

grande prairie

voiceforlife



Presentations Available for Grade 8 through to Grade 12 Classrooms

Healthy Relationships Part 1&2: BODY, HEART, & MIND

Presentation Outline:

- What is a healthy relationship?
 - Respects and values self and others - heart, mind, and body
- What is an unhealthy relationship?
 - Consider the impact of a lack of respect and value for heart, mind or body
 - Discuss different types of abuse: neglect, physical, emotional, sexual
 - Identify signs, methods and impact of various types of abuse
 - Discuss
 - Talk about how important it is to keep asking for help until you get help
 - Identify personal support systems and community resources
- Identify the impact and responsibilities of involvement in a sexual relationship
 - Mind Impact and responsibilities
 - Decision making and setting goals
 - At what age is the brain's decision-making center, the prefrontal cortex, fully developed?
 - Who is your support system to help you create long term goals and plans?
 - Heart Impact
 - Consider the role of oxytocin, dopamine, norepinephrine, and serotonin and how these neurotransmitters impact emotions
 - Body impact
 - Identify common sexually transmitted infections and the number of reported infections in Alberta; chlamydia, HPV, herpes, gonorrhea, hepatitis B/C, HIV
 - Pregnancy
- Considering BODY, HEART and MIND - compare the effectiveness/ineffectiveness of various forms of contraceptives and choices including; abstinence, barrier devices, hormone methods, FAM apps (Kindara, Natural Cycles, Glow)
- Develop personal resiliency:
 - Weigh the pros and cons of various choices
 - Think of the big picture - what is your goal?
 - What plan do you have to achieve your goal?
 - Who is your support system to help you achieve personal goals?

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Healthy Relationships Part 1&2: Responsibilities and Resources

Presentation Outline:

- “Whole-istic” value: healthy relationships value and respect body, heart, and mind
- Unhealthy Relationships - Assault
 - Physical, Sexual, Verbal/Emotional, Digital body
 - Consider the reach of the digital world
 - Talk about how students are valuable in body, heart, and mind and they can speak up when they are uncomfortable
 - Talk about how students can step beyond being a bystander and speak up or encourage each other to speak up when needed
 - Identify community resources and support systems
- Impact of Sexual Activity: “Wholistic” impact: Consider body, heart and mind
 - Pregnancy and Parenting: Teen Pregnancy rates, Parenting responsibilities, Community Resources
 - STI’s risk: Contraceptive facts, Abstinence – the only 100% protection
 - Addictive substances: Consider alcohol and drug use and the impact on choices, personal boundaries, healthy relationships and brain development before age 25
- Look at the big picture and impact of today’s decisions:
 - Weigh the pros and cons of various choices – what is the short-term/long-term impact?
 - What is your goal?
 - What plan do you have to help you achieve your goal?
 - Who is your support system/mentors?

Healthy Relationships Part 1&2: Respect and Value for Body, Heart and Mind

Students will be involved in an interactive class designed to encourage students to question and examine the pros and cons of various personal boundaries in dating relationships looking through the lenses of **mind, heart and body**. We will talk about healthy relationships, abuse/assault, brain development, laws and sexting, STIs, contraceptives, body awareness, abstinence, and pregnancy. The goal is to build decision-making skills by helping students ask questions and identify good information sources so they can weigh the facts, make confident decisions and set goals for their life. Students will consider how they can plan to meet those goals and will identify support systems in their life during the rollercoaster of adolescence.

SUPPLEMENTARY STUDENT PRESENTATIONS:

Gr. 8-12 Safety in the Digital World: Sexting, Sextortion, & Canadian Law (PG)

Is sharing an explicit text message really “no big deal” or does it put you, your future self and those with whom you share images with – at risk? Consider the reach and impact of the digital world. What do you do if someone sends you a sext? What do you do if you know of someone sharing explicit photos or messages? What can you do if you have been sending explicit photos, but you want to backtrack?

This presentation examines the reach of the digital world as well as the impact our digital footprint has, now and in the future. We examine cases of minors involved in “sexting” and sending comments that were preserved in the digital world, and how it impacted their lives.

We will take into consideration Canadian Law, stories from tech experts, what neuroscience says about brain development, and healthy relationships that value and respect the mind, heart and body of self and others. This and practical tips for dealing with challenging situations in the digital world.

SUPPLEMENTARY STUDENT PRESENTATIONS:

Harms of Pornography - NCOSE (PG content)

This presentation was developed by NCOSE (The National Center on Sexual Exploitation) and is being shared in classrooms with permission: Non-explicit but very informative. This presentation aims to question the impact of pornography from a neuroscience perspective that is factual and compassionate. Students will be challenged to look at the underlying message of pornography and question its impact on the developing brain, self-image and perception of others. For those that find themselves wanting to change their viewing habits, online support resources including Fight the New Drug, NCOSE, Strength to Fight, and Fortify are listed.

HUMAN TRAFFICKING AWARENESS:

A-21: Bodies are Not Commodities (PG content)

Modern day human trafficking awareness. This presentation is a simplified version of the A21 curriculum that has been developed in partnership with various government and anti-trafficking organizations around the world. Discussion on Canadian human trafficking history and laws has also been added to the presentation. The goal is to equip students to recognize various types of modern-day slavery, in the form human trafficking, and understand what they can do about it.

Defend Dignity: Exposing Exploitation (PG content)

These presentations cover material provided by Defend Dignity and written for high school students. Defend Dignity is a Canadian organization that works to educate people on human trafficking and sexual exploitation as it appears in Canada. Participants will learn what sexual exploitation looks like in Canada, what the signs of an exploitive relationship are, and how to make a difference. Please book 2+ presentations to allow for time to cover the material.

Outline:

- What is sexual exploitation? What are the signs?
- How is a victim groomed and lured?
- The role of online technology in Canadian sexual exploitation
- How demand for paid sex fuels sexual exploitation
- Vulnerability of young and indigenous women in Canada
- What you can do to prevent and help end sexual exploitation