who are relatively close in age
  and that...
- Refine sense of identity
- Develop interpersonal skills
- Provide emotional support

Sorensen, ACT for Youth Centre of Excellence, 2007
Promoting Healthy Relationships

- Recognize gender stereotypes
- Improve conflict management skills, negotiation, and communication skills
- Decrease acceptance of partner violence
- Interpret jealousy as a warning sign rather than a sign of love
- Learn how to seek help
5 I’s of Adolescence

- Independence
- Identity
- Intellect
- Integrity
- Intimacy

Pawlowski, W. & Hamilton, G.
Culture

Cultural aspects of our experiences:

Gender | Experiences
Ability | Age
Sexual Orientation | Race
Faith | Heritage
Family | Politics
Economic Class | Geography
Helpingout.ca

Addressing Homophobia in Manitoba Schools

A safe starting point for students and educators dealing with issues surrounding sexual diversity.
Culture

- Traditions
- Health Beliefs
- Gender Roles
- Clothing
- Family structure
- Values
- Age
- Parenting Styles
- Privilege
- Norms
- Language
See
Hear
Touch
Beliefs
Values
Ways of Thinking
Myths, Stories

EXTERNAL
INTERNAL

Life Philosophy / Experiences

Staircase

Rollercoaster

Adapted from: Pierre Casse: Training for the Cross Cultural Mind
S.A.K.E.

Skills

Attitudes

Knowledge

Environment
SAKE

What teens need to develop positive self concept and relationships

1. Skills teens need to develop

2. Attitudes/beliefs we want teens to hold

3. Knowledge (SRH) teens need to have

4. Environment that supports teens
   (at school, at home, in their community)
Knowledge

Everyone Stand Up…

Books, presentations, pamphlets, research, video clips…
Sexuality

- Intellectual
- Spiritual
- Emotional
- Physical
Sexuality

- Body
- Values & Beliefs
- Gender
- Relationships
- Thoughts & Feelings
Attitudes: I am sexual
I am worth protecting
I deserve respect
I have goals

‘Homework’ w. friend/partner, discussions, scenarios, analysis, rank ordering, forced choice, popular media, drama, art...
Using Condoms is…

S mart
A ffordable
F ashionable
E asy
R esponsible
S ensible
E rotic
X citing
Desire, not improved cognition, produces positive outcomes in teens.

Dr. Michael A. Carrera, Lessons for Lifeguards, 1996.
Skills: practice processing and scripting

Communicating, analyzing, negotiating...

- Imagine, process, practice
- Practice, practice, practice...

Scenarios, role plays, scripting...
Environment:

- safety, nurturing
- services, opportunities, activities
- education, goals
- supportive messages
- peer group and partner/s
- community and cultural norms
- role models, mentors

A short survey…
1. Name the last 3 winners of the Heisman trophy.

2. Name the last 3 winners of the best actress Oscar award.

3. And...
Name 3 people who positively touched your life when you were in your teens and 20’s.
Connecting

Things that isolate       Things that connect

A Professional           vs.   A Person
Note differences         vs.   Note similarities
Assume                   vs.   Ask
Zero Tolerance           vs.   Harm Reduction

Marie Booth, *Healthy Start for Mom & Me*
Also related: Preventing/Delaying Additional Births

Close, sustained relationship w. teen

Individualized attention vs. group only

Begin w. 1st pregnancy, until child is 2

cont.
Establish targets for future births

Help select BC and support its use

Encourage return to school

Economic, social supports

National Campaign to Prevent Teen Pregnancy, 2004
Support; don’t scold or ‘guilt’
Increase stability and routine
Build on existing habits
Be patient; repeat – again…
Demonstrate
Take a new look at every decision and plan
Healthy Sexual Behavior

- Positive self-worth
- Acceptance of one’s sexuality
- Integration of sexuality into mutually satisfying relationships
- Attainment and maintenance of SRH

Principles of Harm Reduction

- Set of strategies that reduces negative consequences of certain behaviours
- Meets people “where they are at”
- Reflects individual and community needs
- Non-judgmental, non-coercive
H.R. with sexual behaviour

- Unprotected sexual activities may cause some difficulties for you (emotional, physical...)

- But, if you have sex, use a condom and birth control every time (as approp. re couple)

- But, if you don’t have them with you...
But, if you don’t have them with you, practice safe sex

*What, how*... *(cuddle, masturbate...)*

But, if you can’t do that, practice safer sex

*What, how*... *(frottage, oral sex, sex toys...)*

Reduce risks. Increase intimacy, pleasure.
Talk to each other!
Artist: Spacca, Brazil
H.R. in practice

- Talk it through
- Discuss options
- Help to develop a plan
- Celebrate small steps
- Help with resources
- Expect set backs / Encourage
Messages to give…

- Decide what *you* want
- Good work
- This can be hard to do
- You may have set backs
- Keep trying
- Tell me how things go
- You’re not letting me down
Resource Sheets

Discuss ways to use or adapt
- take home, game, discussion...

Consider
- oral or written
- individual or group
- literacy
Small Groups

- 3 to 5 people meet to discuss one or two sheets

- Share your ideas on using this with teens

- Quick debrief
Discuss one:

1. Relationship Values
2. Love
3. How’s it going for you?
4. Scenario
5. Negotiating Safer Sex & scripting
6. Talking About Sex
Questions?

Evaluation

Draw

Thank you!

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Safe Olympics