

Ground Rules

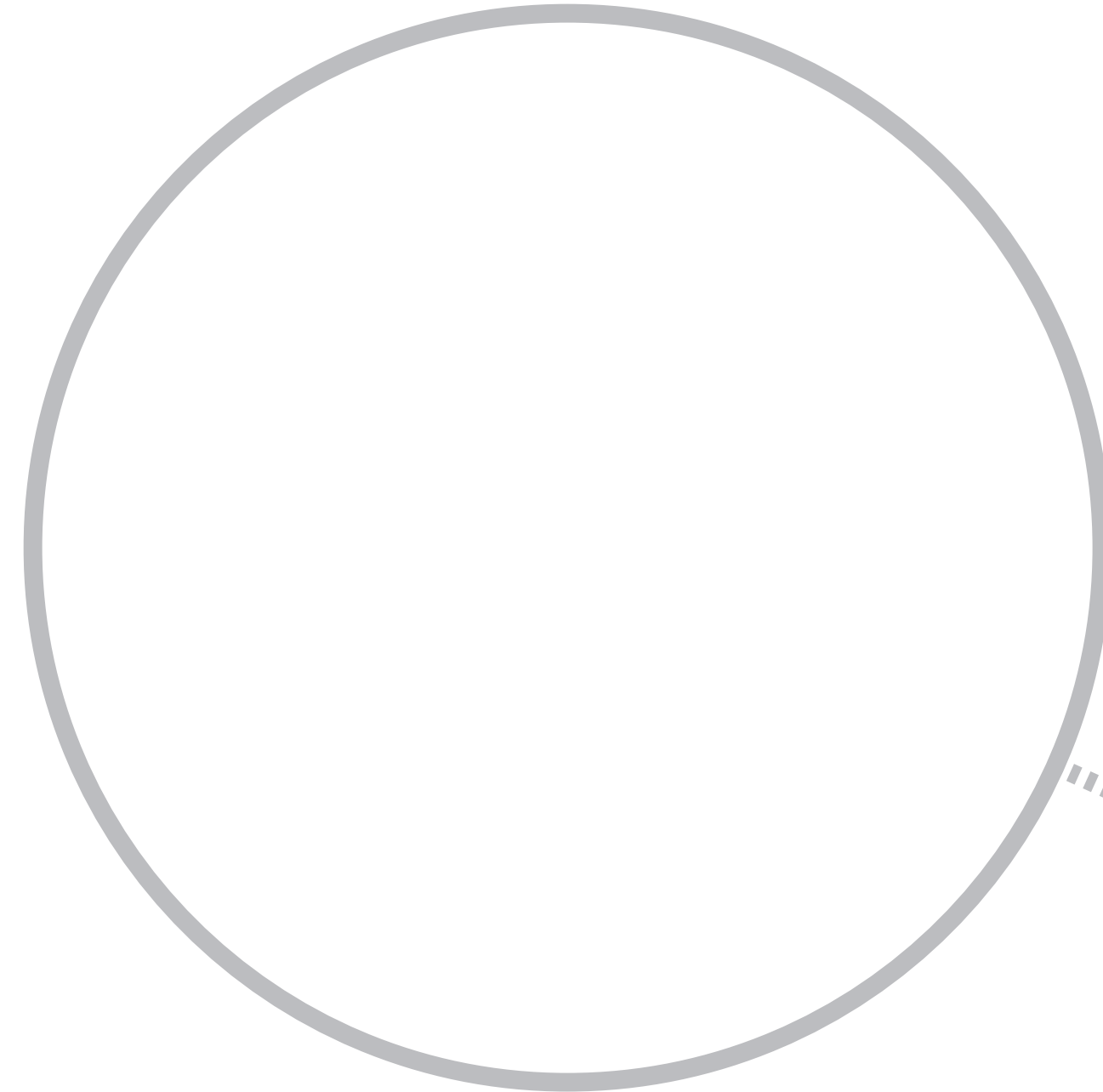


- Respect each other's ideas and opinions.
- Do not tell personal stories or ask personal questions.
- Everyone should participate as much as possible.
- It's OK to pass.
- Clapping pattern = stop and listen.

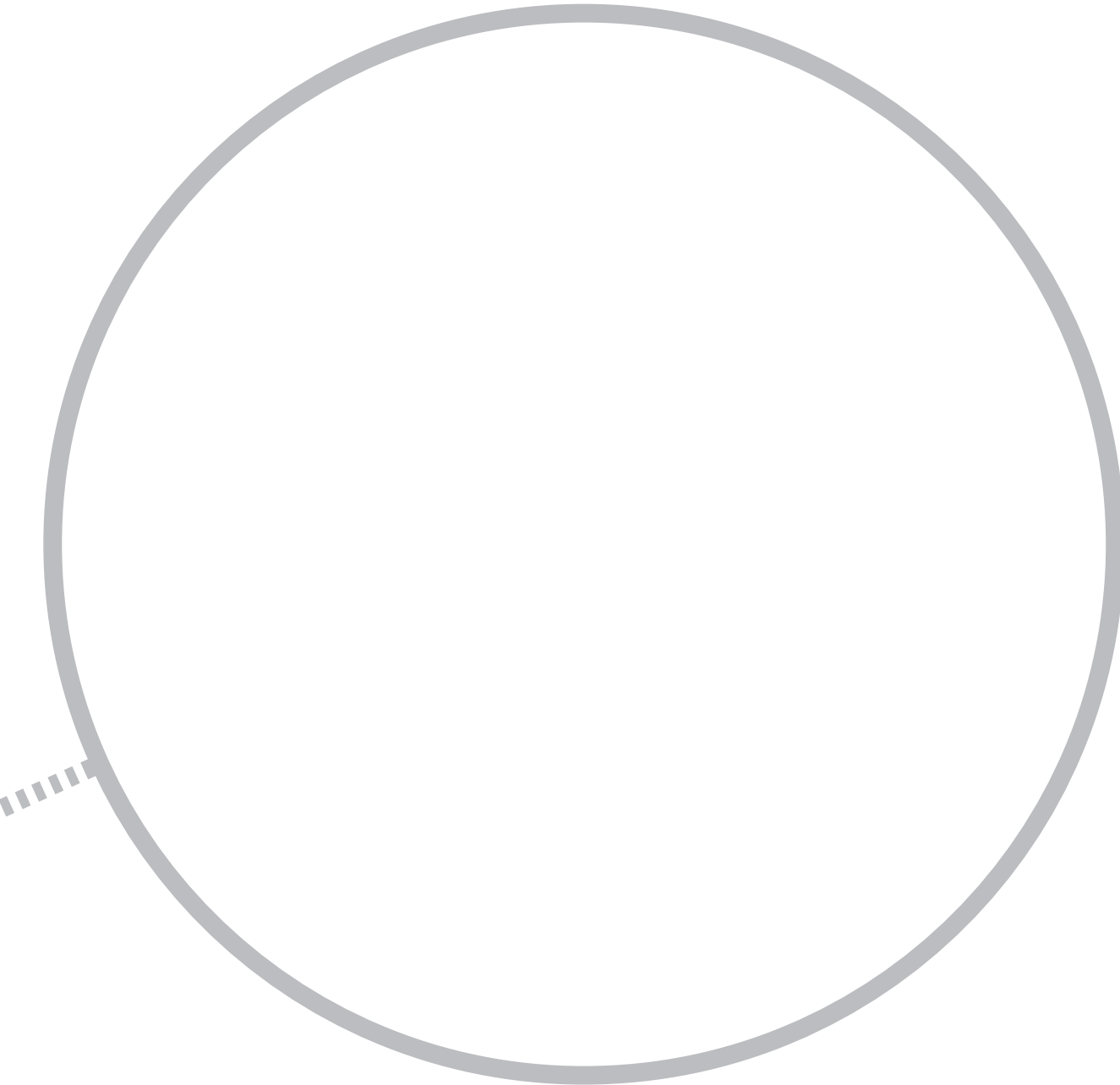
Messages and Pressures About Sex



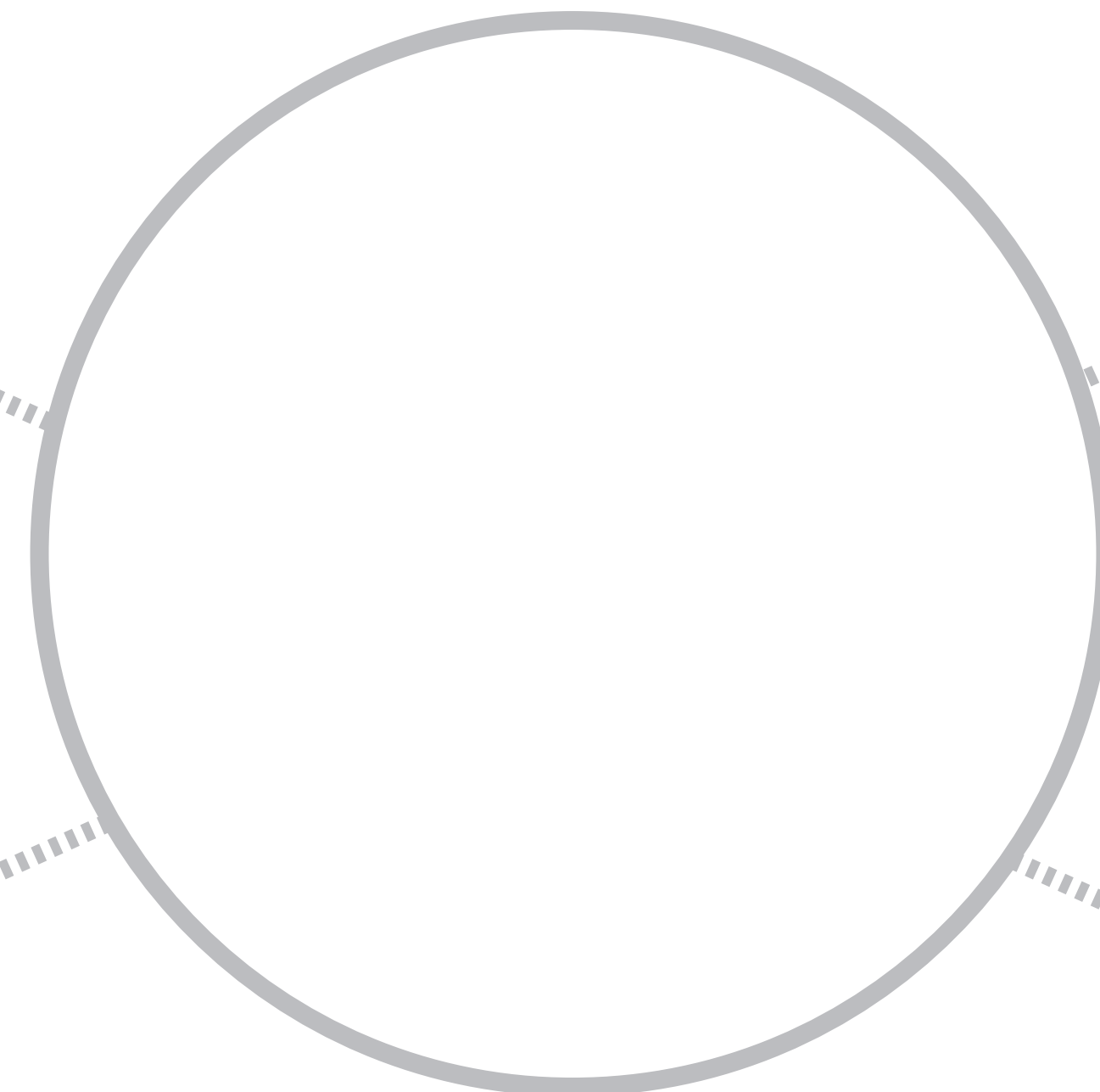
Parents/guardians



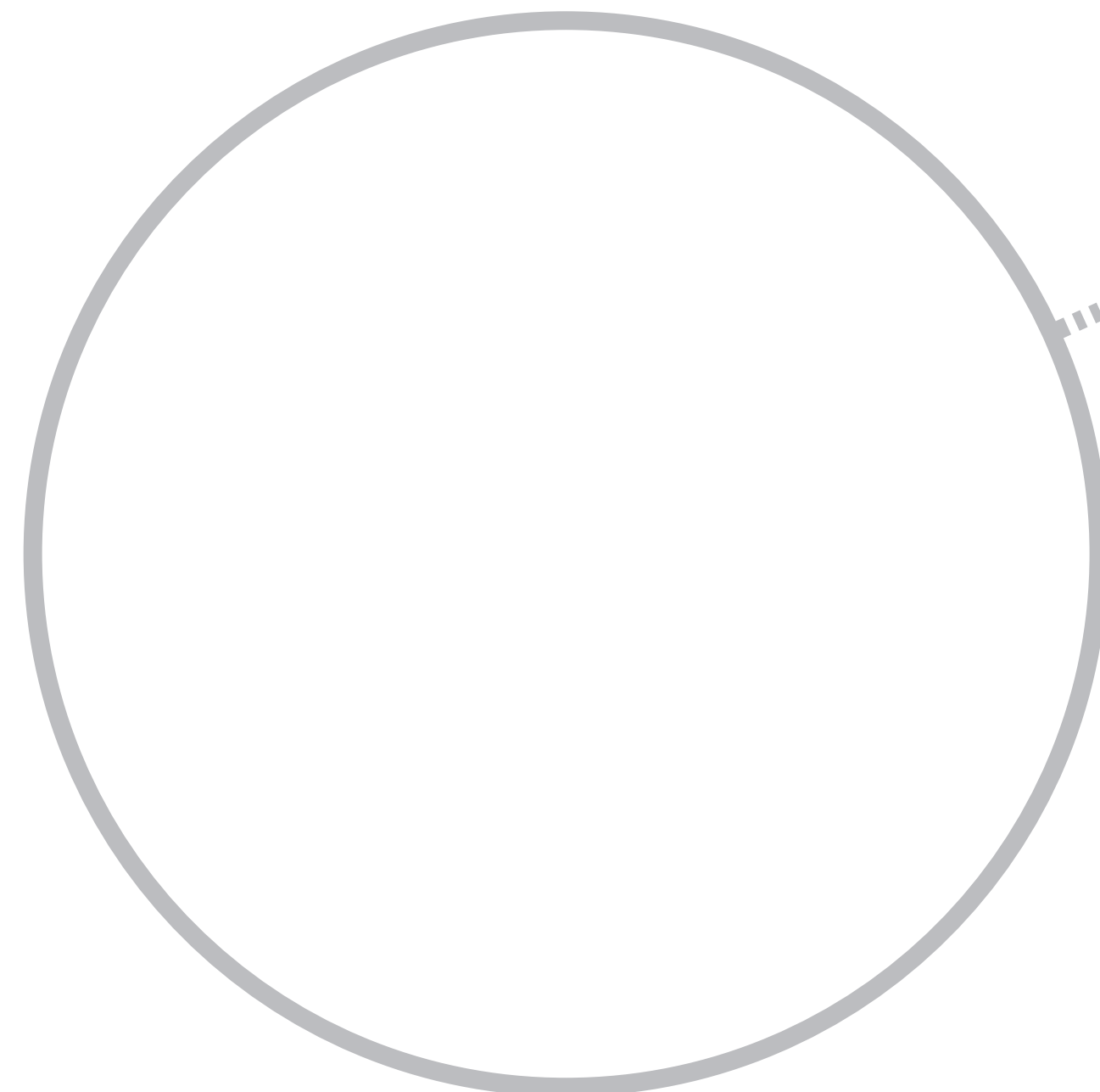
Teachers/school



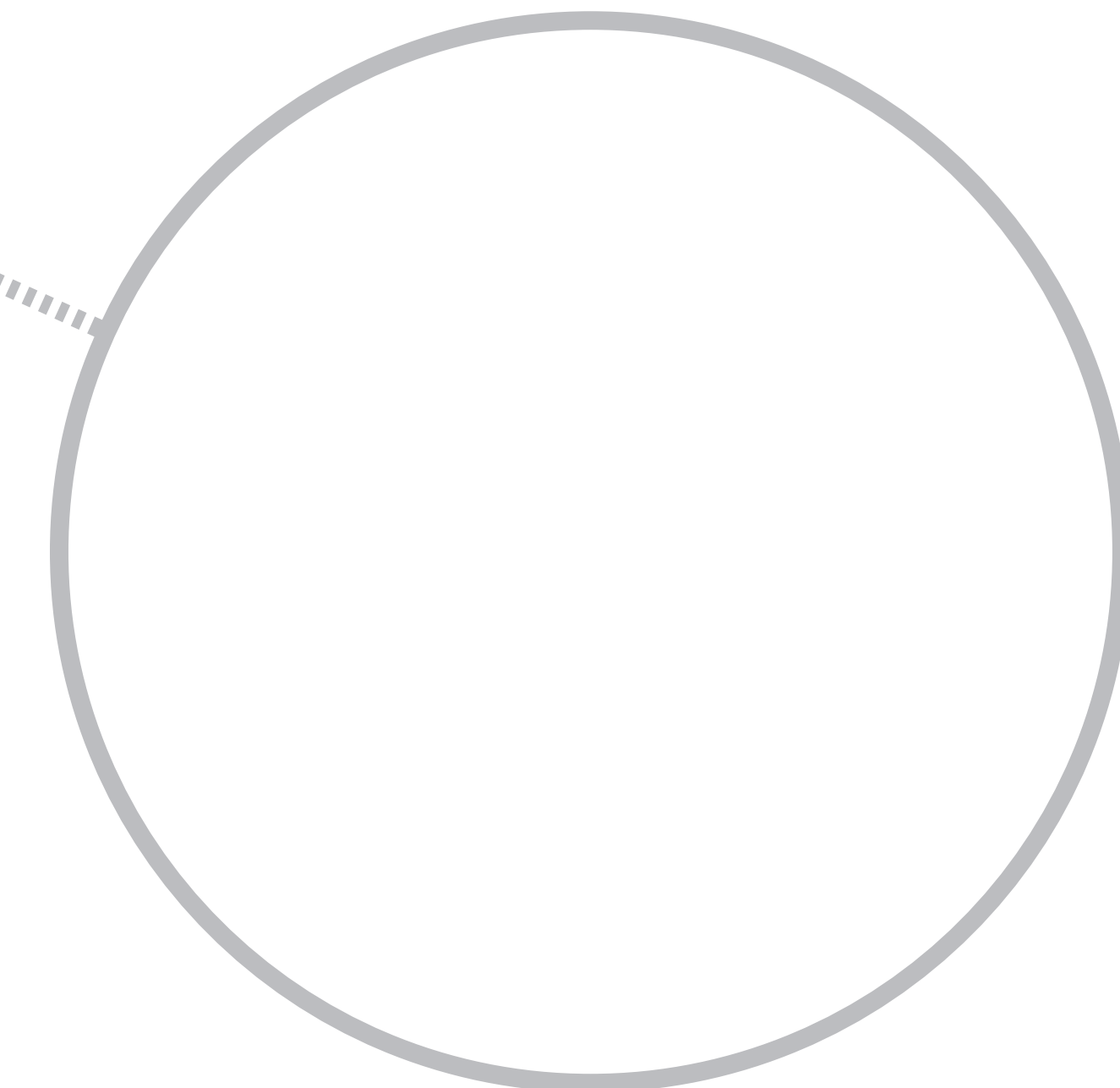
Teen



The media



Peers



Types of Communication



- Being **passive** is when a person is timid or unclear in expressing their needs — or when they won't speak up about what they want, but just go along with what the other person wants.
- Being **aggressive** is when someone tries to get what they want by bullying or humiliating the other person into it. They get pushy about what they want.
- Being **assertive** is when a person clearly and directly says what they want or how they feel without being hurtful to the other person.

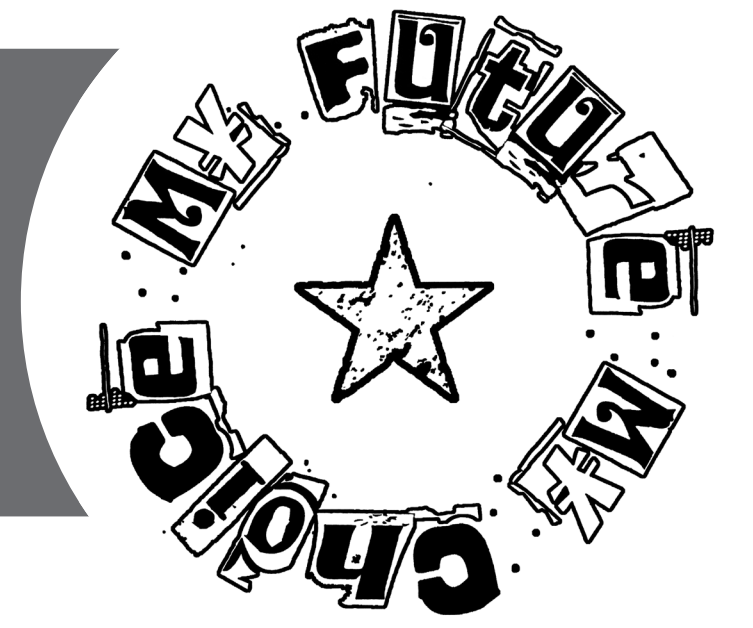
Healthy Relationship Qualities



Healthy relationships...

- Never make you feel bad about yourself
- Never feel unsafe
- Make you feel good overall when you think about them
- Take work and honest communication
- Include disagreements, but not hurtful fighting

Three-Step Decision Making Model



Step - 1: Slow down.

You have the right to take as much time as you need to make a healthy decision that is right for you.

Step - 2: Think through your options.

Think through each option and whether they align with your boundaries, values, and what is healthy for you.

Step - 3: Decide and reflect.

Make a decision and communicate it assertively. Check back in with yourself later to determine if it was the right decision for you.

Sexual touch/activities requiring consent



- Kissing
- Holding hands
- Hugging
- Touching or rubbing under or over clothes
- Being fully or partially naked with or in front of each other
- All other forms of sexual contact including sexual intercourse

Elements of Consent



- There is a balance of power in the relationship.
- Both people are aware of the consequences of sexual activity, both positive and negative, and know what will happen next.
- If a person says **yes**, they can change their mind or stop at any time.
- Neither person is under the influence of drugs or alcohol.
- It is safe to say **no**.