



SEX • TEENS • AND
NECESSARY DISCUSSIONS
STAND

PROGRAM GUIDE
2020/2021

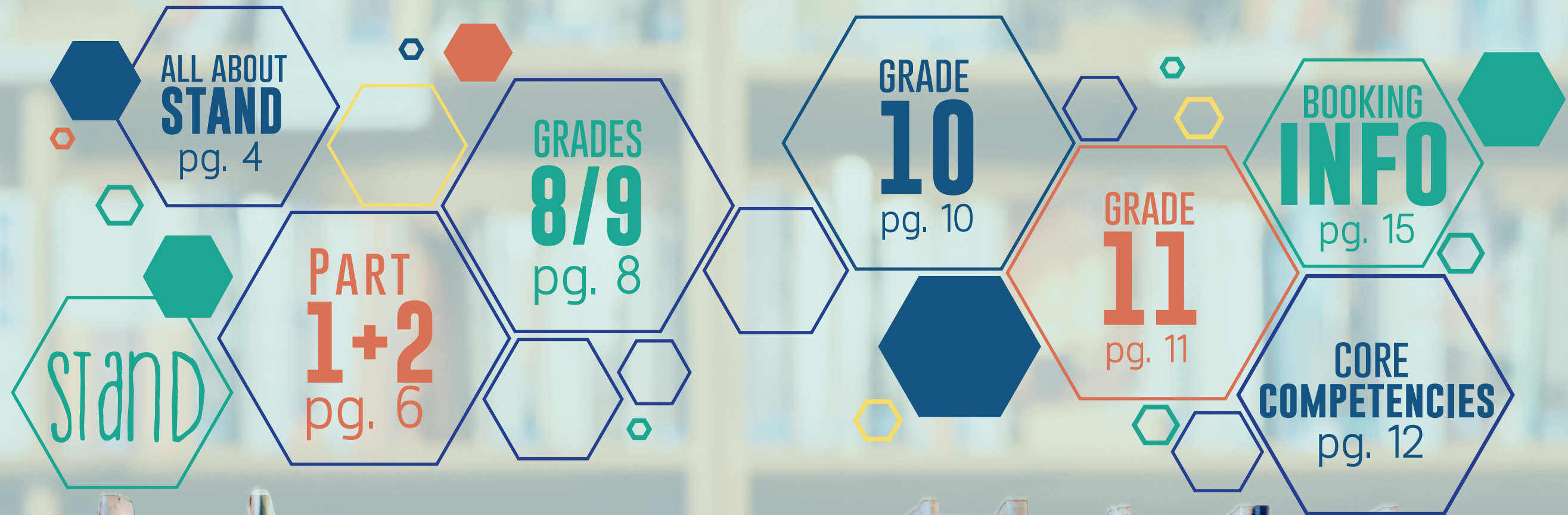


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ALL ABOUT STAND

A DIVISION OF THE SOUTH FRASER PREGNANCY OPTIONS SOCIETY

7000

Students reached within Surrey, Langley, White Rock, Delta & Abbotsford, in 2018.

ALL WORKSHOPS HAVE BEEN DESIGNED IN DIRECT ALIGNMENT WITH B.C.'S CURRICULUM.

OUR MISSION

...is to **empower** students to make **well-informed, intentional** decisions about media consumption, sex, and relationships that align with their personal **values, goals**, and future **plans**.

WE ACHIEVE

...this through **engaging** and **relevant** workshops and presentations that challenge students to **think critically** and to **analyze** the messages they receive about sex and relationships.

YOU CAN EXPECT

...our workshops to be **fun, honest**, and **inclusive**. Our material is presented in a manner that is **open, respectful**, and **judgment-free**. Our well-trained team members are approachable, engaging, and friendly. STAND discusses key topics in a way that is **age-appropriate, up-to-date**, and **honest**.

QUOTES



TEACHER QUOTES:

"The presenter was an excellent communicator. They were very knowledgeable and passionate about the subject matter and gave relevant examples. They were very personable and professional. It was relevant and up-to-date with information pertaining to teens today."

"The best we've had in the 19 years I have been covering these topics."

"Very comprehensive. Demanded attention/focus and got it. Students were respectful. It was thorough. Thank you. Crucial information."

"Above and beyond – relevant topics covered in such an engaging way. The presentation was interactive, informative, relevant and presented in a "non-preachy" manner. In the end students are made to feel that they are coming to conclusions / forming ideas about these topics. Fantastic!"

STUDENT QUOTES:

"They did an amazing job of helping us learn."

"It was really good and I felt comfortable to ask questions about sex."

"10/10 would go see again."

"Presenter related to our generation and us as a class."

"It was great! Lots can relate, especially at this age."

"It was empowering and talked about things I hadn't thought about before."

"It was super interactive."

"It was overall a fun learning experience."

"Amazing presenter, great message."

"Hard topics but it was made lighter through the joy of the presenter and the funny jokes."

"Presentation was very informational and I definitely learned more than I have from other presentations very similar to this one. (eg: porn)"

"Favourite so far!"

PART ONE

PERSONAL HEALTH

“Part 1 is designed to fill the important gaps that could be overlooked in sex education. It provides an understanding of current societal “norms” and common misconceptions.”

MEDIA LITERACY

- » Teen media statistics
- » Effects of media on the brain and mental health
- » How media impacts view of self, others, and sex & relationships
- » How to analyze the messages media portrays

PORNOGRAPHY

- » Effects of porn (in both relationships & personal lives)
- » Risks of porn to the brain
- » What goes on behind the scenes in the porn industry
- » Negative effects when used as a “How To” guide

CONSENT

- » Understanding consent
- » Age of consent
- » Portrayal of consent in media
- » Common misconceptions
- » Communication
- » Consent scenarios

SEXUAL HARASSMENT/ SEXUAL ASSAULT

- » Comprehensive definition of sexual harassment and sexual assault
- » Bodily rights of a person
- » Speaking up for yourself/others



*Throughout workshops, students are provided with resources for further information.

PART TWO

SEXUAL HEALTH

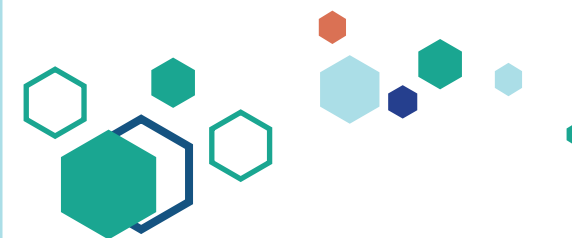
“Part 2 follows Part 1 with a more indepth understanding of healthy & unhealthy relationships. It explains on the topics related to decisions about sexual health.”

HEALTHY RELATIONSHIPS

- » Qualities of healthy and unhealthy relationships
- » Characteristics of a healthy and unhealthy person
- » How to analyze relationships to determine health
- » How to build and cultivate healthy relationships

THE CHOICE TO SAVE SEX

- » The option of saving sex for a later time in life and what it can look like
- » Chemicals released in brain during sex and their effects



*Throughout workshops, students are provided with resources for further information.

SEXUALLY TRANSMITTED INFECTIONS

- » How STI’s are transmitted
- » Staying protected
- » Getting tested

PREGNANCY OPTIONS

- » Options associated with an un-planned pregnancy (abortion, adoption, and parenting)
- » Potential outcomes of options

RISK PREVENTION

- » Risks of sexual activity
- » Birth control options
- » Common misconceptions

GRADE EIGHT

PHYSICAL & HEALTH EDUCATION

RELEVANT CURRICULUM GUIDELINES

BIG IDEAS

- ◇ Healthy choices influence our physical, emotional, and mental well-being.
- ◇ Healthy relationships can help us lead rewarding and fulfilling lives.
- ◇ Advocating for the health and well-being of others connects us to our community.

CURRICULAR COMPETENCIES

HEALTHY & ACTIVE LIVING

- » Assess factors that influence healthy choices and their potential health effects
- » Identify factors that influence health messages from a variety of sources, and analyze their influence on behaviour
- » Identify and apply strategies to pursue personal healthy-living goals
- » Reflect on outcomes of personal healthy-living goals and assess strategies used

SOCIAL & COMMUNITY HEALTH

- » Propose strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations
- » Propose strategies for responding to discrimination, stereotyping, and bullying
- » Propose strategies for developing and maintaining healthy relationships

CONTENT

- » Healthy sexual decision making
- » Potential short-term and long-term consequences of health decisions, including those involving nutrition, protection from sexually transmitted infections, and sleep routines
- » Sources of health information.
- » Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings



GRADE NINE

PHYSICAL & HEALTH EDUCATION

RELEVANT CURRICULUM GUIDELINES

BIG IDEAS

- ◇ Healthy choices influence our physical, emotional, and mental well-being.
- ◇ Healthy relationships can help us lead rewarding and fulfilling lives.
- ◇ Advocating for the health and well-being of others connects us to our community.

CURRICULAR COMPETENCIES

HEALTHY & ACTIVE LIVING

- » Propose healthy choices that support lifelong health and well-being
- » Identify factors that influence health messages from a variety of sources, and analyze their influence on behaviour
- » Identify and apply strategies to pursue personal healthy-living goals
- » Reflect on outcomes of personal healthy-living goals and assess strategies used

SOCIAL & COMMUNITY HEALTH

- » Propose strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations
- » Analyze strategies for responding to discrimination, stereotyping, and bullying
- » Propose strategies for developing and maintaining healthy relationships



CONTENT

- » Healthy sexual decision making
- » Potential short-term and long-term consequences of health decisions, including those involving nutrition, protection from sexually transmitted infections, and sleep routines
- » Sources of health information
- » Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings
- » Consequences of bullying, stereotyping, and discrimination

GRADE TEN

PHYSICAL & HEALTH EDUCATION

RELEVANT CURRICULUM GUIDELINES

BIG IDEAS

- ◇ Understanding our strengths, weaknesses, and personal preferences helps us plan and achieve our goals.
- ◇ Healthy choices influence, and are influenced by, our physical, emotional, and mental well-being.

CURRICULAR COMPETENCIES

HEALTHY & ACTIVE LIVING

- » Analyze and explain how health messages might influence health and well-being
- » Identify and apply strategies to pursue personal healthy-living goals
- » Reflect on outcomes of personal healthy-living goals and assess the effectiveness of various strategies
- » Analyze how health-related decisions support the achievement of personal healthy-living goals

SOCIAL & COMMUNITY HEALTH

- » Propose strategies for avoiding and responding to potentially unsafe, abusive, or exploitative situations
- » Analyze strategies for responding to discrimination, stereotyping, and bullying
- » Develop skills for maintaining healthy relationships and responding to interpersonal conflict
- » Analyze the potential effects of social influences on health

CONTENT

- » Healthy sexual decision making
- » Sources of health information
- » Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings
- » Consequences of bullying, stereotyping, and discrimination
- » Influences of physical, emotional, and social changes on identities and relationships

OTHER CLASSES

FAMILIES & SOCIETIES 10

- » Societal influences and impacts of families
- » Challenges families face
- » Factors involved in interpersonal relationships in families, including communication, healthy/unhealthy relationships, and ending relationships

GRADE ELEVEN

ADST - INTERPERSONAL AND FAMILY RELATIONSHIPS

BIG IDEAS

- ◇ Tools and technologies can influence communications and relationships.

CURRICULAR COMPETENCIES

APPLIED TECHNOLOGIES

- » Evaluate impacts, including unintended negative consequences, of choices made about technology use
- » Analyze the role technologies play in societal change and interpersonal communications

CONTENT

- » Factors involved in interpersonal relationships, including types, roles, and functions
- » Nature of committed relationships, including the influences of community and culture
- » Factors involved in ending relationships
- » Components of healthy relationships and how to thrive and reciprocate in a variety of interpersonal relationships
- » Indicators of unsafe relationships and actions to ensure safety of self and others
- » Interpersonal relationship communication styles and strategies
- » Cultural sensitivity & etiquette, including ethics of cultural appropriation



CORE COMPETENCIES

COMMUNICATION

WE HELP STUDENTS TO:

- ◇ connect and engage with others as they learn to consider diverse perspectives
- ◇ acquire and interpret information
- ◇ reflect on their experiences and connect experience to learning

CRITICAL THINKING

WE CHALLENGE STUDENTS TO:

- ◇ analyze and critique information
- ◇ question and investigate issues
- ◇ differentiate between facts and interpretations, opinions or judgments

POSITIVE PERSONAL & CULTURAL IDENTITY

The STAND program develops in students “a sense of self-worth, self-awareness, and positive identity” so that they “become confident individuals who take satisfaction in who they are, and what they can do to contribute to their own well-being and to the well-being of their family, community, and society” (BC curriculum, “Positive Personal and Cultural Identity Competency Profiles” p.2).

WE DISCUSS STUDENTS’:

- ◇ relationships and cultural context
- ◇ personal values and choices
- ◇ personal strengths and abilities

PERSONAL AWARENESS & RESPONSIBILITY

We work with students to develop a self-respect and sense of personal well-being that demonstrate their personal awareness and responsibility. We help them to set goals, establish and maintain sexual and relational health, monitor their progress, respect their own rights, and respect the rights of others.

SOCIAL RESPONSIBILITY

OUR TEACHING REINFORCES THE FOUR FACETS OF SOCIAL RESPONSIBILITY:

- ◇ Contributing to community
- ◇ Solving problems in peaceful ways
- ◇ Valuing diversity
- ◇ Building healthy relationships





BOOKING INFORMATION

COST: FREE! Our presentations are offered as a free, community service. However honorariums are welcomed and appreciated as we fundraise our annual budget.

GROUP SIZES: ALL. We can do a classroom, library, or a full gym setting. If there are multiple classes to speak to we would be happy to cover as many as we can in a day. We also can provide a virtual option.

BOOKINGS DEADLINE: No deadlines. However, you will want to book in advance as our availability is limited and fills up quickly.

CONTACT US



DIRECTOR@IWILLSTAND.ORG



WWW.IWILLSTAND.ORG



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604-584-4490



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#5-13634 104 AVE, SURREY B.C.



CONTACT US



DIRECTOR@IWILLSTAND.ORG



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