

**EDUCATOR RESOURCE—PEER NORMS, HEALTHY RELATIONSHIPS,
AND YOUTH SEXUALITY STATEMENTS**

Statements

1. The things that make a good relationship are the same that make a good friendship.



EDUCATOR PROMPTS

What are the things that make for a good friendship? Which overlap? Which do not? Is it better to date someone who is a friend first? Why?

2. It is okay not to be in a relationship.



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Do most students in your grade date? Is there pressure to date? What are some reasons for choosing not to date? (For more information, see modules 2.6, 2.7, and 2.8).

3. It is important to be sexually compatible with someone you are in a relationship with.



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What does sexual compatibility mean? What are other ways people can be compatible? Do you think these other types of compatibility matter in a sexual/romantic relationship?

4. If you go on a date, it is possible to assume you are exclusive.

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Exclusivity (or monogamy) is often presented as the only way to be in a relationship but there are actually many ways (e.g., non-monogamy, open relationships, dating multiple people casually before deciding to be monogamous or “exclusive” with one partner, having a primary romantic partner while having multiple sexual partners or vice versa, etc.). Have you ever made assumptions about a situation that did not match the other person’s? Communicating assumptions and expectations is one way to avoid feelings of disappointment, hurt, anger, sadness, jealousy, and betrayal. What are some ways to start the conversation? (For more information, see modules 2.7, 7.5, 9.4, and 10.4).

5. Everyone is equal and the rules are all pretty much the same in relationships, regardless of gender.

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Can anyone ask anyone else out? Are there particular rules? Are there double standards for different genders? If so, are these double standards changing? Where do gender non-binary and transgender people fit into these dating rules and double standards? (For more information, see modules 3.4, 3.5, 3.6, 3.7, and 4.6).

6. There are ways to be sexual with someone without having sex.

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What is sex? Did you know that sex can be many different things, not just penetration? There are many ways that people can be sexual with each other. (For more information, see modules 2.7, 4.4, 9.3, 9.4, 10.2, 10.3, and 10.4).

7. People should have as much sex as they want.

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Is the sex (if it is happening with people other than yourself) consensual? How do you know if it is consensual? What are some ways that you can communicate about sex when you want to engage in sexual activity with another person? If the sex you are having is consensual, then the amount of sex you have is irrelevant. (For more information, see chapter 8)

8. You cannot sexually assault someone you are dating.

EDUCATOR PROMPTS



Can a person ever be entitled to sex with anyone else? Remember that just because you have said “yes” to dating someone, does not mean you have said “yes” to engaging in sexual activity. Just because you say “yes” to engaging in sexual activity once, does not mean you have given consent for all sexual activity all the time. You are always entitled at any time, no matter the circumstance, to say no to unwanted sexual experiences. Most sexual assaults happen with people the survivor knows (for more information, see chapter 8).

9. If you are serious about dating someone, it is important to publicize your relationship on social media.

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What are reasons to be public about your relationship on social media? What are reasons not to be? What does it mean either way? When you are in a relationship, do you/will you talk about your social media expectations? (For more information, see modules 2.8, 4.6, and 6.5).

10. Jealousy is a sign of love.

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Jealousy is common and usually points to something you feel insecure about. Jealousy can get out of hand when fear takes over the relationship and leads to paranoia and controlling behaviours. What are effective ways of addressing jealousy in monogamous and non-monogamous relationships? (For more information, see modules 2.8, 4.6, and 7.7).

11. It is important to still have your own friends and hobbies when you are in a relationship.

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What is the challenge of maintaining friends and interests when relationships start? Would maintaining your own friends and hobbies contribute positively to your relationship? What are some ways to maintain friends, family, interests, and hobbies while in a relationship? (For more information, see modules 2.8, 4.6, 5.5, 7.2, 7.3, and 7.7).
