

Relationships, Consent, and Violence Workshop – Grade 5

Time needed:

- about 30 minutes each session
- 4 sessions total

Guests invited for Session 3 and 4:

- SANE (Sexual Assault Nurse Examiner) Program Coordinator (902-863-6221)
- RCMP Community Policing Officer (902-863-6500)

Venue/Materials needed:

- Health Centre boardroom
- markers, flipchart paper, poster board, post-it notes, painters' tape
- laptop, speakers, projector, screen
- food
- pop quiz question cards
- quiz prizes, door prizes
- talking stick/item
- "take home messages" handout
- **laws around consent poster, ages of consent poster**
- **sexual violence poster**
- **evaluations**

Objectives:

- youth will learn what a healthy relationship means for themselves based on Sacred Seven Teachings and Mi'kmaq traditional values
- youth will learn what consent means for themselves and the laws around consent
- youth will learn about forms of violence – sexual violence and cyberviolence
- youth will learn about resources and choices re: disclosing and/or reporting violence

Session breakdown:

Session 1 – Relationships 101

1. Introductions and Group Agreement (5 minutes)

- prepare: flipchart paper, markers, painters' tape
- ask: to help build healthy relationships in this session, how will we treat each other? what will we agree to?
 - write: the group's responses and keep this agreement posted on the wall
 - ideas: confidentiality? privacy? caring? good/appropriate language? listening? sharing the air?
 - remind: questions at any time in this session
 - **remind: duty to report for under 16 years of age**

2. Relationship Talking Circle (5 minutes)

- prepare: talking stick
- remind: you can pass
- round 1: ask: what are different kinds of relationships we can have?
- round 2: ask: what are some common things about relationships in general? how would you describe what a relationship is?
 - remind: relationships are about connections

3. Relationship Soup – Healthy and Unhealthy Ingredients (10 minutes)

- prepare: flipchart paper, markers, painters' tape
- activity: break group into two groups: "Healthy" and "Unhealthy"
 - for "Healthy" group, ask: what are ingredients for a healthy relationship?
 - for "Unhealthy" group, ask: what are ingredients for an unhealthy relationship?
 - have the two groups present their responses and write any other responses that might come up

- prepare: talking stick
- remind: you can pass
- round 1: ask: what are some things that make it hard to make healthy relationships?
 - ideas: pressures? expectations? unequal power? colonization? residential schools? intergenerational trauma? racism? sexism? poverty? suppression of traditional teachings and patriarchal ways/value of women?

Session 2 – Relationships and Being Mi'kmaw

4. Seven Sacred Teachings (20 minutes)

- prepare: poster board, markers
- activity: break group into seven groups: “Courage”, “Wisdom”, “Respect”, “Love”, “Honesty”, “Truth”, “Humility” to create a poster for each – use words, drawings, etc.
 - ask: “Courage in a relationship is ___”, “Wisdom in a relationship is ___”, “Respect in a relationship is ___”, “Love in a relationship is ___”, “Honesty in a relationship is ___”, “Truth in a relationship is ___”, “Humility in a relationship is ___”
 - have the seven groups present their responses and write any other responses that might come up
- prepare: talking stick
- remind: you can pass
- round 1: ask: are there other Mi'kmaq traditional values that can guide us to be healthy in our relationships?

Session 3 – Consent 101

* For this session, invite SANE and RCMP to talk about Resources and Choices re: Disclosing (i.e. telling someone) and/or Reporting (i.e. telling authorities) Violence to add to this session.

- remind: services offered at the Health Centre, Women's Centre, Men's Health Clinic, etc.

5. Consent According to Us (10 minutes)

- prepare: flipchart paper, markers, painters' tape
- ask: what is consent? how would we describe what consent is?
 - write: the group's responses
 - remind: consent is voluntary agreement
- ask: what do we need to do to make sure we have consent? what are our responsibilities when we seek consent?
 - write: the group's responses
- ask: what is coercion? what can coercion look like?
 - write: the group's responses

6. Consent According to Laws (20 minutes)

- prepare: laptop, speakers, projector, screen
- prepare: laws around consent poster, ages of consent poster
- show video: Would you like a cup of tea? (clean version)
 - <https://youtu.be/fGoWLWS4-kU>
- explain: what are the laws around consent? (from Criminal Code of Canada)
 - **Subsection 273.1(1) of defines consent as the voluntary agreement of the complainant to engage in the sexual activity in question. Conduct short of a voluntary agreement to engage in sexual activity does not constitute consent as a matter of law.**
 - **Only yes means yes!**
 - **For greater certainty, subsection 273.1(2) sets out specific situations where there is no consent in law; no consent is obtained:**
 - **where the agreement is expressed by the words or conduct of a person other than the complainant**
 - **where the complainant is incapable of consenting to the activity... drugs/alcohol/age!**

- where the accused induces the complainant to engage in the activity by abusing a position of trust, power or authority
 - where the complainant expresses, by words or conduct, a lack of agreement to engage in the activity, or where the complainant, having consented to engage in sexual activity, expresses, by words or conduct, a lack of agreement to continue to engage in the activity
- show video: Can I wear your hat?
 - <https://youtu.be/xAgD1yfgUuk>
 - remind: consent in relationships can be even more challenging... but a lot of violence that does occur, occurs in relationships
- explain: what are the ages of consent? (from Criminal Code of Canada)
 - **UNDER 12 – It is illegal to have sexual activity with anyone, even if you consent to it.**
 - **AGE 12 – If you are 12, you can consent to sexual activity with someone who is less than two years older than you.**
 - **AGE 13 – If you are 13, you can consent to sexual activity with someone who is less than two years older than you.**
 - **AGE 14 – If you are 14, you can consent to sexual activity with someone who is less than five years older than you.**
 - **AGE 15 – If you are 15, you can consent to sexual activity with someone who is less than five years older than you.**
 - **AGE 16 – You have reached the age of consent, except...**
 - **UNDER 18 – It is for someone over 18 to engage in sexual activity with someone under 18 where there is a relationship of authority, trust, or dependency (like**

a coach, teacher, or family member), even if the younger person consents.

Session 4 – Violence 101

* For this session, invite SANE and RCMP to talk about Resources and Choices re: Disclosing (i.e. telling someone) and/or Reporting (i.e. telling authorities) Violence to add to this session.

- remind: services offered at the Health Centre, Women's Centre, Men's Health Clinic, etc.

7. Violence 101 (20 minutes)

- prepare: flipchart paper, markers, painters' tape
- prepare: sexual violence poster
- ask: what kinds of abuse or violence can happen?
 - write: the group's responses
 - remind: culture of violence is violence that is normalized and encouraged in culture (talking about broader culture, i.e. society!)... it creates an environment where survivors/victims of violence feel even more vulnerable and where many people feel unsafe
- ask: what is sexual violence?
 - explain: **sexual violence is any sexual act, attempt to obtain a sexual act, unwanted sexual comments or advances, or acts to traffic or otherwise, directed against a person's sexuality using coercion, by any person regardless of their relationship to the survivor/victim, in any setting, including but not limited to home, community, school, and work.**
- ask: what is cyberviolence?
 - explain: cyberviolence includes...
 - cyberbullying
 - digital harassment
 - sexting
 - if you are under 18 or someone else is under 18 and take/share sexually explicit

picture... even depictions/drawings...
against the law!!!

- except! when under 18, the photo is within lawful sexual activity as long as pictures created together and shared with one another... but now you have to think about the age of consent...
- online revenge porn
- cyberstalking
- sexual exploitation of children and youth via Internet
- online hate speech
- Bill C13, the Protecting Canadians from Online Crime Act, became law. This legislation makes it a criminal offence to knowingly publish, distribute, transmit, sell, make available or advertise intimate images.
 - criminal harassment
 - uttering threats and intimidation
 - extortion
- ask: what are things we do or could do to resist violence?
 - write: the group's responses

8. Pop Quiz on Rape Myths – True or False (5 minutes)

- prepare: pop quiz question cards, prizes
- ask and whoever answers correctly first, wins a quiz prize

9. Evaluations, Take Home Messages, and Conclusion (5 minutes)

- **distribute and collect: evaluations**
- distribute: "take home messages"
- activity: ask: from this session, what are the most important things you learned about or were reminded of that other youth or even adults should know? leave your thoughts on the poster
- thanks!
- door prizes

Relationships, Consent, and Violence Handout – Grade 5

Take home messages:

- Relationships are about connections.
- Healthy and unhealthy relationships are made of up different ingredients.
- Seven Sacred Teachings of “Courage”, “Wisdom”, “Respect”, “Love”, “Honesty”, “Truth” and “Humility” and other Mi’kmaq traditional values can help us make healthy relationships in our lives.
- Consent is voluntary agreement.
- When you are seeking someone’s consent, you have certain responsibilities in making sure that you have voluntary agreement.
- Coercion can be used to manipulate someone’s consent.
- Only yes means yes, according to the Criminal Code of Canada.
- You cannot consent if:
 - someone consents for you
 - you are incapable of consenting... maybe because of drugs/alcohol/age
 - the person trying to get your consent is abusing their position of trust/power/authority over you
 - you express a lack of agreement at any point
- Ages of consent:
 - UNDER 12 – It is illegal to have sexual activity with anyone, even if you consent to it.
 - AGE 12 – If you are 12, you can consent to sexual activity with someone who is less than two years older than you.
 - AGE 13 – If you are 13, you can consent to sexual activity with someone who is less than two years older than you.

- AGE 14 – If you are 14, you can consent to sexual activity with someone who is less than five years older than you.
- AGE 15 – If you are 15, you can consent to sexual activity with someone who is less than five years older than you.
- AGE 16 – You have reached the age of consent, except...
- UNDER 18 – It is for someone over 18 to engage in sexual activity with someone under 18 where there is a relationship of authority, trust, or dependency (like a coach, teacher, or family member), even if the younger person consents.
- Sexual violence is any sexual act, attempt to obtain a sexual act, unwanted sexual comments or advances, or acts to traffic or otherwise, directed against a person's sexuality using coercion, by any person regardless of their relationship to the survivor/victim, in any setting, including but not limited to home, community, school, and work.
- There are some resources and choices when it comes to telling someone (disclosing and/or reporting), e.g. SANE and RCMP.

Resources:

- Paqtnkek Health Centre
 - Therapist, Addictions Counsellor, Nurse, Physician, Wellness & Recreation Programs, Maternal & Infant Health Programs
 - 902-386-2048
- Antigonish Women's Resource Centre
 - Lindsay's Health Clinic, Support Workers, Therapists, Inspire Program, Healthy Relationships for Youth Program
 - 902-863-6221
- Men's Health Clinic
 - 902-863-2358

- Sexual Assault Nurse Examiner (SANE) Program
 - 24/7 Crisis Line: 1-877-880-SANE (7263)
- RCMP
 - 911