



“Good” Relationships

APIN 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

OUR MISSION:
Promoting sexual health
through education.

OUR VISION:
A diverse society that
celebrates healthy sexuality
throughout life.

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

Ability

Sexual Orientation

Faith

Family

Economic Class

Experiences

Age

Race

Heritage

Politics

Geography







Culture

Traditions

Health Beliefs

Gender Roles

Clothing

Family structure

Values

Age

Parenting Styles

Privilege

Norms

Language





EXTERNAL

See

Hear

Touch

INTERNAL

Beliefs

Values

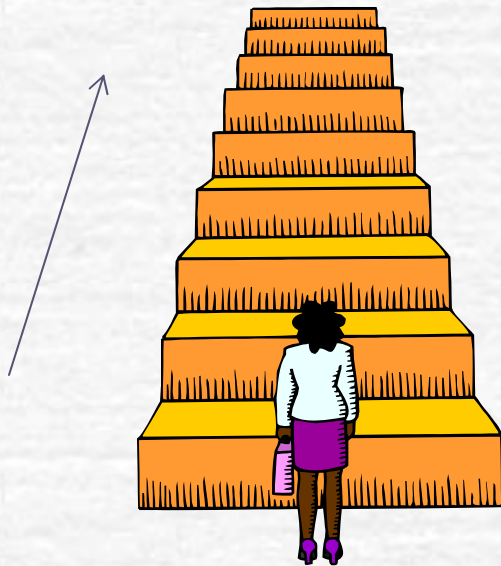
Ways of
Thinking

Myths, Stories

Source: Iceberg Analogy of Culture modified from Gary R. Weaver, "Understanding and Coping with Cross-Cultural Adjustment Stress" in *Culture, Communication and Conflict: Readings in Intercultural Relations*, 1998. Photo used under Flickr Creative Commons: <http://www.flickr.com/photos/jeffmike/s/2811022827/>

Life Philosophy / Experiences

Staircase

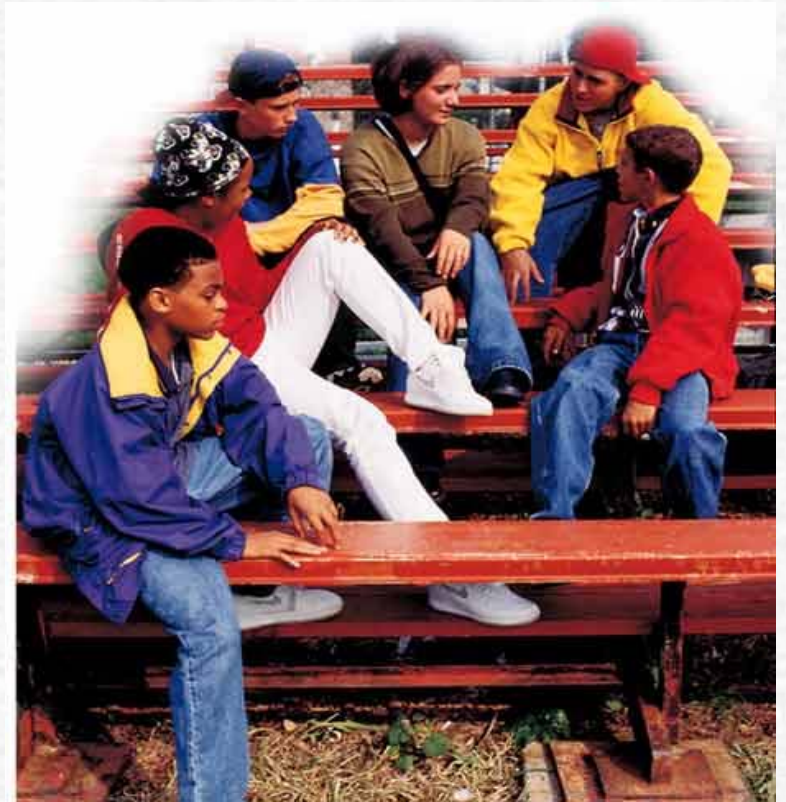


Rollercoaster



S.A.K.E.

- ☛ Skills
- ☛ Attitudes
- ☛ Knowledge
- ☛ Environment



SAKE

What teens need to develop positive self concept and relationships

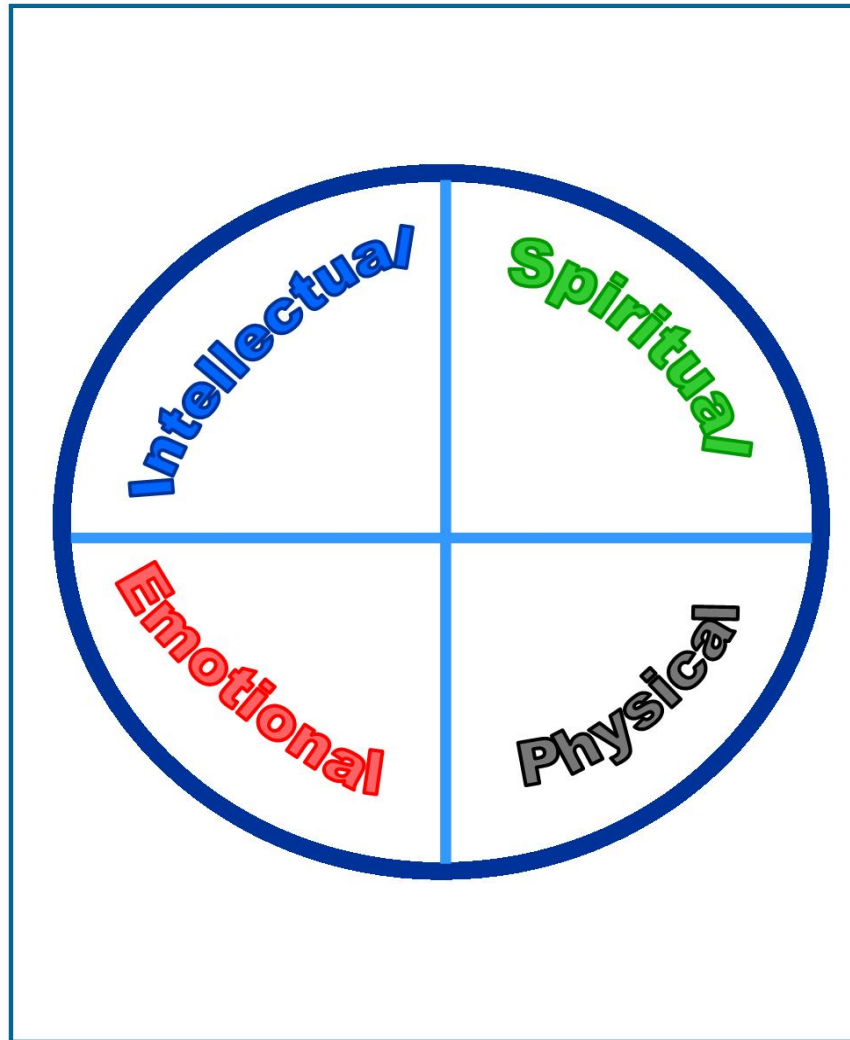
1. Skills teens need to develop
2. Attitudes/beliefs we want teens to hold
3. Knowledge (SRH) teens need to have
4. Environment that supports teens
(at school, at home, in their community)

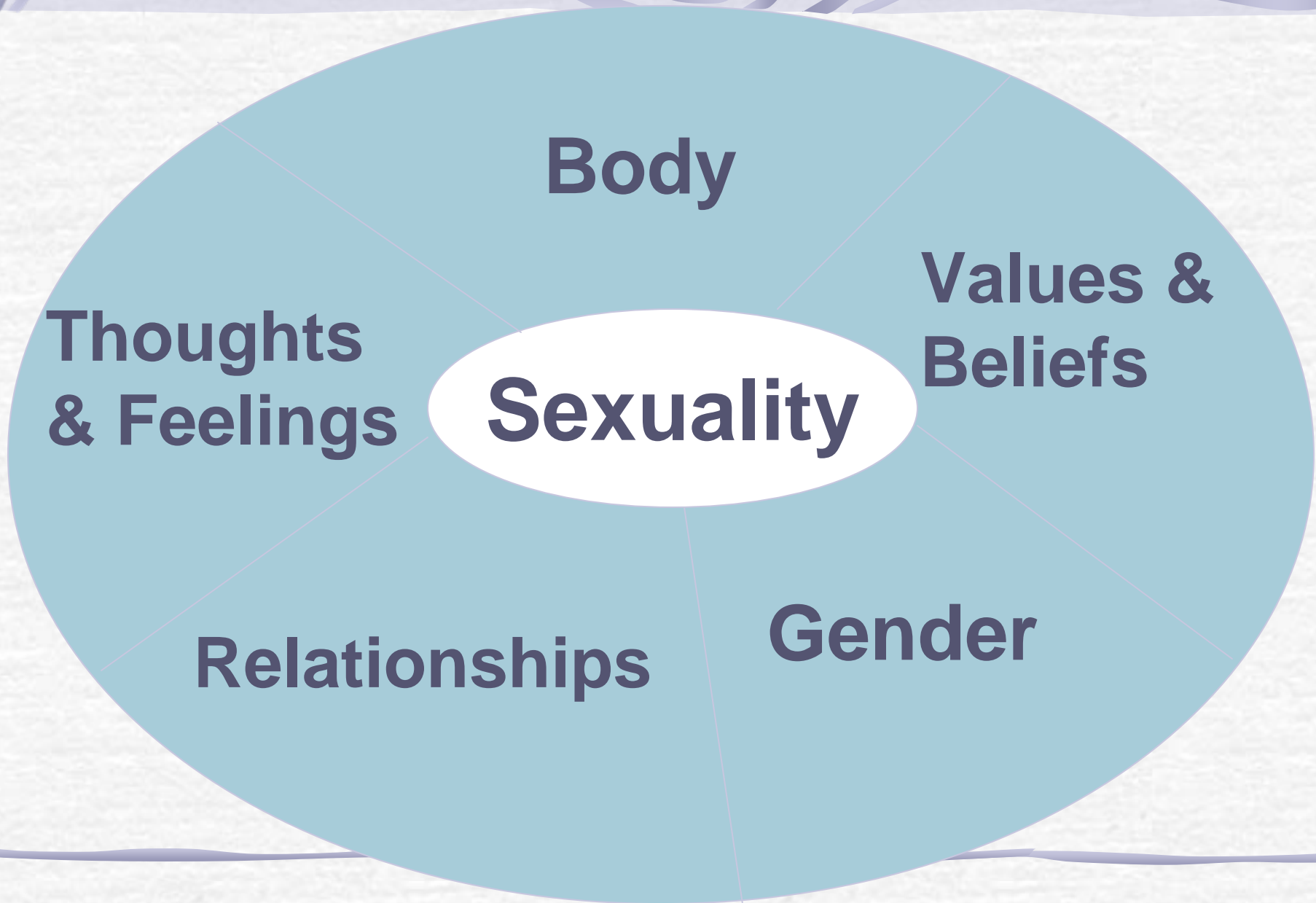
Knowledge

- Everyone Stand Up...

- Books, presentations, pamphlets, research, video clips...

Sexuality





Body

**Values &
Beliefs**

Gender

Relationships

**Thoughts
& Feelings**

Sexuality

- 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...

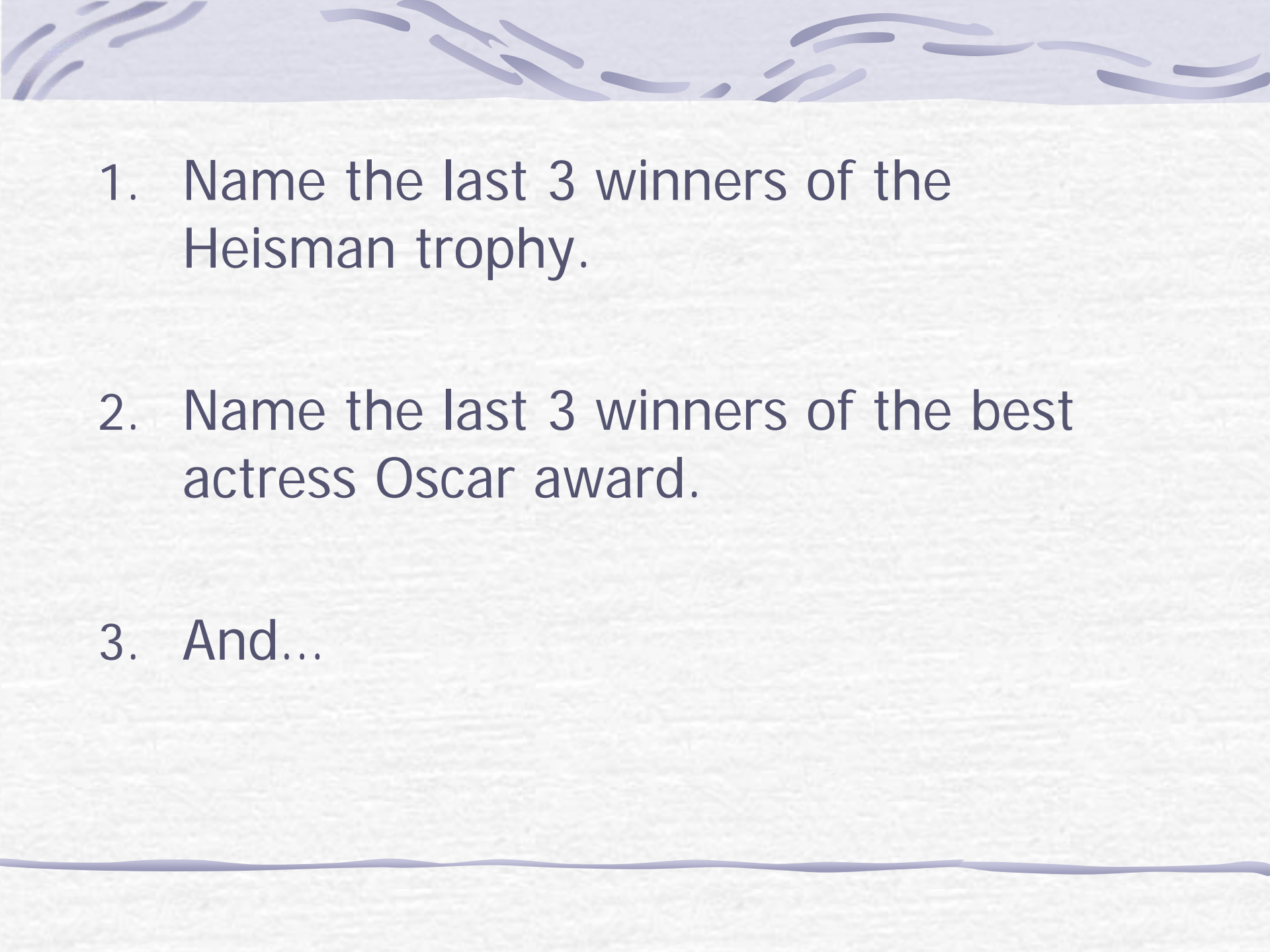
Scenarios, role plays, **scripting**...

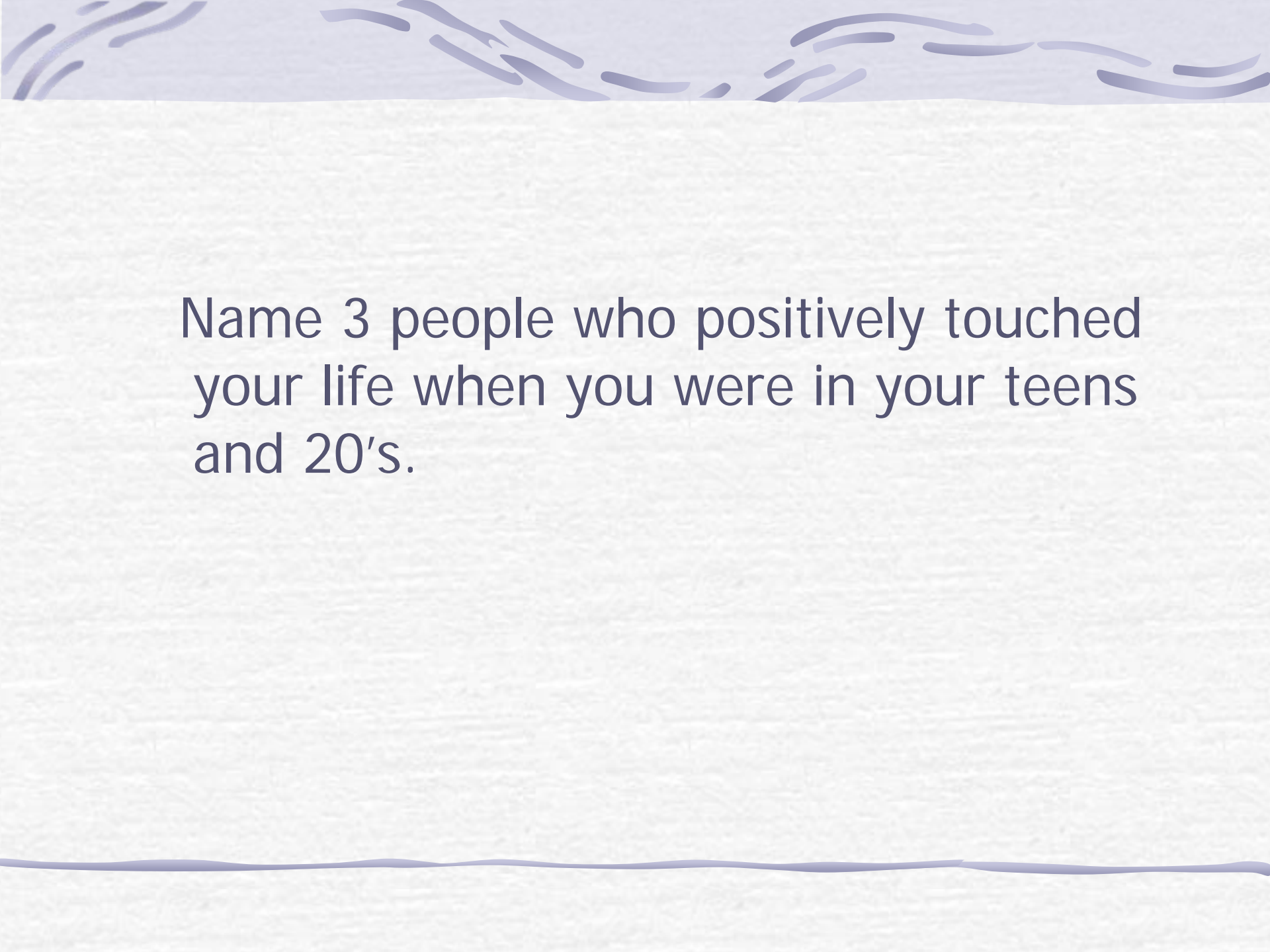


Environment:

- ✓ 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*

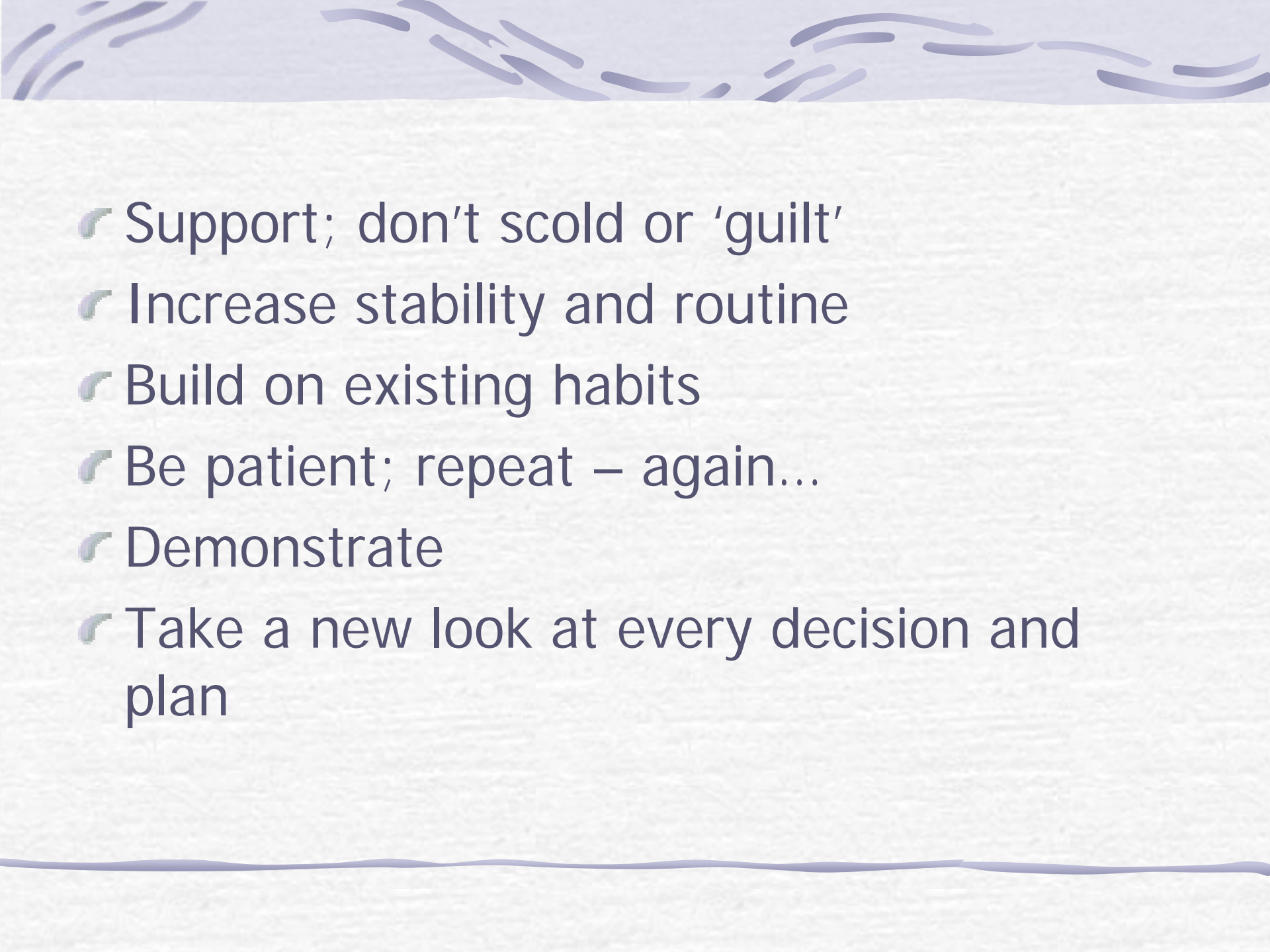
- Close, sustained relationship w. teen
- Individualized attention vs. group only
- Begin w. 1st pregnancy, until child is 2

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

Canadian Guidelines for Sexual Health Education,
Health Canada 2008

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

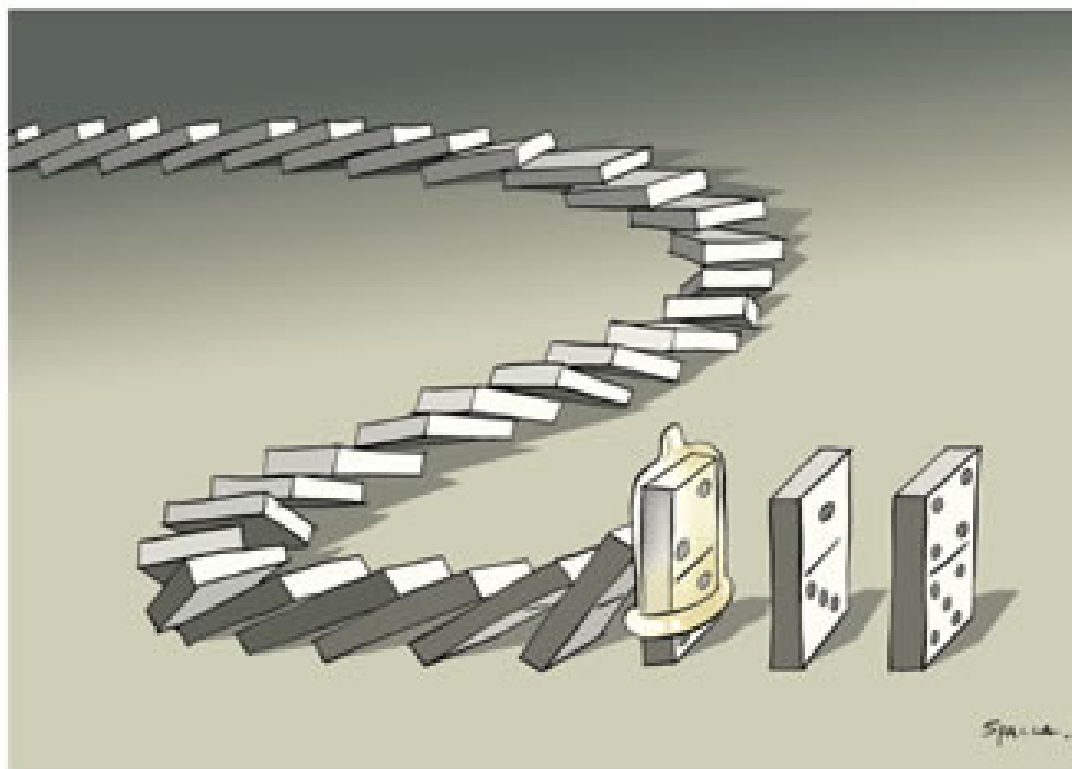
What, how... (cuddle, masturbate...)

- 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
- next...

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

