

# Healthy Relationships:

## Part 1

Grade 7 & 8

Presentation adapted with permissions from Middlesex-London Health Unit

The logo for Health and Social Services, featuring a stylized white wave above the text. The text is arranged in three lines: "Health and" in a serif font, "Social Services" in a larger, bold serif font, and "Halifax and Norfolk" in a smaller sans-serif font below it.  
Health and  
Social Services  
Halifax and Norfolk

# Ground Rules

- Giggling is OK
- No names or specific examples of peers will be used in discussions.
- Respect what others say
- Understand others' feelings
- Discuss relationship topics responsibly outside the classroom
- There are no dumb questions



# Types of relationships

Throughout our lives, we are involved in many different kinds of relationships. These include:

Parents

Siblings/relatives

Friends

Girlfriends/boyfriends

Teachers and  
classmates



Healthy relationships can make us happier and add to our feelings of self-worth

# Healthy Relationships

- ❖ Starts with yourself
- ❖ It's good to see yourself in a positive way
- ❖ We all have strengths and things we want to work on
- ❖ Thinking positively about yourself can help with relating to others, which contributes to healthy relationships



# Looking at Myself

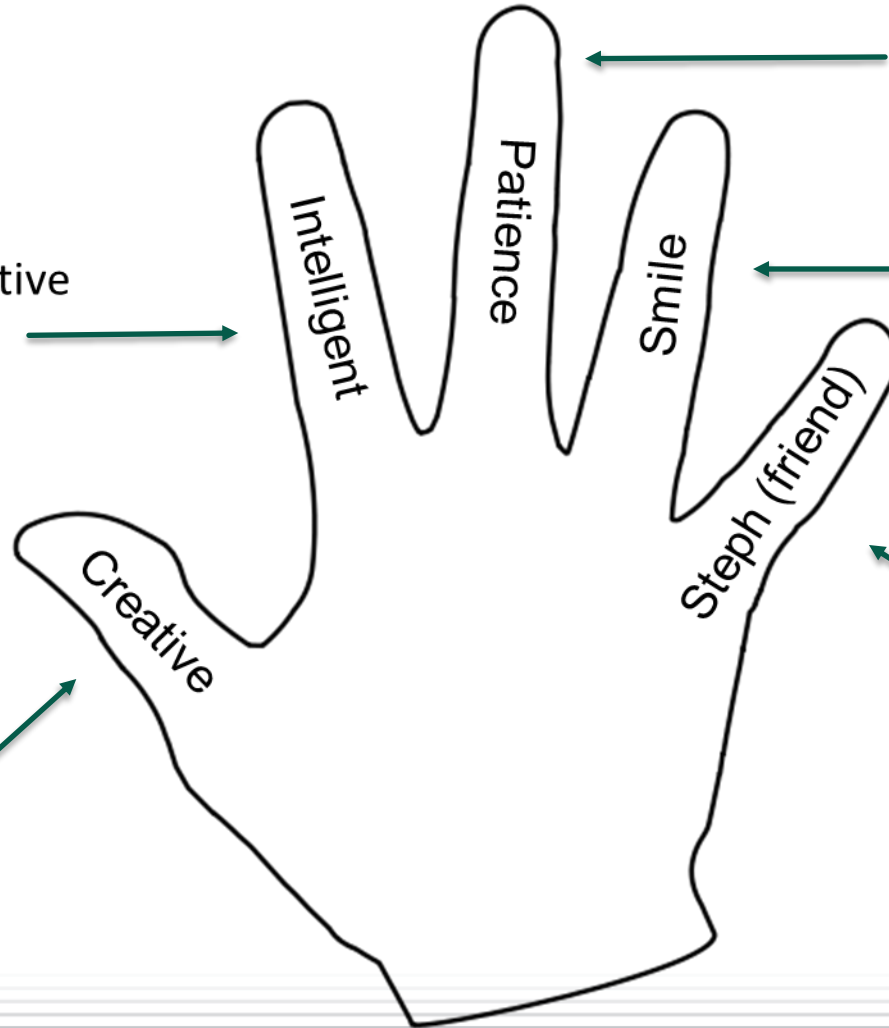
One thing you would like to change about yourself

What is your best physical characteristic?

Who could you turn to if you needed help?

Your strongest, positive personality trait?

One characteristic that makes you feel proud



# How do you start a relationship?

- Showing the other person that you are interested in getting to know them
  - smiling
  - laughing
  - actively listening to them
- Talk about interests and find what things you have in common
  - playing sports
  - play an instrument/music
  - movies



# In a Healthy Relationship:



This Photo by Unknown Author is licensed under [CC BY-NC](#)

- Both people want to be in the relationship
  - both people feel good
  - brings out the best in each other
- Each partner tries to help the other if they are able to do so
- Both people are comfortable being themselves
- Each partner brings out the positives in the other
  - Talents
  - Strengths

# People in Healthy Relationships:

- Talk with each other easily
- Trust each other
- Respect each other
- Are honest
- Laugh together
- Accept differences
- Share similar interests
- Are able to respectfully work through disagreements





# Discussion

- What would be an example of an unhealthy relationship?
- What is important to you in a relationship?
- What are some ways people can show these qualities in a relationship?



- If you have feelings of uncertainty, doubt, or fear about a relationship, it is important to recognize and act on these feelings
- Don't force yourself to be in a relationship you don't want to be in



# Communication in Relationships

- If you share common interests and like each other:
  - How can you get to know each other better?



How can the changes  
experienced during  
puberty affect  
relationships?

# Consent



- Consent means willingly giving permission through words or actions for something to happen
- Consent must be informed and explicitly stated.
- Silence is **not** consent.
- If an individual does not say “yes”, it must be assumed that she/he is saying “no”

# Age of sexual consent

- 16 years and older can consent to sexual activity
- 14 and 15: “can consent to sexual activity with a person who is less than 5 years older\*”
- 12 and 13: “can consent to sexual activity with a person who is less than 2 years older\*”
- \*Except with a person in position of authority
  - Examples:
    - Teacher
    - Doctor/Nurse
    - Camp Councilor
    - Family member



# Wrapping Up

- **Remember:**
  - A healthy relationship starts with how you feel about yourself.
  - Be aware of how media messages can affect how you feel about yourself, and your relationships is important.
  - Be true to yourself and keep people in your life who make you feel good.
  - If you are having concerns about a friendship or relationship talk to someone you trust.

# Questions

