



Empowering students to make informed and healthy decisions about relationships and sexuality through fun, interactive, and informative workshops for grades 7 through 11.

For more information or to arrange a booking, please email: [info@thriveottawa.ca](mailto:info@thriveottawa.ca)

**Grade 7** students will explore their own values through interactive activities. They will begin to understand how these values influence choices, and that all choices have consequences. We will explore qualities that contribute to healthy and unhealthy friendships, and discuss how these qualities may apply to future dating relationships. We explore boundary setting, and discuss abstinence as a healthy and safe option. Students will learn assertive communication skills and will learn how to use them in various pressure situations.

**Grade 8** students will create their own personal Life Line where they will explore their future goals and create a timeline for significant events. We will use that as a tool to discuss the realities of an unplanned pregnancy. We will explore myths and facts relating to relationships and sexuality, helping them to understand the significance of informed decision making. Thrive Ottawa re-affirms abstinence as a healthy choice as we discuss the implications of sexual involvement in all areas of life – physical, emotional, and relational, as well as how it relates to personal values.

**Grade 9** students will discuss the significance of sexual and relational decisions. Students will explore many of the facets related to healthy relationships, including warning signs of an abusive relationship. Boundary setting and understanding consent will be reinforced as it relates to individual value and respect in relationships. Communication strategies will be taught that will encourage and equip students to be assertive. Students will identify the effectiveness and failure rates of contraception with an emphasis on personal responsibility as well as the realities of teen pregnancy. Abstinence will be introduced as a healthy choice.

**Grade 10** students will have a meaningful conversation about individual value, boundaries, consent, and sexual decision-making. We discuss the physical, social, emotional and relational effects of sex and challenge students to set personal standards. Through fun and engaging activities, students participate in discussions around issues that teens face, including sexting, sexual assault, STBBI's, and teen pregnancy. Abstinence is introduced and affirmed as a healthy choice.

**Grade 11** students will revisit the meaningful conversation from grade 10 about individual value, boundaries, consent, sexual assault awareness and how to get help. We will look at how choices made today can have effects long into the future. We will discuss pressures teens face such as sexting, and the importance of on-line safety. STBBI risks and prevention, teen pregnancy risk and prevention will be covered. Abstinence is introduced and affirmed as a healthy choice.