## **Connections to Healthy Relationships and Consent**

## I preferred to do nothing without your consent, in order that your good deed might be voluntary and not something forced.

Philemon 1: 14

Curriculum expectations regarding **healthy relationships** and **consent** and are explicitly stated in every grade of the *Ontario Health and Physical Education Curriculum (1-12)*. This Healthy Relationships in a Digital World resource document demonstrates how keeping students safe and healthy and making curriculum connections is everyone's responsibility.

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7 D3.3 Puberty and sexual health/interpersonal relationships 8 A1.4 Practise relationship skills; the pros/cons of intimate relationships 8 D1.3 Warning signs of substance use and consequences, relationships 8 D1.4 Factors that influence decisions (consent, values, limits) 8 D2.3 Consent and healthy and safe decisions/sexual activity 8 D3.3 Benefits of healthy relationships, consent at each stage 9 C1.2 Benefits and risks associated with technologies 9 C2.2 Skills/strategies for building healthy and intimate relationships 9 C2.3 Sexual boundaries, consent, making choices 9 C3.3 Skills/strategies, building/maintaining, warnings unhealthy/violent, relationships, consent 9 HI 1.4 Interpersonal skills 10 C3.5 Analyze the repercussions of an intimate relationship on other relationships (friends, family) 11 A2.1 Quality social network; counter cyberviolence 11 C3.4 Personal and interpersonal skills; managing a stressful situation 11 B1.2 Personal factors for well-being, an active and healthy life 12 A3.1 Communication skills for healthy relationships 12 A3.2 Interpersonal skills and strategies to minimize conflict 12 C1.1 Effects of various forms of violence (cyberbullying) 12 C2.2 Communication skills, coping skills, conflict resolution strategies, available resources	7 D1.1	Technology: benefits, dangers, security measures, consent
8 A1.4 Practise relationship skills; the pros/cons of intimate relationships 8 D1.3 Warning signs of substance use and consequences, relationships 8 D1.4 Factors that influence decisions (consent, values, limits) 8 D2.3 Consent and healthy and safe decisions/sexual activity 8 D3.3 Benefits of healthy relationships, consent at each stage 9 C1.2 Benefits and risks associated with technologies 9 C2.2 Skills/strategies for building healthy and intimate relationships 9 C2.3 Sexual boundaries, consent, making choices 9 C3.3 Skills/strategies, building/maintaining, warnings unhealthy/violent, relationships, consent 9 HI 1.4 Interpersonal skills 10 C3.5 Analyze the repercussions of an intimate relationship on other relationships (friends, family) 11 A2.1 Quality social network; counter cyberviolence 11 C3.4 Personal and interpersonal skills; managing a stressful situation 11 B1.2 Personal factors for well-being, an active and healthy life 12 A3.1 Communication skills for healthy relationships 12 A3.2 Interpersonal skills and strategies to minimize conflict 12 C1.1 Effects of various forms of violence (cyberbullying) 12 C2.2 Communication skills, coping skills, conflict resolution strategies, available resources	7 D1.3	Clear dialogue, decision-making, consent, loving relationship
8 D1.3 Warning signs of substance use and consequences, relationships 8 D1.4 Factors that influence decisions (consent, values, limits) 8 D2.3 Consent and healthy and safe decisions/sexual activity 8 D3.3 Benefits of healthy relationships, consent at each stage 9 C1.2 Benefits and risks associated with technologies 9 C2.2 Skills/strategies for building healthy and intimate relationships 9 C2.3 Sexual boundaries, consent, making choices 9 C3.3 Skills/strategies, building/maintaining, warnings unhealthy/violent, relationships, consent 9 HI 1.4 Interpersonal skills 10 C3.5 Analyze the repercussions of an intimate relationship on other relationships (friends, family) 11 A2.1 Quality social network; counter cyberviolence 11 C3.4 Personal and interpersonal skills; managing a stressful situation 11 B1.2 Personal factors for well-being, an active and healthy life 12 A3.1 Communication skills for healthy relationships 12 A3.2 Interpersonal skills and strategies to minimize conflict 12 C1.1 Effects of various forms of violence (cyberbullying) 12 C2.2 Communication skills, coping skills, conflict resolution strategies, available resources	7 D3.3	Puberty and sexual health/interpersonal relationships
8 D1.4 Factors that influence decisions (consent, values, limits)  8 D2.3 Consent and healthy and safe decisions/sexual activity  8 D3.3 Benefits of healthy relationships, consent at each stage  9 C1.2 Benefits and risks associated with technologies  9 C2.2 Skills/strategies for building healthy and intimate relationships  9 C2.3 Sexual boundaries, consent, making choices  9 C3.3 Skills/strategies, building/maintaining, warnings unhealthy/violent, relationships, consent  9 HI 1.4 Interpersonal skills  10 C3.5 Analyze the repercussions of an intimate relationship on other relationships (friends, family)  11 A2.1 Quality social network; counter cyberviolence  11 C3.4 Personal and interpersonal skills; managing a stressful situation  11 B1.2 Personal factors for well-being, an active and healthy life  12 A3.1 Communication skills for healthy relationships  12 A3.2 Interpersonal skills and strategies to minimize conflict  12 C1.1 Effects of various forms of violence (cyberbullying)  12 C2.2 Communication skills, coping skills, conflict resolution strategies, available resources	8 A1.4	Practise relationship skills; the pros/cons of intimate relationships
8 D2.3 Consent and healthy and safe decisions/sexual activity  8 D3.3 Benefits of healthy relationships, consent at each stage  9 C1.2 Benefits and risks associated with technologies  9 C2.2 Skills/strategies for building healthy and intimate relationships  9 C2.3 Sexual boundaries, consent, making choices  9 C3.3 Skills/strategies, building/maintaining, warnings unhealthy/violent, relationships, consent  9 HI 1.4 Interpersonal skills  10 C3.5 Analyze the repercussions of an intimate relationship on other relationships (friends, family)  11 A2.1 Quality social network; counter cyberviolence  11 C3.4 Personal and interpersonal skills; managing a stressful situation  11 B1.2 Personal factors for well-being, an active and healthy life  12 A3.1 Communication skills for healthy relationships  12 A3.2 Interpersonal skills and strategies to minimize conflict  12 C1.1 Effects of various forms of violence (cyberbullying)  12 C2.2 Communication skills, coping skills, conflict resolution strategies, available resources	8 D1.3	Warning signs of substance use and consequences, relationships
8 D3.3 Benefits of healthy relationships, consent at each stage  9 C1.2 Benefits and risks associated with technologies  9 C2.2 Skills/strategies for building healthy and intimate relationships  9 C2.3 Sexual boundaries, consent, making choices  9 C3.3 Skills/strategies, building/maintaining, warnings unhealthy/violent, relationships, consent  9 HI 1.4 Interpersonal skills  10 C3.5 Analyze the repercussions of an intimate relationship on other relationships (friends, family)  11 A2.1 Quality social network; counter cyberviolence  11 C3.4 Personal and interpersonal skills; managing a stressful situation  11 B1.2 Personal factors for well-being, an active and healthy life  12 A3.1 Communication skills for healthy relationships  12 A3.2 Interpersonal skills and strategies to minimize conflict  12 C1.1 Effects of various forms of violence (cyberbullying)  12 C2.2 Communication skills, coping skills, conflict resolution strategies, available resources	8 D1.4	Factors that influence decisions (consent, values, limits)
9 C1.2 Benefits and risks associated with technologies 9 C2.2 Skills/strategies for building healthy and intimate relationships 9 C2.3 Sexual boundaries, consent, making choices 9 C3.3 Skills/strategies, building/maintaining, warnings unhealthy/violent, relationships, consent 9 HI 1.4 Interpersonal skills 10 C3.5 Analyze the repercussions of an intimate relationship on other relationships (friends, family) 11 A2.1 Quality social network; counter cyberviolence 11 C3.4 Personal and interpersonal skills; managing a stressful situation 11 B1.2 Personal factors for well-being, an active and healthy life 12 A3.1 Communication skills for healthy relationships 12 A3.2 Interpersonal skills and strategies to minimize conflict 12 C1.1 Effects of various forms of violence (cyberbullying) 12 C2.2 Communication skills, coping skills, conflict resolution strategies, available resources	8 D2.3	Consent and healthy and safe decisions/sexual activity
9 C2.2 Skills/strategies for building healthy and intimate relationships 9 C2.3 Sexual boundaries, consent, making choices 9 C3.3 Skills/strategies, building/maintaining, warnings unhealthy/violent, relationships, consent 9 HI 1.4 Interpersonal skills 10 C3.5 Analyze the repercussions of an intimate relationship on other relationships (friends, family) 11 A2.1 Quality social network; counter cyberviolence 11 C3.4 Personal and interpersonal skills; managing a stressful situation 11 B1.2 Personal factors for well-being, an active and healthy life 12 A3.1 Communication skills for healthy relationships 12 A3.2 Interpersonal skills and strategies to minimize conflict 12 C1.1 Effects of various forms of violence (cyberbullying) 12 C2.2 Communication skills, coping skills, conflict resolution strategies, available resources	8 D3.3	Benefits of healthy relationships, consent at each stage
9 C2.3 Sexual boundaries, consent, making choices 9 C3.3 Skills/strategies, building/maintaining, warnings unhealthy/violent, relationships, consent 9 HI 1.4 Interpersonal skills 10 C3.5 Analyze the repercussions of an intimate relationship on other relationships (friends, family) 11 A2.1 Quality social network; counter cyberviolence 11 C3.4 Personal and interpersonal skills; managing a stressful situation 11 B1.2 Personal factors for well-being, an active and healthy life 12 A3.1 Communication skills for healthy relationships 12 A3.2 Interpersonal skills and strategies to minimize conflict 12 C1.1 Effects of various forms of violence (cyberbullying) 12 C2.2 Communication skills, coping skills, conflict resolution strategies, available resources	9 C1.2	Benefits and risks associated with technologies
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9 HI 1.4 Interpersonal skills  10 C3.5 Analyze the repercussions of an intimate relationship on other relationships (friends, family)  11 A2.1 Quality social network; counter cyberviolence  11 C3.4 Personal and interpersonal skills; managing a stressful situation  11 B1.2 Personal factors for well-being, an active and healthy life  12 A3.1 Communication skills for healthy relationships  12 A3.2 Interpersonal skills and strategies to minimize conflict  12 C1.1 Effects of various forms of violence (cyberbullying)  12 C2.2 Communication skills, coping skills, conflict resolution strategies, available resources	9 C2.3	·
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11 A2.1 Quality social network; counter cyberviolence 11 C3.4 Personal and interpersonal skills; managing a stressful situation 11 B1.2 Personal factors for well-being, an active and healthy life 12 A3.1 Communication skills for healthy relationships 12 A3.2 Interpersonal skills and strategies to minimize conflict 12 C1.1 Effects of various forms of violence (cyberbullying) 12 C2.2 Communication skills, coping skills, conflict resolution strategies, available resources	9 HI 1.4	Interpersonal skills
11 C3.4 Personal and interpersonal skills; managing a stressful situation 11 B1.2 Personal factors for well-being, an active and healthy life 12 A3.1 Communication skills for healthy relationships 12 A3.2 Interpersonal skills and strategies to minimize conflict 12 C1.1 Effects of various forms of violence (cyberbullying) 12 C2.2 Communication skills, coping skills, conflict resolution strategies, available resources	10 C3.5	Analyze the repercussions of an intimate relationship on other relationships (friends, family)
11 B1.2 Personal factors for well-being, an active and healthy life 12 A3.1 Communication skills for healthy relationships 12 A3.2 Interpersonal skills and strategies to minimize conflict 12 C1.1 Effects of various forms of violence (cyberbullying) 12 C2.2 Communication skills, coping skills, conflict resolution strategies, available resources	11 A2.1	Quality social network; counter cyberviolence
12 A3.1 Communication skills for healthy relationships  12 A3.2 Interpersonal skills and strategies to minimize conflict  12 C1.1 Effects of various forms of violence (cyberbullying)  12 C2.2 Communication skills, coping skills, conflict resolution strategies, available resources	11 C3.4	Personal and interpersonal skills; managing a stressful situation
12 A3.2 Interpersonal skills and strategies to minimize conflict 12 C1.1 Effects of various forms of violence (cyberbullying) 12 C2.2 Communication skills, coping skills, conflict resolution strategies, available resources	11 B1.2	Personal factors for well-being, an active and healthy life
12 C1.1 Effects of various forms of violence (cyberbullying) 12 C2.2 Communication skills, coping skills, conflict resolution strategies, available resources	12 A3.1	Communication skills for healthy relationships
12 C2.2 Communication skills, coping skills, conflict resolution strategies, available resources	12 A3.2	Interpersonal skills and strategies to minimize conflict
	12 C1.1	Effects of various forms of violence (cyberbullying)
12 C3.2 Forms of violence, harassment, abuse/resources	12 C2.2	Communication skills, coping skills, conflict resolution strategies, available resources
	12 C3.2	Forms of violence, harassment, abuse/resources

<sup>\*</sup>A1.4 Students will learn skills to build relationships and communicate effectively • So that they can support healthy relationships and respect diversity pg.294 Ontario Health and Physical Education Curriculum (2019) – Grades 1 to 8
Ontario Health and Physical Education Curriculum (2015) – Grades 9 - 12





