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## **Programming Connection Case Study Package / Trousse d'étude de cas diffusée dans Connectons nos programmes**

Materials from: Sexuality...Let's Talk About It!

A program of:

The First Nations of Quebec and Labrador Health and Social Services Commission  
250, place chef Michel-Laveau, Local 102  
Wendake, Québec G0A 4V0  
[www.cssspnql.com](http://www.cssspnql.com)

This document was assembled and uploaded to the Programming Connection in October, 2010.

For more information on Sexuality...Let's Talk About It!, read the Case Study in CATIE's Programming Connection at [www2.catie.ca/en/pc](http://www2.catie.ca/en/pc).

The Programming Connection is designed to encourage the revitalization of existing programs and the creation of new programs. Should you use any part of these materials, please credit the author/organization as named on this cover sheet.

Documents sur : Sexualité...parlons-en!

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La présente documentation a été assemblée et téléchargée dans Connectons nos programmes en octobre, 2010.

Pour plus de renseignements sur Sexualité...parlons-en!, veuillez lire l'étude de cas dans Connectons nos programmes de CATIE à : [www2.catie.ca/fr/cnp](http://www2.catie.ca/fr/cnp).

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**Sexuality**  
**Let's talk about it!**



The love and sexual relationships of the youth.

# SEXUALITY IS ...

• Self-esteem	• Pressure from others
• Friendship	• Self-affirmation
• Love	• Sexual behaviours
• A love relationship	• Puberty
• Body image	• Feelings
• Intimacy	• Modesty
• Sex	• Excitement
• Pleasure	• Desire
• Knowing one's body	• Etc.

In short, sexuality refers to much more than the human genital organs and sexual behaviours. It refers to people of both sexes in terms of their entire being.

# Instruction for the comic strip

- 1) Create a story about David and Catherine's situation, based on the answers to the preceding questions.
- 2) Add an introduction and a conclusion.
- 3) The comic strip must have 8 panels.
- 4) With or without text.
- 5) Must contain respectful drawings only.
- 6) Maximum 20 minutes.
- 7) Each team presents its comic strip to the others at the end of the activity.

# Element that can help make a sexual relationship go well

- Be certain that you are ready for and want to have a sexual relationship.
- Make sure you want to have a sexual relationship with this person.
- Make sure this person is serious and respectful of himself/herself and you.
- Make sure you discuss sex with this person and ensure that you are both ready for it.

- Choose a time and a place.
- Decide on a method for protection against STBBIs and unplanned pregnancies.
- Make sure you have a contraception method with you when you decide to have sex.

# VIOLENCE

There are 4 types of violence.

What are they?

- Physical
- Verbal
- Psychological
- Sexual



# Physical violence

Use of physical force to affirm one's power over one's boyfriend or girlfriend.

Ex.: Slap, kick, hit with one's fist, hit with an object, hold the other back against his/her will, shove, grab the other by the arm or neck or any other part of the body - in other words, any physical contact with the intention of abusing or causing fear in the other.

➤ The most common

# Verbal violence

Use of words to create feelings of insecurity and fear in one's girlfriend or boyfriend or to humiliate him or her (in private or in front of friends).

Ex.: Insult, shout, name-calling, swear, use vulgar or coarse language, etc.

➤ Much more common than we would think.

# Psychological violence

Through one's attitude, gradually try to destroy the self-confidence of one's girlfriend or boyfriend and to reduce his/her independence.

Ex.: Humiliate, disparage, belittle, quarrel, control, dominate, isolate the other, threaten, impose one's opinions/tastes/values/desires, break objects, attack in various ways the people (or animals) who are significant to the other, criticize the other to destroy his/her self-confidence, demoralize the other by pointing out his/her weaknesses, blame the other for one's own violent actions, etc.

➤ Many people think this form of violence is not as serious as others because it doesn't leave any visible traces, but that is false! Psychological violence leaves deep inner wounds.

# Sexual violence

Force sexual acts on one's girlfriend or boyfriend or force him/her to take part in activities of a sexual nature.

Ex.: Tie down the other against his/her will to have sex, penetration by force, swear, insult, humiliate during sex, take by force (conjugal rape), treat roughly during sex, sexual harassment, force the other to act out one's own fantasies, refuse to have sex with the other in order to punish or control him/her, any act of a sexual nature without the consent of the other.

➤ Often occurs in a context of intimidation, manipulation, blackmail, threats or use of force.

Based on information at: [www.aimersansviolence.com](http://www.aimersansviolence.com) and on the facilitation guide "Cause I care for you... NO violence"

# Answers

Indicate whether the following statements are true or false:	TRUE	FALSE
1) Sexuality refers only to sexual relations.		✳
2) Boys and girls act the same way when they are in love.		✳
3) In having sexual relations with penetration, there is no risk of getting an STBBIs.		✳
4) There is no way to protect yourself from STBBIs and unplanned pregnancies.		✳
5) Sexual relations do not generally create any anxiety.		✳

Indicate whether the following statements are true or false:	TRUE	FALSE
6) Psychological violence may be defined as being prevented by someone from seeing your friends.	✳	
7) Sexual violence is defined as being pushed or shoved by another person.		✳
8) Every one has the same limit in being intimate with another person.		✳
9) If you are a victim of violence, you can turn to a person you trust for help in getting out of the situation.	✳	
10) HIV/Aids is a form of STBBI.	✳	