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TEACHER GUIDE

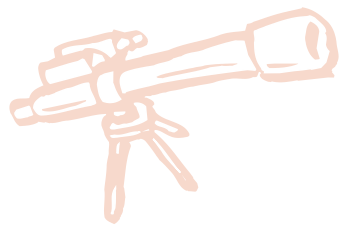
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STUDENT HANDOUTS

READING COMPREHENSION

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Healthy Relationships

1. Takashi has just started dating a new girlfriend. His friends keep asking about when they are going to have sex. Takashi doesn't feel comfortable talking about it. Should he tell his friends the intimate details?

2. Peyton's mother caught her stealing from her purse. Peyton apologized but her mom still is very suspicious. One day, Peyton needs extra cash. Should she take it from her mom again?



3. Use the words in the box to answer the questions. You can use a dictionary to help you.

attentive clarify trustworthy consent boundaries

- a) What do you need to do if you don't understand something?
- b) Someone who is reliable can also be known as what?
- c) What are the rules you put in place?
- d) What do you give when you agree to something?
- e) When you pay close attention to something, you are what?



Healthy Relationships

How do you show someone you care? Yes, you can give them a lot of gifts. You could spend all your free time with them. You could take them out for dinner every night. But what is most important in a relationship? No matter whether it's romantic, family or a friendly relationship, there are a few key things. Being **attentive**, trusting and honest with one another are the best ways to connect.

It is important to listen to your partner in order to have a real connection. By listening to what they like, and don't like, you can get to know them better. You don't want to assume that they will like everything you do. How boring would it be if everyone was the same? Their differences just may be what you're **attracted** to!

How to practise your active listening skills:

- Make eye contact often.
- Repeat what you've heard to make sure you understand.
- Nod and have positive body language.
- Ask questions to **clarify**.

Putting your trust in another person can be scary. It is what allows us to get to know each other on a deeper level. It allows us to share our hopes and dreams with each other. It lets us share our fears and worries. Being honest with one another helps a relationship grow. You can't expect someone to **commit** to a relationship with someone who isn't being truthful. It is hard to trust someone who can't be relied on to be honest. Be honest, **trustworthy** and a good listener. It can only make a relationship better!

Riley met her new partner at a baseball game. They had the same drink, both got a hot dog, and found out they like the same music. The problem is Riley doesn't like baseball. She only went because she won free tickets. Now, her partner wants to go every weekend. Riley dreads going. Rank the following solutions from 1-4. 1 is the best choice, and 4 is the worst.

- a) Be honest and tell them she doesn't like baseball.
- b) Pretend she likes baseball and keep going every weekend.
- c) Suggest another activity without telling the reason why.
- d) Dump her partner.



Healthy Relationships

1. Sort the phrases below as either "Consent" or "Not Consent".

I like that Silence Okay Let's wait Good idea
I don't think so Yes Maybe I'm not sure

Consent	Not Consent

2. Put a checkmark (✓) next to the answer that is most correct.

- a) When can a person NOT give consent?
- A In a car.
- B When they're unconscious.
- C Talking before intercourse.
- b) What is essential for a healthy relationship?
- A Suspicion.
- B Deceit.
- C Trust.

Healthy Relationships

3. Daniel has just started dating someone. They are having a great time going out to eat, seeing movies, and other outings. Daniel isn't dating anyone else and his girlfriend has said the same. After a few weeks, Daniel's friends see his girlfriend with someone else on a date. Should Daniel assume it's a date? What should he do to show that he is trusting?

Graphic Organizer

4. Use the graphic organizer on page 12 to identify your perfect partner's inner and outer traits.

What's your idea of a perfect date? Dinner by candlelight? The movies? A hike in the woods? You may know where you want to take a special someone, but who would that special someone be? What qualities are you looking for in a partner? While some people may focus on appearance, it is important to also look for inner qualities. You may prefer someone tall, but are they kind? How important are things like family, faith or friends to them? These are some of the things to consider before starting a romantic relationship.

On the person model graphic organizer, you will fill in all of the traits you desire in a partner. On the left side of the person, you will write down any physical attributes. On the right side, you will highlight inner qualities. These could include: honesty, nice, loyal, to name a few. It's okay to be a hopeless romantic!



The Game of YOUR Life

Where do you want to end up in life? What does the grand prize look like for you? Is it a fancy car? A dream job? A big family? There are lots of different outcomes in life. One person's dream could be another's nightmare. In a group, you will create a board game. This game will have players travel through life events and make wise choices. Where will the players end up?

Your game must meet the following criteria:

- For at least 2 players.
- Has some realistic life problems/solutions.
- Has different game pieces.
- Is colourful.
- Easy to read.
- Be able to play repeatedly.

Each group member should contribute to the game creation. Perhaps you will each want to add your personal goals into the game. Alternatively, you could add what you would dread happening. Seeing how you are different from your group members is part of the fun! Be prepared to share and play your game with other groups. What will you win in life?



The Game of Life by Milton Bradley

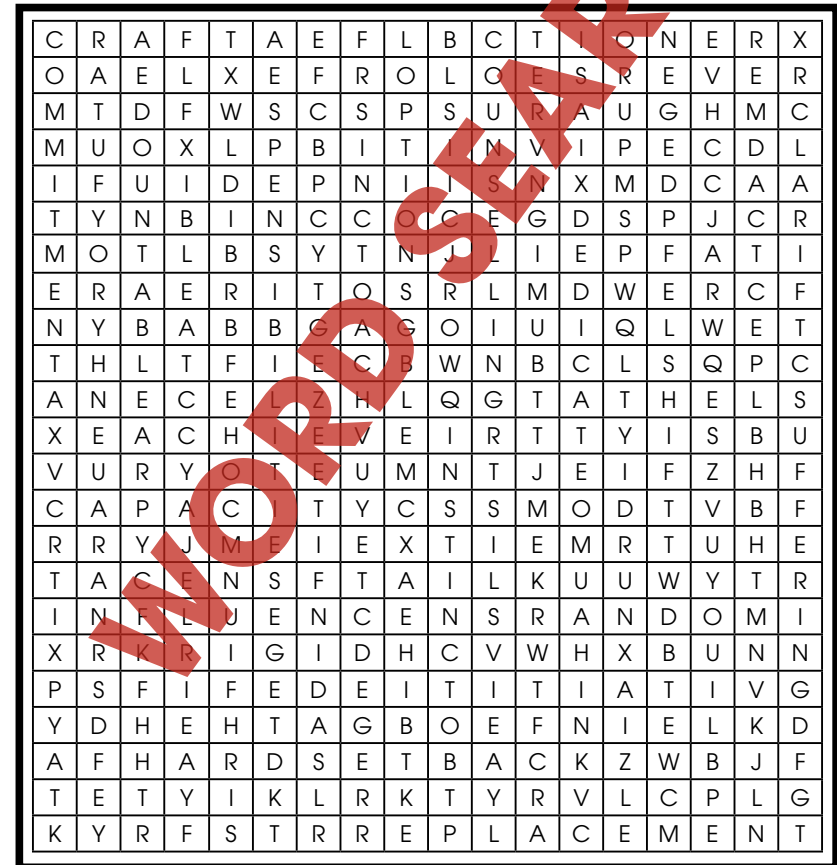


Word Search



Find all of the words in the Word Search. Words are written horizontally, vertically, diagonally, and some are even written backwards.

- | | | | |
|-------------|-----------|-------------|-----------|
| achieve | dedicate | options | reverse |
| capacity | impact | random | setback |
| commitment | influence | reflect | shift |
| counselling | instinct | replacement | suffering |



Comprehension Quiz

Part C

Answer each question in full sentences.

- What are two physical signs of stress? 2

- What are three things you can do to help you meet a deadline? 3

- How could you tell if someone was having issues with their mental health? 3

- What should you consider when making an emergency bag? 4

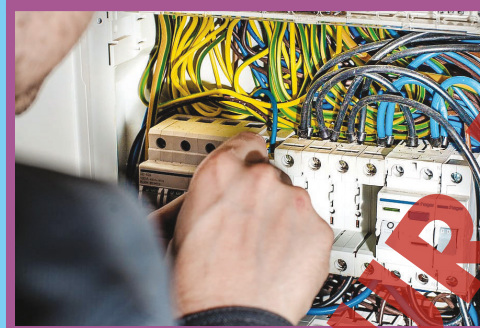
What Will You Make?



Truck Driver \$34,000 - \$84,000



Doctor \$278,000 - \$769,000



Electrician \$47,000 - \$84,000



Veterinarian \$27,000 - \$122,000



Firefighter \$33,000 - \$99,000



Yoga Teacher \$28,000 - \$84,000



Healthy Relationships



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I like that	Silence	Okay	Let's wait	Good idea
I don't think so	Yes	Maybe	I'm not sure	

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1.

Consent
 I like that
 Okay
 Good idea
 Yes

Not Consent
 I'm not sure
 Silence
 I don't think so
 Maybe
 Let's wait

2.

a) B

b) C

10



EASY MARKING ANSWER KEY



Healthy Relationships



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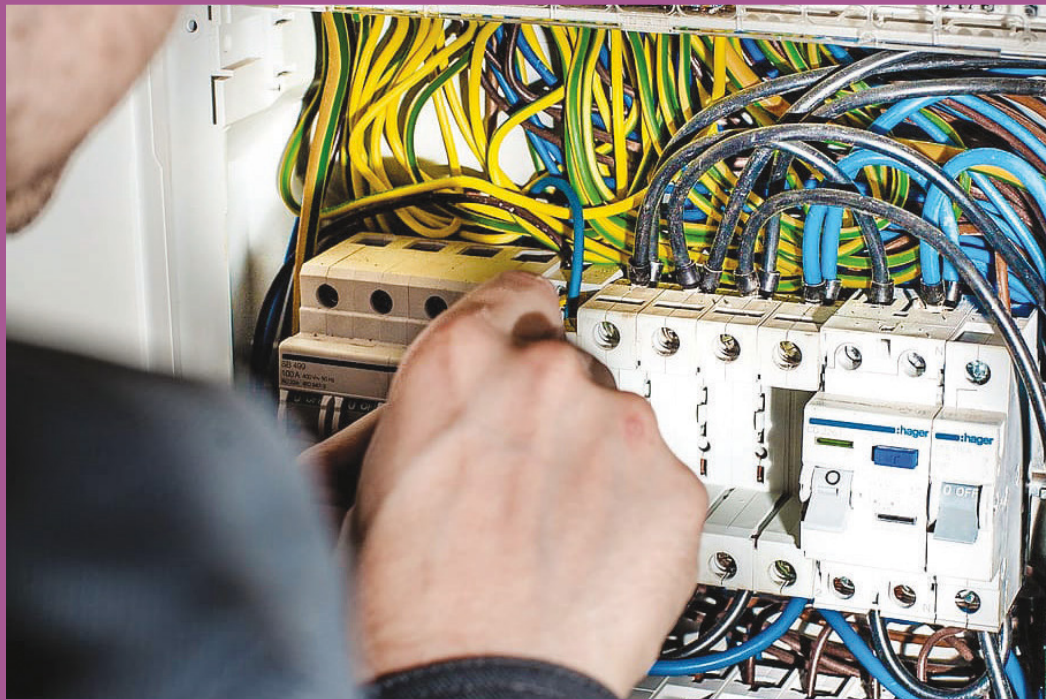
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