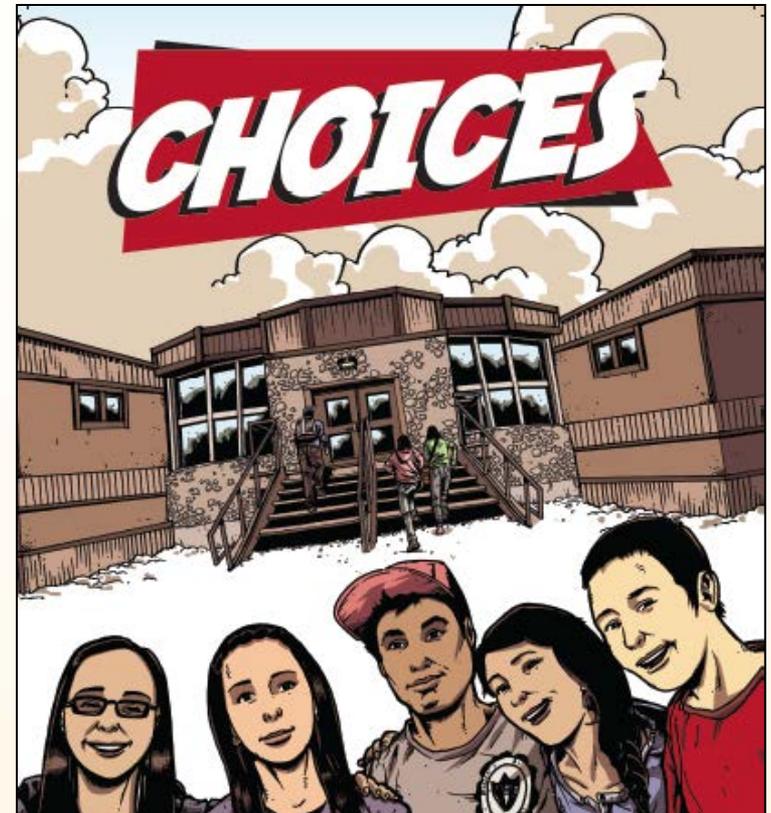
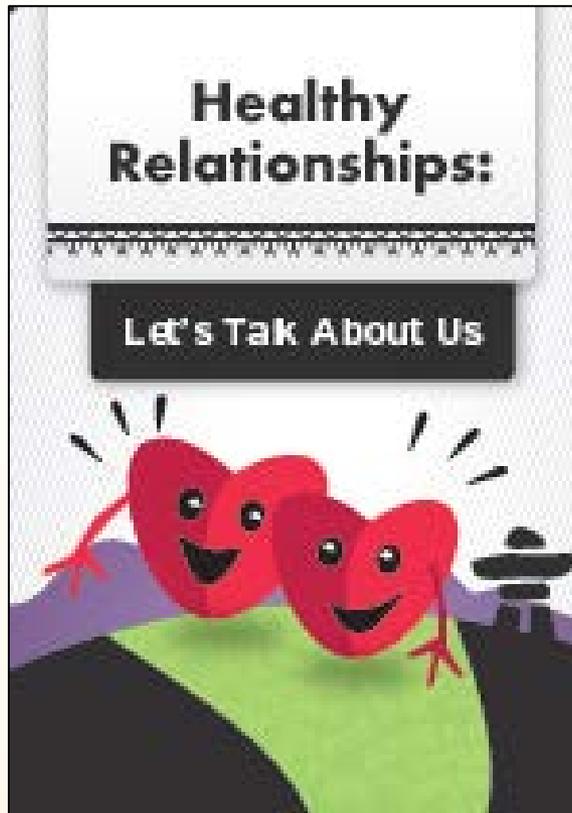




# Nunavut-Specific Resources for Teaching about Healthy Relationships



# Healthy Relationships: Let's Talk About Us pamphlet

WHAT DOES  
*Love*  
MEAN?



Enjoyment  
Family  
Friends  
Romance  
Smiles  
Kisses  
Talking with each other  
Kindness  
Sharing  
Honesty  
Safety  
Support  
Accepting  
Respect  
Pleasure

*Love is*  
more than sex!

In a loving relationship, partners:

- Ask what feels good.
- Respect desires, wants, choices, and feelings.
- Talk about what makes each other happy, excited, sad, scared, angry, or nervous.
- Choose to be together and enjoy time together.
- Practice safe sex – protect each other from sexually transmitted infections and unplanned pregnancy.
- Argue in healthy ways. It's okay to get mad. It's NOT okay to lie, cheat, or hurt each other.
- Share personal things. Take time to get to know each other, to trust and feel comfortable together.

Are you ready for a  
*relationship?*

- Are you confident in yourself?
- Do you believe you deserve to be treated well?
- Have you made decisions about birth control and pregnancy?
- Do you know sexual body parts and how they work?
- Can you talk about and make decisions about safe sex?
- Do you know what you want from the relationship?  
Not everyone wants sex. Not everyone wants to get married or have babies.
- Can you talk with your partner?  
Tell them what feels good and what doesn't? Talk about how to keep each other safe?



Let's Talk About Us

Healthy Relationships

Learn more about healthy relationships and how to communicate better:  
Talk to a nurse, social worker, or mental health worker

Visit

[WWW.IRESPECTMYSELF.CA](http://WWW.IRESPECTMYSELF.CA)  
[WWW.SEXANDU.CA](http://WWW.SEXANDU.CA)



Available at: [www.irespectmyself.ca](http://www.irespectmyself.ca),  
from local CHR, or by contacting  
[sexualhealth@gov.nu.ca](mailto:sexualhealth@gov.nu.ca)



## What is an unhealthy romance?

- One person expects things that the other person feels uncomfortable or unsafe about.
  - One person does not respect the other person or ask what they want.
  - One person is abusive to the other person—hurts the other person with words or actions. The other person feels like they have to be careful what they say or do.
  - Jealousy or lack of trust: One person does not want the other to spend time with other people or doing things without them.
- Examples:**
- Asks "Can I do/try you?"
  - Demands naked photos or shares them without your consent.
  - Wants to spend all your time together having sex.
  - Wants violent sex.
  - Refuses to use condoms for safe sex.

You may need support to leave an unhealthy relationship. Talk to someone you trust:

- Nurse
- Mental Health Worker
- Social Worker
- Nunavut Kamatsiaqtut Helpline (1-800-265-3333)



If you are in immediate danger or thinking about harming yourself or others, call the RCMP EMERGENCY line.

## BREAK UPS

Sometimes a loving relationship does not work. People can grow apart or change their mind. It felt like love. But the person who was right for you is not the right person any more.

### If you're thinking about breaking up with someone:

- Plan for a conversation. Do not avoid it. Do not rush into it.
- Show respect for the other person's feelings.
- Be honest and clear about your feelings, but do not be mean.
- Say it in person. Do not text, email, or use Facebook and other social media.
- Talk to someone you trust to practice what you are going to say.
- If you feel unsafe, have someone nearby.



## HANDLING BREAK UPS

Breaking up can be hard for both people. It's normal to feel sad. Sometimes it feels like things will never get better.

### Time and other things help.

- Spend time with the people that make you feel good about yourself
- Remember your strengths
- Take care of YOU. Spend time doing activities that you love and that make you feel good about yourself. Go out on the land, sew, watch a movie, play sports or learn a new skill!

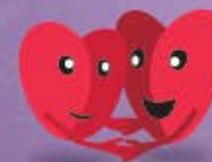


When you tell someone you no longer want to see them, they have no right to follow or contact you. If you feel unsafe after you've broken up with someone, call the RCMP EMERGENCY line.

## IMPROVE your relationships

### Practice these simple tips.

- If you have something important to say, find time to talk when you are both calm and not distracted.
- Be honest. Small lies lead to bigger lies.
- Communicate what you want, don't want, and what feels good.
  - \* When you do \_\_\_\_, I feel \_\_\_\_.\*
  - \* I do / don't like \_\_\_\_.\*
  - \* What I hear you saying is \_\_\_\_. Is that right?\*
- Negotiate. You can't win all the time, but you shouldn't always lose.
- Listen to understand what the other person is saying.
- Set healthy boundaries:
  - Agree on rules and limits
  - Take time for yourself
  - Spend time apart from one another - with friends and family and doing the things you enjoy.
- Use "I" and "me" statements. Talk about how you feel or what you notice. Avoid blaming or accusing.



You know your relationship best. Sometimes you can do nothing to improve it.

**IF YOU ARE IN DANGER OR FEEL UNSAFE IN YOUR RELATIONSHIP, GET HELP AND GET OUT.**

# Where to use this resource

- Presentations to youth (school, youth groups, etc)
- Presentations to CPNP groups, men's groups, women's groups, parents' groups
- Leave a pile of these anywhere you dispense condoms
- As a take-home resource from well-woman, prenatal, or well-man checks
- As a give away at health fairs or store booths



# Key Messages

- Everyone deserves to be respected in all their relationships.
- Love and relationships are about more than sex.
- Being able to talk with your partner is the most important part of a healthy relationship.
- Breaking up can be hard. There are things you can do to feel better after a break up.

# Any Questions?



# What is love?

- There are many types of relationships – including family, friends, and romantic.
- All of these positive feelings are in a loving relationship.

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*love*  
MEAN?



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Family

Friends

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Smiles

Kisses

Talking with each other

Kindness

Sharing

Honesty

Safety

Support

Accepting

Respect

Pleasure

# Love is about communicating!

- Talk to each other – to know what your partner wants and what makes them feel good, safe, and loved.
- When you're angry, talk about it. Don't lie, cheat, or hurt each other.

**Love is**  
more than sex!

**In a loving relationship, partners:**

- Ask what feels good.
- Respect desires, wants, choices, and feelings.
- Talk about what makes each other happy, excited, sad, scared, angry, or nervous.
- Choose to be together and enjoy time together.
- Practice safe sex – protect each other from sexually transmitted infections and unplanned pregnancy.
- Argue in healthy ways. It's okay to get mad. It's NOT okay to lie, cheat, or hurt each other.
- Share personal things. Take time to get to know each other, to trust and feel comfortable together.

# Are you ready?

- Sometimes people get into romantic relationships before they are ready.
- Before getting into a relationship, people should feel good about themselves, make decisions about safe sex, and be able to talk to their partner about what they want and don't want.



# Unhealthy Romance

- Jealousy, abuse, disrespect, and feeling unsafe or uncomfortable are signs of an unhealthy relationship.
- People in an unhealthy relationship can try to fix it (by talking with their partner!) or leave the relationship.
- Everyone deserves to be treated well by their romantic partner.



## What is an unhealthy romance?

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- One person is abusive to the other person—hurts the other person with words or actions. The other person feels like they have to be careful what they say or do.
- Jealousy or lack of trust: One person does not want the other to spend time with other people or doing things without them.

**Examples:**

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# Breaking up is hard to do

- You can break up with someone respectfully.
- Breaking up can be hard, but you can survive it!

## BREAK UPS

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## HANDLING BREAK UPS

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### Time and other things help.

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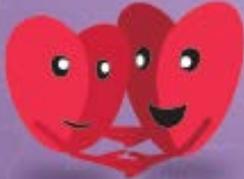
# Communication is the best way to improve your relationships!

- Talk about how you feel.
- Listen to understand.
- Be honest.

**IMPROVE**  
your relationships

**Practice these simple tips.**

- If you have something important to say, find time to talk when you are both calm and not distracted.
- Be honest. Small lies lead to bigger lies.
- Communicate what you want, don't want, and what feels good.
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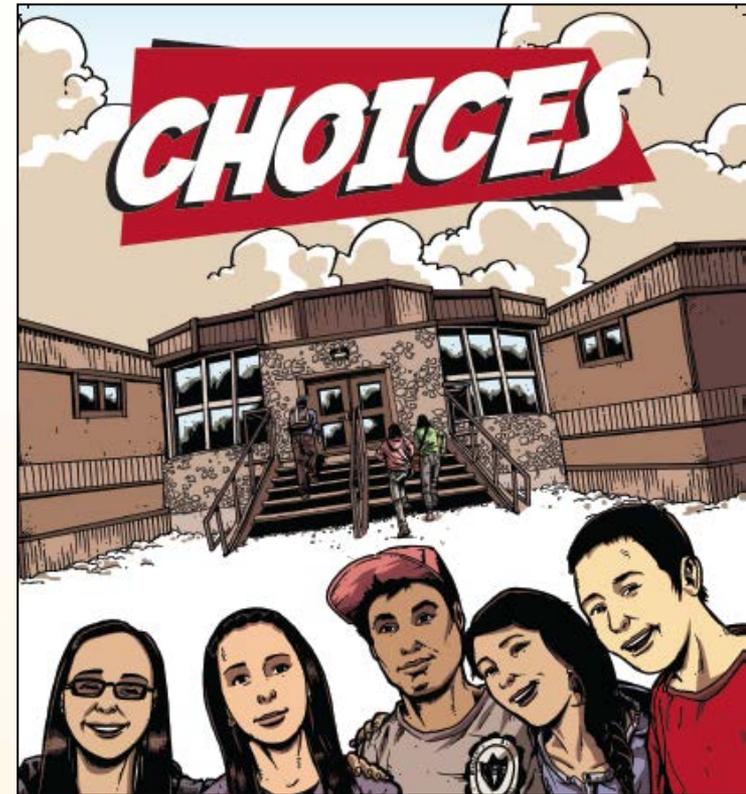
# Any Questions?



# Choices

(pages 17-19)

- Available in all schools in Nunavut: graphic novel, lesson plans, and DVD
- Approved by Dept of Education for Grade 7-9 Aulajaaqtut
- Themes: sexual health, decision making, peer pressure, healthy relationships, communication



Available by emailing  
[EDUresources@gov.nu.ca](mailto:EDUresources@gov.nu.ca)

# Extra note for educators regarding age of consent for STI testing/ treatment and birth control:

- Anyone, of any age, can come to the health centre for STI testing/ treatment and birth control.
- If the person is young, the nurse may ask a few extra questions to be sure that the person is not being sexually abused and to be sure that the person understands the benefits and risks of treatment.

# Any Questions?





# Our role as sexuality educators

Build our participants'

- Knowledge
- Skills
- Confidence

How can we do this?

# Best Ways to Teach CHRs said:

- Find out what they already know
- Make them feel good about themselves – recognize success!
- Make it relevant to their life
- Focus on good things – not just fear
- Humour – get the giggles out
- Drama/ Role Play
- Telling stories
- Yell out words to get comfortable saying them
- Arts and crafts
- Songs
- Radio and TV script writing
- Videos
- Activities and games
- Debates
- Expert groups – have them teach themselves!
- Storytelling
- Hands-on
- Pictures
- Guest speakers
- Field trips
- Question box
- Ask questions to check participant's understanding

“People won’t remember what you said or what you did. They will remember how you made them feel.”

# Any Questions?



# Activities for Teaching about Healthy Relationships

- Think-Pair-Share
- Take a Stand
- Videos
- Gallery Walk
- Role Play
- True/False
- TV or radio script writing
- Storytelling – stories, poems, songs
- “What would you do?” scenarios
- Debates
- Guest speakers
- Games for Adolescent Reproductive Health - [http://www.iwtc.org/ideas/10\\_games.pdf](http://www.iwtc.org/ideas/10_games.pdf)

# Tips for educators teaching sexual health

- Be honest, open, and welcoming
- Keep your sense of humour
- Don't worry if the conversation isn't perfect
- Use TV shows, music, movies, the news, and real life to start a conversation.



# Consider...

- Asking an Elder to come in and speak about the topic to provide traditional knowledge and values
- Be prepared to share modern knowledge as well
  - don't just rely on traditional knowledge
- Ensure a respectful environment for everyone – young and old
- After the Elder leaves, have a discussion with your group
  - What is the same as the past?
  - What is different?
  - What do you think about what the Elder said?

# Any Questions?



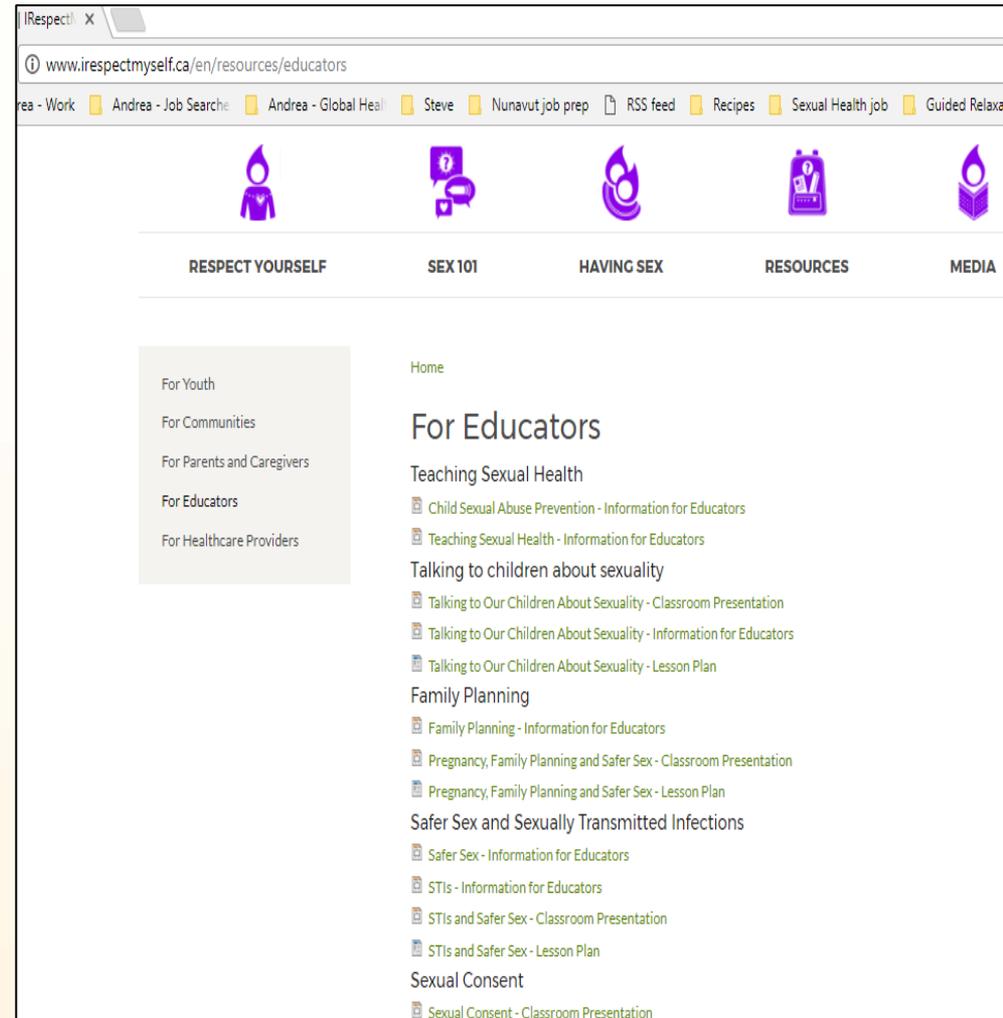
# Reminder: Other Sexual Health Resources Available!

- Birth Control/ Family Planning
- Safer Sex
- Talking to Children about Sexuality
- Sexual Consent



# Reminder: Other Sexual Health Resources Available!

- Are you a new CHR and want to learn more about sexual health?
- Did you miss telehealth training sessions on other sexual health resources?
- Are you looking for sexual health lesson plans?
- Information for educators, lesson plans, and classroom presentations are available at <http://www.irespectmyself.ca/en/resources/educators>
- Call or email me if you want more help!



The screenshot shows a web browser window with the URL [www.irespectmyself.ca/en/resources/educators](http://www.irespectmyself.ca/en/resources/educators). The page features a navigation bar with icons and labels for 'RESPECT YOURSELF', 'SEX 101', 'HAVING SEX', 'RESOURCES', and 'MEDIA'. Below the navigation bar, there is a sidebar menu with options: 'For Youth', 'For Communities', 'For Parents and Caregivers', 'For Educators', and 'For Healthcare Providers'. The main content area is titled 'For Educators' and lists various resources such as 'Teaching Sexual Health', 'Talking to children about sexuality', 'Family Planning', 'Safer Sex and Sexually Transmitted Infections', and 'Sexual Consent'. Each resource is accompanied by a small icon and a brief description.

Please check out the “Classroom Presentation” and “Lesson Plan” at [www.irespectmyself.ca](http://www.irespectmyself.ca) for activities and resources.

Want more information about healthy relationships?

- <http://irespectmyself.ca/en/respect-yourself/healthy-relationship/different-types-of-relationships>
- [www.sexandu.ca](http://www.sexandu.ca)
- <https://kidshelpphone.ca/article/healthy-relationships-vs-unhealthy-relationships>
- <http://www.redcross.ca/how-we-help/violence--bullying-and-abuse-prevention/youth/healthy-relationship-tips>

Questions?

**THANK YOU!!**

Please feel free to call or email me!

867-975-5745

[NEnuaraq2@gov.nu.ca](mailto:NEnuaraq2@gov.nu.ca)

